

# Knowledge & Practice of Adolescent Girls Regarding Their Health & Right

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## ABSTRACT

Today adolescents comprise 20% of the world's population, with more than 85% residing in developing countries. In Nepal, adolescents comprise more than one fifth (22%) of the total population of 23.15 million consisting of more than 100 caste/ ethnic groups. Adolescents aged between 10-19 years constitute a sizeable proportion of the total population of the country. <sup>[1]</sup>

A descriptive study was adopted to find out the knowledge and practice of Adolescent Girls Regarding Their Health & Right. This study was conducted in BPKIHS, a tertiary level medical university in Nepal. All together 113 certificate level nursing students meeting eligibility criteria were included in the study. Semi structured questionnaire were used to collect data.. Data were analyzed by using descriptive statistics (Percentage, Mean and SD)

Finding of this study shows that 79.64 % of respondents were found from late adolescent (17 – 19 years) and 19.46 were found from mid adolescent (15-16 years). Regarding knowledge most of the respondents (96.5%) had heard about HIV/AIDS, 95.57% had very good knowledge about temporary and 46.01% of respondents had very good knowledge about permanent method of family planning and 57.5% respondents had knowledge regarding homosexuality. Similarly 92% respondents told that their parent did not discriminate with their brother and 85.8% told that they were aware of their rights and 97.3% had told that they were right to be secure or 92% had told that they were free of all forms of discrimination.

**Key words:** Study, Knowledge, Practice, Adolescent Girls, Health & Right

## INTRODUCTION

Adolescence refers to the developmental period between childhood and adulthood, a time of rapid biological, cognitive and psychosocial maturation. The term "Adolescent" refers to individual between the ages of 10-19 years. One in every five people in the world is an adolescent. As of 2000, adolescents comprised more than 1.1 billion of the world population, that is one in every five people in the world is an adolescent. While adolescents are in general considered a healthy population group but nevertheless, they pose unique challenges to health and development owing to their vulnerability and pressure from the society including

peers to adopt risky health behavior. The dynamic transition period to adulthood is also an adolescent to learn rapidly, experience new and diverse situation, develop and use critical thinking, and to familiarize them with freedom, to be creative and socialize. <sup>[2]</sup>

## MATERIALS AND METHODS

**Research design:** A Descriptive research design was adopted for the study.

**Sampling method:** A descriptive study questionnaire method.

**Sampling size:** 113 C.N. students were included in the study.

**Study Area:** BPKIHS, CN. Class room.



**Inclusion criteria:** Adolescent girls 10 – 19 years CN level students who were willing to participate in the study.

**Pre – Testing:** The semi structured questionnaire was pre-tested in similar setting of the study population including those who weren't participated in the research study 10% of the sample size were pre-tested.

**Data analysis Procedure:** Simple descriptive statistics was used for data analysis e.g. percentage, Frequency. After analysis of the data, findings were presented through Tabulation and graphic presentation and pie chart.

#### **Ethical consideration**

The permission for data collection was obtained from concerned authority of BPKIHS. Verbal and written permission was taken from each respondent. It was ensured that the collected information will only be used for the purpose of the study. Confidentiality and anonymity was maintained during and after data collection.

#### **Statistical Analysis**

The finding of the current study shows that most of the respondents (85.8%) were from Hindu religion and 59.3% respondent's family incomes were found 10000.00 to 20000.00 NPR per month.

Finding of the current study shows that 41.6% were from eastern region of Nepal and by observing their parental education 47.8% mothers were from secondary level and 48.7% fathers had higher level education or 46% of them were doing service and other were doing business, farmer army etc and 72.6% mothers were housewife and other doing business farmer, service etc.

Study had shown that 64.6% of respondents were father and 94.7% mothers were non-smoker and non-alcoholic and also found that 80.5% of respondents had the habit of eating outside. Furthermore found that 65.5% respondents had not practiced dieting and 34.5% were not worries about their body development. Further analyzed the data that 79.6%

respondents had preferred to spend their time at home and they liked to spend maximum time with their parent and 70.8% respondents had smooth relationship with their parents or 91.2% can talk with their parent about important issues. According to data 61.1% respondents had separate room in their home and 98.2% had felt secure at their home. Data further analyzed that 50.4% respondents had average performance in their collage and 70.8% of them didn't have any trouble to pass in their course and 41.6% respondents told that their favorite subject was math and other told, science, English, G.K etc.

Regarding their awareness about their rights, 92% respondents told that their parent did not discriminate with their brother and 85.8% told that they were aware of their rights and 97.3% had told that they had the right to be secured or 92% had told that they were free of all forms of discrimination. Further 98.2% had told that they should be free from ill treatment and torture or 86.7% of them told that they were right to property.

According to data 94.7% respondent told that sex education should be started from school. "Adolescents are shy about asking questions and learning about sexual and reproductive health in the classroom, and they don't always receive support at home to seek out the information and services they need," Timilsina says.

About 22% (6.38 million) of Nepal's 28.5 million populations (government projection for 2016) are adolescents aged 10–19 years. Childbearing also begins early, especially in rural areas. Almost a quarter of women in Nepal give birth before the age of 18 and nearly half before they are 20 years old, according to the *Nepal demographic and health survey 2011 (NDHS 2011)* although the numbers of teenage pregnancies have reduced in recent years, as shown by *NMICS 2014*.<sup>[3]</sup>

Regarding their awareness about sexuality, 94.7% had told that to practice sex before marriage was not well and 67.3% told that they preferred to marry in 25 to 30



years and most of the respondents 69% were like to make 2 children. Whereas the legal age of marriage in Nepal is 20 years. Despite that, 48.5% of women aged 20–49 years were married by the age of 18 and 15.5% aged 15–49 were married by the age of 15, according to the *Nepal Multiple Indicator Cluster Survey 2014 (NMICS 2014)*.<sup>[3]</sup>

This study had shown that 16.8% of respondents family were taking tobacco and 31% family were taking alcohol and 2.7% respondents friends were taking tobacco and 13.3% were taking alcohol

Data further analyzed that 96.5% respondents know that contraceptive methods and 95.57% had very good knowledge about temporary and 46.01% respondents had very good knowledge about permanent method or 57.5% respondents had knowledge regarding homosexuality and 23% of them told that they had got this knowledge from education center.

Data further analyzed that most of the respondents (96.5%) had heard about HIV/AIDS and 77.9% respondents knew the full form of HIV/AIDS and 96.46% respondents had given very good answer about a person can get HIV/AIDS.

Further analyzed the data that 98.2% respondents had heard about STD/ISD and 90.3% had told that STD/ISD is important factor for HIV infection or only 58.4%

respondents were aware of National AIDS central organization in Nepal and 90.3% respondents had known about safe sex and 61.94% respondents had known about unprotected sex. Whereas The National Adolescent Sexual and Reproductive Health Programme aims to serve all adolescents. Although launched in the era of the Millennium Development Goals that ended in 2015, the programme is in the spirit of the sustainable development goals (2015–30) that stress universal access to health care and leaving no one out.

The programme is complemented by sex education. Between 2002 and 2006, with the support of the United Nations Population Fund (UNFPA), Nepal introduced what is known as comprehensive sexuality education in schools as part of the national curriculum.<sup>[3]</sup>

Study had shown that most of the respondents 51.3% had felt sad in life and 15.9% respondent had problem in getting sleep or they told stress is most important cause about that. Data also had shown that 28.3% respondents feel lonely, hopelessness and helplessness and 8.8% of them thought about hurting to themselves and to others or 10.6% respondents had committed suicide. Study also showed that 24.8% respondents had got counseling on sexual maturity and 1.8 of them was on psychiatric treatment.

## RESULT

**Table No. 1. Demographic Profile of Respondents (n = 113)**

Age group	Frequency	Percentage
15-16 years	22.00	19.46
17- 19 years	90.00	79.64
Missing	1.00	0.80
<b>Caste</b>		
Upper class( Chhetri, Brahmin)	66	58.40
Relatively advantaged Janjati Newar, thakali, Gurung	19	16.81
Disadvantaged non Dalit Tarai cast: Yadav, Teli	5	4.42
Disadvantaged Janjati: Rai, Magar, Limbu, Bhote	20	17.69
Dalit kami Damaisarki	2	1.76
Missing	1	0.8
Total	113	100

**Table No 2: Knowledge about Nutrient Food of Respondents (n = 113)**

Knowledge	Frequency	Percentage
Yes	113	100%
No	0	0%
Total	113	100%

**Table No 3: Respondents Want to Practice Dieting (n = 113)**

Description	Frequency	Percentage
Yes answer	38	33.6
No answer	75	66.4
Total	113	100



**Table No. 4: If Respondents Were Aware of Right of Adolescent (n=113)**

Description	Frequency	Percentage
No	16	14.2
Yes	97	85.8
Total	113	100

**Table No 5: Adolescent Girl has Right to Property(n = 113)**

Right to property	Frequency	Percentage
No	15	13.2
Yes	98	86.7
Total	113	100

**Table No 6: Respondents Know the Contraceptive Method (n = 113)**

Descriptive	Frequency	Percentage
No	4	3.6
Yes	109	96.5
Total	113	100

**Table No 7: Respondents Knowledge about Permanent Contraceptive Methods( n=113)**

Category of knowledge	Frequency	Percentage
Very good (can tell 3 method)	52	46.0
Good(can tell two method)	43	38.0
Fair (can tell only one)	14	12.4
Didn't response	4	3.5
Total	113	100

**Table No. 8: If Respondent Had Knowledge about Homosexuality (n= 113)**

Knowledge	Frequency	Percentage
Yes	65	57.5
No	48	42.5
Total	113	100

**Table No 9: Respondents Knowledge about HIV/AIDS (n=113)**

Knowledge	Frequency	Percentage
Very good knowledge	109	96.46
Good knowledge	3	2.65
Fair	1	0.88
Total	113	100

Note: 'Very good knowledge' categorized as one who scored 3 or >3 right answers

'Good knowledge' categorized as one who scored 2 right answers

'Fair knowledge' categorized as one who scored 1 right answer

**Table no 10: If respondents were aware of National AIDS Control Organization in Nepal (n=113)**

Particular	Frequency	Percentage
Have a knowledge	66	58.4
No knowledge	47	41.6
Total	113	100.0

**Table No 11: If Respondents Know about Sexual Contact (n = 113)**

Particular	Frequency	Percentage
Have a Knowledge	102	90.3
No knowledge	11	9.7
Total	113	100

**Table No 12: If Respondents Know The Meaning of Safe Sex(n = 113)**

Particular	Frequency	Percentage
Correct Answer	99	87.6
In correct answer	3	2.7
Missing	11	9.7
Total	113	100.0

## DISCUSSION AND CONCLUSION

The findings of the current study shows that most of the respondents 85.8% were from Hindu religion and 59.3% respondent's family income were found 10 to 20 thousand

This study had shown that most of the respondents 41.6% were found from eastern region and by observing their parental education 47.8% mothers were found from secondary level and 48.7% fathers were found from higher level education or 46% fathers were doing service and other were doing business farmer army etc and 72.6% mothers were housewife and other doing business farmer, service etc.

Study had shown that 64.6% father and 94.7% mothers were non-smoker and non-alcoholic and also found that 80.5% of respondents were eating outside and 58.4% were told that they want to eat vitamin containing food or further found that 65.5% respondents had not practiced dieting and 34.5% were not worries about their body development where as Girls who attempted weight loss ate breakfast, lunch, snacks, milk, bread, meat, and many sweet and fatty foods less often than other girls. Some reduction in meals, snacks, core foods, and sweet fatty foods, but not savory fatty foods, remained after the weight loss attempt. [4]

Further analyzed the data that 79.6% respondents had prefer to spend their time at home and they had liked to spend maximum time with their parent whereas adolescent says, "When I come home after following orders all day, I just want some free time for nothing except what I want to do." Replies the parent, "I know exactly what you mean because I feel the same way. But we're not free. Some down time when we get home is the most we can expect to get. Then there will be more stuff to do" [5] and 70.8% respondents had smooth relationship with their parents or 91.2% can talk with their parent about important issues. Like Parent-child relationships are among the most important relationships for adolescents. Adolescence is a period of rapid biological, cognitive, and neurological changes, which



have a salient impact on psychosocial functioning and relationships. [6]

According to data 61.1% respondents had separate room in their home and 98.2% had felt secure at their home.

Data further analyzed that 50.4% respondents had average performance in their collage and 70.8% of them didn't have any trouble to pass in their course and 41.6% respondents told that their favorite subject was math and other told, science, English, G.K etc. As a lot of studies show that there is a big effect of the nature of family background on the academic performance of children in school. The family back ground plays has a big on the academic performance of children at all levels of education in the school system. It is generally accepted that the quality of family interactions has important associations with the children's academic motivation and achievement. [7]

Study had shown that 64.6 most of the respondents had told that their favorite time pass was T.V. and most wanted program was serial in T.V. Further 60.2% had computer at their home and 76.1% know to type in computer.

According to data 92% respondents told that their parent weren't discriminate with their brother and 85.8% told that they were aware of their rights and 97.3% had told that they were right to be secure or 92% had told that they were free of all forms of discrimination. Further 98.2% had told that they should be free from ill treatment and torches or 86.7% of them told that they were right to property.

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Further analyzed the data that 94.7% had told that to practice sex before marriage was not well and 67.3% told that they were

like to marry in 25 to 30 years and most of the respondents 69% were like to make 2 children.

Data further analyzed that 96.5% respondents know that contraceptive methods and 95.57% had very good knowledge about temporary and 46.01% respondents had very good knowledge about permanent method or 57.5% respondents had knowledge regarding homosexuality and 23% of them told that they had got this knowledge from education center.

Data further analyzed that most of the respondents 96.5% had heard about HIV/AIDS and 77.9% respondents know the full form of HIV/AIDS and 96.46% respondents had given very good answer about a person can get HIV/AID whereas Majority (92.6%) claimed to have heard about HIV/AIDS prior to the study. More than half (67.8%) agreed that HIV/AIDS is a life-threatening disease, 29.4% said there is a cure for AIDS, and 77.6% thought that the government is doing enough to deal with the disease. [8]

Further analyzed the data that 98.2% respondents had heard about STD/ISD and 90.3% had told that STD/ISD is important factor for HIV infection or only 58.4% respondents were aware of National AIDS central organization in Nepal and 90.3% respondents had known about safe sex and 61.94% respondents had known about unprotected sex.

Study had shown that most of the respondents 51.3% had felt sad in life and 15.9% respondent had problem in getting sleep or they told stress is most important cause about that. Data also had shown that 28.3% respondents feel lonely hopelessness and helplessness and 8.8% of them think about hurting to themselves and to others or 10.6% respondents had committed suicide. Study also showed that 24.8% respondents had got counseling on sexual maturity and 1.8 of them was on psychiatric treatment.

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