# TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Title</th>
<th>Page No</th>
</tr>
</thead>
<tbody>
<tr>
<td>List of Tables</td>
<td>i-ii</td>
</tr>
<tr>
<td>List of Figures</td>
<td>iii-iv</td>
</tr>
<tr>
<td>List of Acronyms</td>
<td>v</td>
</tr>
</tbody>
</table>

## CHAPTER 1: AN INTRODUCTION TO REPRODUCTIVE HEALTH EDUCATION FOR ADOLESCENTS 1-16

1.1 Introduction to the Research Problem 1
1.2 Reproductive Health Status of Adolescents in India 4
1.3 Theoretical Perspectives 6
1.4 Scientific Background 13
1.5 Rationale of the Study 14
1.6 Relevance to Social Work Practice 16

## CHAPTER 2: REPRODUCTIVE HEALTH EDUCATION FOR ADOLESCENTS: A REVIEW OF LITERATURE 17-54

2.1 Introduction 17
2.2 Scope of the Review of Literature 18
  2.2.1 Knowledge and Perception of Adolescents regarding Reproductive Health Issues 19
  2.2.2 Sources of Information accessed by the Students about Reproductive Health Issues 41
  2.2.3 Opinion of Parents towards Reproductive Health Education for Adolescents 45
  2.2.4 Opinion of Teachers about Need of Imparting Reproductive Health Education to Adolescents 46
  2.2.5 Interventions/ Recommendations in order to impart appropriate Knowledge and Attitude among Adolescents regarding Reproductive Health Issues. 48
2.3 Overview of Literature Reviewed 51
CHAPTER 3: RESEARCH METHODOLOGY  
3.1 Introduction 55  
3.2 Objectives of the Study 55  
3.3 Operational Definitions 56  
3.4 Nature of the Study 57  
3.5 Universe of the study 58  
3.6 Sampling Design 59  
3.7 Sampling Method and Procedure 60  
3.8 Data Collection 61  
3.9 Tools of Data Collection 61  
3.10 Methods of Data Collection 62  
3.11 Field Work: Process 64  
3.12 Reproductive Health Issues Covered in the Study 64  
3.13 Pre-testing 65  
3.14 Processing, Analysis and Interpretation of Data 65  
3.15 Chapterisation Scheme 66  
3.16 Limitations of the Study 67  

CHAPTER 4: NATIONAL POLICIES AND PROGRAMMES ON REPRODUCTIVE HEALTH EDUCATION FOR ADOLESCENTS: A BRIEF ANALYSIS  
4.1 Introduction 69  
4.2 National Policies Related to Reproductive Health of the Adolescents 76  
4.2.1 Discussion 81  
4.3 National Programs Related to Reproductive Health of the Adolescents 83  
4.3.1 Discussion 89  
4.4 Conclusion 91
CHAPTER 5: PROFILE OF THE RESPONDENTS

5.1 Introduction

5.2 Demographic Characteristics of Adolescents in India
   5.2.1 Adolescent Population
   5.2.2 Sex Ratio
   5.2.3 Population Pyramid
   5.2.4 Marriage/Nuptial Patterns
   5.2.5 Age at Marriage
   5.2.6 Marital Status

5.3 Profile of the Adolescent Students as Respondents
   5.3.1 Age
   5.3.2 Class, Type of School, and Gender
   5.3.3 Religion
   5.3.4 Family Details
   5.3.5 Socioeconomic Status

5.4 Profile of the Parents
   5.4.1 Age
   5.4.2 Educational Qualification of the parents
   5.4.3 Occupation of the Parents
   5.4.4 Monthly Family Income

5.5 Profile of the teachers
   5.5.1 Age
   5.5.2 Educational Qualification

5.6 Conclusion

CHAPTER 6: KNOWLEDGE AND PERCEPTION OF ADOLESCENTS ON REPRODUCTIVE HEALTH ISSUES

6.1 Introduction

6.2 Process of Growing up
   6.2.1 Process of Growing up in Boys
   6.2.2 Process of Growing up in Girls
<table>
<thead>
<tr>
<th>Title</th>
<th>Page No</th>
</tr>
</thead>
<tbody>
<tr>
<td>6.3 Knowledge and Perception on Pregnancy</td>
<td>129</td>
</tr>
<tr>
<td>6.4 Knowledge and Perception on Abortion</td>
<td>134</td>
</tr>
<tr>
<td>6.5 Knowledge and Perception on Contraceptives</td>
<td>138</td>
</tr>
<tr>
<td>6.6 Sexual Behaviour</td>
<td>141</td>
</tr>
<tr>
<td>6.7 Sexual Abuse/Harassment</td>
<td>144</td>
</tr>
<tr>
<td>6.8 Knowledge and Perception about Sexually Transmitted Infections (STIs)</td>
<td>147</td>
</tr>
<tr>
<td>6.9 Knowledge and Perception about HIV/AIDS</td>
<td>148</td>
</tr>
<tr>
<td>6.10 Substance abuse: Myths and Misconception related to Substance Abuse</td>
<td>150</td>
</tr>
<tr>
<td>6.11 Conclusion</td>
<td>153</td>
</tr>
</tbody>
</table>

**CHAPTER 7: OPINION OF PARENTS, TEACHERS AND ADOLESCENTS TOWARDS IMPARTING REPRODUCTIVE HEALTH EDUCATION 154-189**

<table>
<thead>
<tr>
<th>Title</th>
<th>Page No</th>
</tr>
</thead>
<tbody>
<tr>
<td>7.1 Introduction</td>
<td>154</td>
</tr>
<tr>
<td>7.2 Adolescents have certain Reproductive Health Needs with regard to their Holistic Growth and Development</td>
<td>156</td>
</tr>
<tr>
<td>7.3 School has a responsibility to help and guide the students for their Holistic Growth and Development</td>
<td>160</td>
</tr>
<tr>
<td>7.4 Necessity to impart Reproductive Health Education in Schools for Adolescents</td>
<td>163</td>
</tr>
<tr>
<td>7.5 An Appropriate Class from which Reproductive Health Education should be started</td>
<td>168</td>
</tr>
<tr>
<td>7.6 Reproductive Health issues/topics/areas can be included in Reproductive Health Education</td>
<td>171</td>
</tr>
<tr>
<td>7.7 Appropriate Methods for Teaching or Discussing Reproductive Health Issues with Adolescents</td>
<td>174</td>
</tr>
<tr>
<td>7.8 Appropriate Source of Information for Adolescents to learn about Reproductive Health Issues</td>
<td>177</td>
</tr>
<tr>
<td>7.9 Reaction, when Adolescents Ask Information on Reproductive Health Issues</td>
<td>181</td>
</tr>
<tr>
<td>7.10 Need to make Parents and Teachers aware of their role as an Educator and Effective Communicators to Adolescents</td>
<td>183</td>
</tr>
</tbody>
</table>
### 7.11 Comments and Suggestions on the issues of Reproductive Health Education

Page No: 185

### 7.12 Conclusions

Page No: 189

## CHAPTER 8: SUMMARY, DISCUSSION AND RECOMMENDATIONS  190-230

### 8.1 Introduction

Page No: 190

### 8.2 Summary and Discussion

Page No: 191

- **8.2.1 National Policies and Programmes on Reproductive Health Education for Adolescents**
- **8.2.2 Profile of the Respondents**
- **8.2.3 Knowledge and Perception of Adolescents on Reproductive Health Issues**
- **8.2.4 Opinion of Parents, Teachers and Adolescents towards Imparting Reproductive Health Education**

Page No: 191, 194, 197, 210

### 8.3 Recommendations

Page No: 219

- **8.3.1 Recommendations by the Researcher on the Basis of Findings of the Data Collected from the Adolescent Students**
- **8.3.2 Recommendations given by the Teachers on Imparting Reproductive Health Education to Adolescents**
- **8.3.3 Recommendations given by the Parents on Imparting Reproductive Health Education to Adolescents**
- **8.3.4 Social Work Interventions**

Page No: 220, 221, 221, 222

## REFERENCES  231-242

## Appendices  243-260

### Appendix-I: Questionnaire for the students (Boys)

Page No: 243

### Appendix-II: Questionnaire for the students (Girls)

Page No: 250

### Appendix-III: Interview Guide for the Parents

Page No: 257

### Appendix-IV: Interview Guide for the Teachers

Page No: 259