Chapter V

Summary, Conclusions and Recommendations

5.1 Summary

The present study is related to adolescence wellness. The purpose of this study was to investigate the status of wellness and to implement the wellness program on the adolescents from Pune city. As this research related to adolescents wellness; the concept of wellness, the evaluation methods and the development of adolescents is given in the chapter I. It also has objectives, assumptions, limitations, delimitations and operational definitions. In chapter II, researcher has given all the review of the literature related to the concept of wellness. The chapter contains detailed information about the development of the wellness concept. It reflects the ideas and the contribution of different researchers defining and developing the wellness concept. All the reviews are classified as 1) Reviews related to wellness 2) Reviews related to wellness measuring tools and 3) Reviews related to development of adolescents.

For this research, the researcher used the descriptive survey cum experimental research method. This study was conducted in three stages. In the first stage wellness inventory was developed. The survey was done in the second stage of this study. The wellness program carried out in the third stage and the effectiveness was tested. All the details about the methodology, population, sample, sampling technique and procedure of the study are in chapter III. It has also included the pilot studies.

5.2 Conclusions

After analyzing the data following conclusions were made.

- The developed wellness Inventory is valid for further investigation, it is a reliable tool, and also this tool has well organised evaluation process and norms.
- The current status of adolescent wellness is quite challenging. It was found that only 20% of the adolescents had good wellness status and the majority i.e. 80% were found to have satisfactory wellness score.
- Analysis also reveals that the girls had a better wellness score in comparison to the boys in all the dimensions.
- The data revealed a need to focus on intellectual wellness of both girls and boys. As the both gender scored less in this dimension of wellness.
On the other hand the Girls and boys had good scores in the dimension of occupational wellness.

The customized programme designed and developed by the researcher based on the need of the adolescents were found to be very effective. Hence the programme had a significant effect in relation to adolescent wellness.

5.3 Recommendations

The following recommendation arises from this investigation:

- The wellness inventory can be used to survey at a mass level.
- Schools can use the developed wellness inventory to assess the student wellness.
- The survey can be done in a range of age groups and can be used in similar geographical conditions.
- The wellness program can be administered at school in larger scale and the results would indirectly affect the students living and behaviour.
- There is a scope for modifications in the program designed to improve wellness among adolescents.
- The wellness inventory can be modified as per different age groups.

5.4 Contribution to the knowledge

- The knowledge as evolved from the present piece of the research could give a new direction through a standardized wellness inventory for the promotion of student’s wellness.
- This study would contribute to the need and planning of the school wellness program.
- The knowledge evolved from this study will directly help the teachers, parents and also policy maker of the schools.
- It gives a clear picture of the status of wellness in each of the dimensions.
- The customised program designed to improve wellness can be use by the stakeholders to bring in appositive change in student behaviour.