Research Article

Psycho-social study of adolescent girls of rural Konkan region (Maharashtra)

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ABSTRACT

Background: Konkan area in Maharashtra, India is rich in Biodiversity and known for its Natural Beauty. At the same time geographical difficulties, poor socio-economical status, superstitious and religious beliefs are some important factors contributing to more Psycho-social problems in this area including Physical Health. We focused in this Study to find out Psychological Problems, Health issues and planning future activities for School going adolescent girls.

Methods: The Study was carried out on total no. Of 1290 School going adolescent girls of age group 11-20 years, over the period of six months. The following Psychological and Physical parameters were considered. Mental Status Examination, Higher Mental Functions, Personality, Decision Making capacity, Hemoglobin status, Body Mass Index and Health related factors of Adolescent girls.

Results: According to Psychological assessment 78.46% had abnormal expression, poor hygiene, low decision making, 72.47% were underweight and 47.22% were anemic.

Conclusions: More Active measures need to be taken for care of Psychological and Physical health. Awareness Programme needs to implement for Students, Parents, Teachers and Public.

Keywords: Psycho-social, Adolescent girls, Rural Konkan

INTRODUCTION

Konkan is a narrow strip of land lying between the Sahyadri Mountains on the east and the Arabian Sea on the west. Engulfed in hills, this area is rich in biodiversity but at the same time due to its extremely inaccessible terrain, shortage of fertile land and poor water harvesting this land has remained very backward. According to our organisational findings, the people of this area lack economical and educational facilities and are dominated by religious beliefs and social taboos. Burdened with excess housework and farming, the adolescent girls here, are devoid of education and hence lack the basic knowledge about their own health. Due to lack of health awareness and proper education they succumb to a lot of health problems. Adolescence is a period of great turbulence and a unique turning point of a very rapid, albeit and uneven development of physical, emotional, intellectual, social, moral, spiritual and aesthetic aspects. Also it is a period of unpredictable behaviour. Curiosity, exploration and adventure on one hand while psychological and emotional problems on the other exert considerable influence on the social behaviour of the adolescents.

The health of adolescent girls depends on their own behaviour and also the behaviour of people with whom they interact. Many of the behavioural and psychological factors in adulthood have their origin in adolescence and hence the study of adolescent period is gaining a lot of