ABSTRACT

A Study on Adolescent Development Education Programme for Anganwadi Centres

Introduction: Adolescent Girls’ Scheme of ICDS is a unique programme, to address the health and developmental needs of the rural girls, more specifically the out of school adolescent girls (in the age group of 11-18 years) in our country. Though the programme got started in the year 1991, it is still groping in the dark even after 20 years since its inception. One reason for this poor functioning of the scheme is the lack of capacity building of the functionaries as mentioned by some of the research studies.

Purpose: The current study was aimed at analysing the implementation of the adolescent girls’ scheme, and to assess the functionaries need perception for a capacity building training and ultimately develop and field test an ‘adolescent development education programme’ for the use of anganwadi centres.

Materials and Methods: Study used a combination of exploratory and quasi experimental control group design with a pre and post evaluation. Process evaluation was also done at the end of the intervention to check its feasibility. Study was done in two phases. In the first phase apart from the secondary data, field data was also collected from the functionaries of the three ICDS projects in Kerala which were selected randomly using multistage random sampling method. In the second phase, one project was randomly selected from among these three projects. The master trainers(20 Anganwadi workers) and the experimental and the control group adolescent girls (N-80 each) for the intervention programme were selected from this project using purposive
sampling. Intervention module was developed on four core themes, that are relevant to ICDS. The intervention programme was focused on improving the knowledge level of the participants on healthy living, growth and development, improve their self awareness and to enhance their interpersonal relationships. Training was done using the anganwadi workers as master trainers. A questionnaire consisting of two checklists and two inventories based on the four variables included in the training module were used to assess the effect size of intervention. Process evaluation data was also collected from the master trainers and the experimental group girls at the end of intervention using two separate questionnaires. T test was used to compare the scores of two groups on the four variables included in the study at the pre and the post test level.

**Findings:** Study identified many problems in the implementation of the AG scheme. There was felt need among the functionaries for capacity building training. Experimental group showed significant gain in their scores on all the four study variables at the end of intervention. Process evaluation done by the master trainers and the participants girls reported that the trainers were effective and the intervention could bring in desired changes in the study subjects. These results points to the need to consider capacity building of the grass root level ICDS functionaries for better service delivery through the Adolescent Girls’ Scheme. Implications of this study for better service delivery to the adolescents in the country are also discussed.

**Key Words:** Interventions for adolescents, Adolescent Girls’ Scheme of ICDS, Positive youth development, Capacity building of functionaries.