CHAPTER 5
MAJOR FINDINGS, SUGGESTIONS AND CONCLUSION

5.1 Introduction

The present study “Psychosocial well-being of adolescent girls: An intervention study” was conducted to assess the effectiveness of intervention on psycho social well-being of adolescent girls in the eight children’s homes of Thrissur District of Kerala State. The major findings of the study, suggestions and conclusion evolved from the study are presented in this chapter.

A quasi-experimental research design was adopted for the present study. The dependant variables under study were the psychosocial well-being measured in terms of awareness on developmental changes in adolescence, subjective well being, self-esteem and adjustment. A structured intervention programme for the psychosocial well-being was the independent variable and the effectiveness of the intervention on the dependent variable formed the total study.

Eight children's homes were divided into two groups- experimental and control group, each consists of four children's homes and compared by a pre-test measurement to make sure that they really were equivalent on the dependent variable before introducing the intervention. Their average scores were approximately same, so it became reasonable to infer that difference in post-test scores are due to the effects of intervention. There were 60 adolescent girls each in experimental and control group.
5.2. Major Objective of the study:

The major objective of the study was to assess the effectiveness of intervention programme on the psychosocial well- being of the adolescent girls with special reference to Children’s home for girls.

5.2.1. The specific objectives of the study were:

1. To identify the socio demographic profile of the adolescent girls in the Children’s Home

2. To assess the adolescent girls’ awareness on developmental changes in adolescence

3. To assess the Subjective well-being of the adolescent girls in the Children’s Homes

4. To assess the self -esteem of the adolescent girls in the Children’s Homes

5. To assess the adjustment difficulties of the adolescent girls in the Children’s Home

6. To design an intervention package for the psycho social well being of the adolescent girls in children’s home based on the assessment.

7. To assess the effectiveness of the intervention package on the adolescent girl’s awareness on developmental changes, subjective well being, self-esteem, and adolescent adjustments.
5.3 Hypotheses:

1. The adolescent girls who are exposed to the intervention programme will have higher awareness on developmental changes in adolescence when compared to those who are not exposed to the intervention programme.

2. The subjective well being of the adolescent girls who are exposed to the intervention programme is higher than the subjective well being of those who are not exposed to the intervention programme.

3. The self–esteem of the adolescent girls who are exposed to the intervention programme is significantly higher than those adolescent girls who are not exposed to the intervention programme.

4. The adolescent girls who are exposed to the intervention programme will show significantly well adjustments compared to those adolescent girls who are not exposed to the intervention programme.

5.4 Intervention package

The content of the Intervention package was consolidated based on the pre-intervention assessment findings, the review of published literature, discussion with the research guide, discussion with children’s home authorities, and the materials already standardized and implemented by national and international organizations - UNESCO, NCERT, SCERT, CDC and WHO. The major objective of the intervention package was to strengthen adolescent girl’s individuality to deal effectively with the demands and challenges of everyday life. Contents of the package were Meditation, Developmental changes in adolescence and its management, Life Skills education, Legal Awareness and Gender sensitivity, Career and Vocational Guidance, General Health Check up and
awareness class on health, Plan for the future: Better women hood, and peer group training.

5.5 MAJOR FINDINGS

Both experimental and control groups were matched on socio-demographic variables such as age, religion, family background, educational background, and health conditions of the adolescent girls in the Children’s home. All the hypothesis stated above were tested. Following conclusions were made.

5.5.1. Socio demographical profile

The findings show that, the adolescent girls in the experimental and control group were homogenous with regard to the socio demographic variables like, age, religion, reason for admission to children’s home opinion about facilities at children’s home, educational background and health conditions.

5.5.1.1. Personal profile:

- 38 percent of the adolescent girls in the experimental group and 43 percent adolescent girls in the control group were in the age group of 15-16 years.
- Adolescent girls belongs to Christian religion were more i.e., 45 percentage in experimental and 41.7 percent in control group respectively
- Reason for admission to the children’s home as well as family background reveals most of the adolescent girls were belong to economically poor family condition i.e., 43 percent and 45 percent in both experimental and control group respectively.
- 42 percent and 43 percent adolescent girls from both experimental and control groups respectively were admitted in the age of 1-3 years in the children’s home.
5. 5.1.2. Educational background:

- It was clearly found that majority of the adolescent girls in the experimental group (51%) and control group (57%) were doing very poorly in their routine examinations - school tests and most of them were studying in the 10th standard.
- 52 percent and 57 percent of adolescent girls in the experimental and control group respectively had scored less than 35 percent marks in their school tests, they attended. More than 50 percent of them were failed in their last final school examinations.
- More than 40 percent of the adolescent girls in the children’s home both in experimental and control group were very much into reading and T.V. watching was their hobby.

5.5.1.3. Health condition:

- An analysis of the general health condition of the adolescent girls showed that, 60 percent of experimental group and 63 percent of comparison group were experiencing a nature of sudden illness.
- A very high percentage of adolescent girls were suffering from headache (53 %) in the experimental group and (57 %) in the comparison group respectively and stomach pains, (22 % in experimental group 15 % in the comparison group respectively) in both the groups.
- Adolescent girls in the children’s home in both experimental and comparison group (43 % and 45 % respectively) were informed the sudden spotting of menarche to their caretaker in the children’s homes. Lack of mothers care was evident in the onset of menarche to majority of the respondents.
• Adolescent girls in the experimental group (75%) and comparison group (83%) were mentioned stomach pain as the issues related to menstrual cycle.

• Adolescent girls in the experimental group (82%) and in comparison group (67%) were having tiredness during menstruation period due to anemic condition of the respondents.

Doctors’ personal consultation during intervention programme had diagnosed the prevalence of anemia among all respondents. The topic mostly discussed by the respondents with doctor was their menstrual cycle related doubts.

5. 5.2. Comparability of the two groups (Experimental and control group)

• Analysis of pre – intervention data revealed that, the two groups were comparable in all the eleven domains of the awareness on developmental changes in adolescence as there was no statistically significant difference revealed in the independent sample t-test.

• Analysis of pre- intervention data on ten domains of subjective well – being revealed in the independent sample t-test that, there was no significant difference between the experimental and control group, indicating that, two groups were comparable.

• Analysis of pre – intervention data on three domains of self – esteem revealed in the independent sample t-test that there was no significant difference between the experimental and control group, indicating that two groups were comparable.

• Analysis of pre – intervention data on two domains of adolescent adjustment revealed in the independent sample t- test that, there was no significant difference
between the experimental and control group except in one domain indicating that, two groups were comparable.

5.5.3. Effectiveness of the Intervention programme

5.5.3.1. Awareness on developmental changes in adolescence:
Most of the adolescent girls in the experimental group and control group were in a low level of awareness before intervention (Pre–test). After intervention (post-test), it was found that experimental group had increased their awareness level (Mean score: pre-test = 77.52, post-test = 148.62), where as in control group the improvement in awareness was negligible (Mean score: pre-test = 76.90, post-test = 76.82).

5.5.3.2. Subjective well being:
Majority of the adolescent girls in both experimental and comparison group were having low level of subjective well being before intervention (Pre –test). After intervention, (post-test), experimental group had increased its scores (Mean score: pre-test = 71.03; post-test = 90.23), where as in control group there were minimal changes (Mean score: pre-test = 70.98, post-test = 71.85).

5.5.3.3. Self-esteeem:
Majority of the adolescent girls in the experimental as well as control group came in the low level of self esteem category before intervention (Pre–test). After intervention (Post–test), it was found that experimental group had increased the scores (Mean score: pre-test = 15.42, post-test = 26.40), where as in control group there find minimal changes (Mean score: pre-test = 15.45, post-test = 15.77) only.
5.5.3.4. Adjustment:

Majority of the adolescent girls in the experimental and control group were having a moderately adjusted level in adolescence adjustment in the pre test. After intervention (Post–test), It was found that experimental group had decreased their moderately adjusted scores into well adjusted scores (Mean score: pre-test 90.73, post-test 66.60), where as in control group we find minimal changes (Mean score: pre-test 89.18, post-test 89.50).

5.5.4. Hypothesis Testing

5.5.4.1. Hypothesis 1: The adolescent girls who are exposed to the intervention programme will have higher awareness on developmental changes in adolescence when compared to those who are not exposed to the intervention programme.

To test the first hypothesis the experimental and control group scores of the awareness on developmental changes in adolescence were compared using independent sample t-test reveal no significant difference between the two groups in the pre intervention assessment indicating that the two groups are comparable. In the post intervention assessment, there is a significant difference between the experimental and the control group (Paired sample t- test). The experimental group has scored higher awareness level and the test is significant at P<0.01 level. This test provides evidence to accept the first hypothesis.

5.5.4.2. Hypothesis 2: The subjective well being of the adolescent girls who are exposed to the intervention programme is higher than the subjective well being of those who are not exposed to the intervention programme.

To test the second hypothesis the experimental and control group scores of the subjective well – being inventory were compared using independent sample t-test reveal
no significant difference between the two groups in the pre intervention assessment indicating that, the two groups are comparable. In the post intervention assessment, there is a significant difference between the experimental and the control group (Paired sample t-test). The experimental group has scored higher in subjective well being and the test is significant at P<0.01 level. This test provides evidence to accept the second hypothesis.

5.5.4.3. Hypothesis 3: The self-esteem of the adolescent girls who are exposed to the intervention programme is significantly higher than those adolescent girls who are not exposed to the intervention programme.

To test the third hypothesis the experimental and control group scores of the self-esteem inventory were compared using independent sample t-test reveal no significant difference between the two groups in the pre intervention assessment indicating that, the two groups are comparable. In the post intervention assessment, there is a significant difference between the experimental and the control group (Paired sample t-test). The experimental group has scored higher in self esteem and the test is significant at P<0.01 level. This test provides evidence to accept the third hypothesis.

5.5.4.4. Hypothesis 4: The adolescent girls who are exposed to the intervention programme will show significantly well adjustment compared to those adolescent girls who are not exposed to the intervention programme.

To test the forth hypothesis the experimental and control group scores of the adolescent adjustment inventory were compared using independent sample t-test reveal no significant difference between the two groups in the pre intervention assessment indicating that, the two groups are comparable. In the post intervention assessment, there is a significant difference between the experimental and the control group (Paired
sample t-test). The experimental group has scored well adjustment and the test is significant at $P<0.01$ level. This test provides evidence to accept the fourth hypothesis.

The analysis of the data showed that the intervention has lead to improvement in awareness, subjective well being, self esteem and adjustment among the adolescent girls from the experimental group.

5.11. SUGGESTIONS

The concept of positive mental health and development of skills are all the more important when we concern to adolescence and it is widely accepted as a contribution to psychosocial well-being. To achieve health giving pro-social behaviour in the current challenging society, adolescent girls in the children’s home they should have mental well-being and well developed personality.

The following suggestions have been put forward in the light of the findings of the present study.

1. Children’s home authorities should arrange regular health checkups, awareness classes on health and hygiene to the inmates in collaboration with Indian Medical Association, Family Planning Association of India, Rotary Club of India and Schools of social work.

2. For sake of maintaining Children’s home cleanliness in the common bathrooms and proper washing and drying of cloths during menstrual period of the inmates functionaries have to be act upon as follows:

They have to approach local Industrial Houses and corporate sectors for funding, which they do as a part of Corporate Social Responsibility activity, to build
infrastructure and its maintenance. They have to start communicating effectively using all media arms to reach the above said.

3. There is a need of vocational training along with life skill education to the inmates of the children’s home. That can be organized sending the inmates to Governmental and Non-Governmental organizations projects which offer free skill development training.

4. Children’s home functionaries need training in the following aspects related to the inmates like
   a. Counseling to deal the emotional problems of the inmates
   b. Reproductive health
   c. General health and fitness
   d. Life skill education
   e. Career and Vocational guidance
   f. Legal awareness
   g. Gender issues

The above mentioned can be availed through the partnership mainly with Social work and Home Science department of the colleges, State Women and Child welfare Department and Community Medicine Departments of Government and Private Medical Colleges

5.12. Suggestions for future research

1. It is worth focusing samples including the available family members of the inmates of children’s home.
2. It is important to include long term follow up of such studies to understand the efficacy of the intervention in its true sense.

3. While planning projects at the national or state level for adolescents at the various departments of social welfare, women and child welfare, human resource management department, social sciences or mental health department, or social work colleges, it is important to incorporate such evaluative studies among all inmates of children’s home as part of their projects.

4. Studies are required to assess the problems of adolescents with single parents in families and institutions.

5.13. Conclusion

In the last two decades, writings and research on inmates of the children’s home has been done to a general kind of studies on their social and psychological features and very few concentrated in intervention studies. To improve the well being of the children especially adolescent girls in the children’s home need unique investigation and intervention. In this context, the present study was conducted to empirically verify the efficacy of the intervention programme for the psycho social well being of the adolescent girls in the children’s home, who cannot remain with their own families. It is emphasizing that, in helping these adolescent girls to help themselves to understand their life situations, strengthen the path for the development of their personality, qualities and capacities towards a good human being is a need of today.

The findings of the study proved the hypothesis formulated in the study, i.e., the adolescent girls in the children’s home who underwent a structured psycho social well being intervention showed a remarkable improvement in the awareness on developmental
changes in adolescence, had improvement in the subjective well being level, self esteem
level and more well adjusted compared to the adolescent girls who were not exposed to
the intervention programme. These findings emphasized, the role of social worker, the
evolving of an intervention package and also significantly positive effectiveness of the
intervention programme in helping the adolescent girls of children’s home to cope with
life situations.
If such studies are replicated in other parts of the State among inmates of the children’s
home, it will facilitate the process of developmental programme for the inmates. Further
such methods and techniques could be simplified and incorporated into short term
training programmes for children’s home officials as part of professional social work.
Thus social workers would be playing a vital role in helping the adolescent pass through
the transitional period successfully, establish their identity and become responsible adults
in all aspects of physical, social, psychological, moral and cultural spheres. It is hoped
that, this study will motivate and help the social workers, social planners, social welfare
authorities, and educationalists of our country in thinking of taking functional steps to
ensure and improve the psycho social well being of adolescent girls in the children’s
home. By such concerted efforts, it is possible to prop up the well being, to prevent the
problems at the early stages and thus prepare the adolescents in particular to daringly
face the realities of life and to make their life style happier, healthier enjoyable for a
better future womanhood.