

## **HEALTHY ADOLESCENT LIFE THROUGH EFFECTIVE HEALTH EDUCATION**

**Dr. M. DOSS**

Senior lecturer, State Training Centre (SCERT) Puducherry

The Adolescent students are particularly vulnerable because of rapid physical, psychological and social changes occurring during adolescence. Therefore, they become preys to the hostile environment where all ill habits are learnt. The problems that grow with the school going children are: smoking, consumption of alcohol, suffering from infatuation, run away from home either alone or with someone else, intention to commit suicide, becoming drug addicts, involvement of sexual abuse, pre-marital sexual relationship, early pregnancy, becoming juvenile delinquents and victims of HIV/AIDS. These social diseases are eventually transferred from schools and families to the society that concerns us very much.

These serious conditions tempted the researcher to undertake this study with the following objectives:

1. To study the 'Students Health System' in the UT of Puducherry
2. To understand the adolescent problems both sexual and non-sexual issues including HIV/AIDS/STD.
3. To study the content of the science textbooks books regarding health matters.
4. To study the content of in-service training, organized for science teachers.
5. To study the participation of NGOs to provide information about adolescents' rights to know about healthy adolescent life.

Consequent upon this, Normative survey method will be adopted to study some of the medical records and educational records kept at the respective centers to understand the knowledge behind data. Teachers working in schools, teacher trainers working at training centers, heads of training schools, students of secondary and higher secondary schools and medical personnel who are working at student medical centers will be interviewed with the help of interview schedule and questionnaires to know first hand information. Normal statistical tools may be employed to analyse the data.

As an outcome of the study, it is believed that adolescent students will safeguard themselves properly by applying suitable life skills through various situations in future. And that adolescent related problems will be minimized on the premises of education campus or outside the campus to some extent.

Based on the findings of the study, Students' Health Centres, Aids Control Society in Puducherry, District Institute of Education and Training, State Training Centre (SCERT) and NGOs in Puducherry may be suggested to join together to disseminate the health related information among the students including sex related problems and help them make informed decisions, solve problems, think critically and creatively, communicate effectively and build healthy relationships with others.