

FOR YOUNG SCIENTIST RESEARCH PAPER AWARD

ABSTRACT ON

LIFE SKILL EDUCATION FOR REPRODUCTIVE AND SEXUAL HEALTH OF ADOLESCENTS

(A STUDY IN SELECTED VILLAGES OF SAMBALPUR, DISTRICT, ORISSA)

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Introduction

Adolescents have often been perceived as a group of people with problems, disturbances and a rebellious streak in them. However this is a negative portrayal of the traits of adolescents. The reality is that adolescents have very special and distinct needs which requires to be addressed. Given a climate of positive stimulation and a congenial environment adolescents can grow up as healthy and responsible member of the society.. Life skills address the whole individual and therefore can lead to overall, sustained life long behavior change. This study is an attempt to under

Objectives of the study

The broad objective of the study is to know the level of knowledge and attitude of rural adolescents regarding Reproductive and sexual health and the impact of life skill education on their behavior.

Methodology

A sample of hundred adolescent both boys and girls were covered from 16 villages of the two blocks of sambalpur districts. Pre and post education survey was made with the help of structured interview schedules Tools namely focus group discussions & provision of adolescent friendly counseling services was provided to understand their core problems.

Findings

A good number of adolescents came to seek information on sexual and reproductive health issues (52.64%). Most of these complaints needed only reassurance and counseling. Many behavioral problems related to academic performance, depression, issues related to relationship with peers and parents, etc were revealed more so among the participants. Nearly 33 % of the boys were in a depressing situation because of the misconception of the effect of masturbation and night falls. This was severely affecting their normal life. The knowledge of reproductive health was very poor among this population. Girls were found less knowledgeable compared to boys on the reproductive health issues. The life skill education approach could provide information and services on promoting safe sexual behavior including abstinence, delayed age of onset of sexual intercourse, preventing unwanted and early pregnancies, and preventing STDs, including HIV/AIDS. It could generate an awareness and appreciation of crucial skills, which help adolescents negotiate life's more difficult passages. . The training played a role of counseling for these categories of adolescents and could clarified their misconceptions and create awareness on the reproductive and sexual health.