

# **Assessment of Health status of Adolescent Girls for Futuristic Task**

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## **Abstract**

Adolescent constitute over 20.4% of the population in India. This Period needs special attention because of adolescence faces different stages of development, different circumstances, different needs and diverse problem. Unfortunately the assessment of health status of adolescent girls has been the least explored area of research. The objective of the research is to assess the health problem among adolescent girls, to aware the adolescent in future to suggest the recommendations based on the study findings.

Polycystic Ovary Syndrome characterized by hyperandrogenism and chronic anovulation is among the most common endocrine disorder affecting women of reproductive age. Information of weight, height, BMI, symptoms of PCOS was assessed the data was collected and analyzed the study conclude that the majority of the girl was found to be overweight and with PCOS symptoms. Adolescent are expected to enjoy a good health but this does not seen.

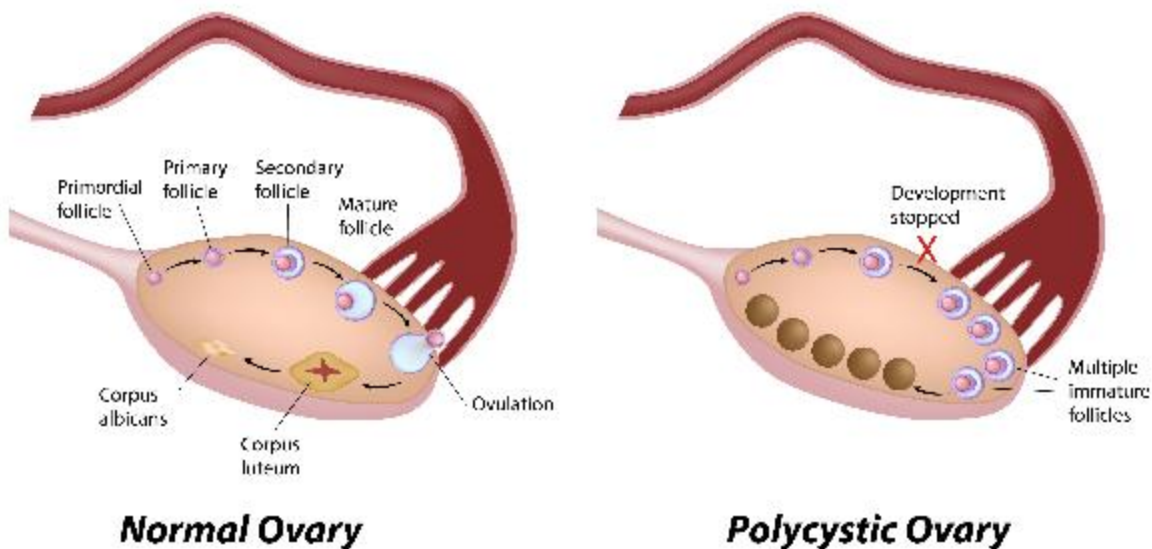
**Keywords-Adolescent,BMI, PCOS**

## **Introduction**

Adolescent constitute over 20.4% of the population in India. This period needs special attention because of adolescent faces, different stages of development, different circumstances, different needs & diverse problems [1]. Unfortunately the assessment of health status of adolescent girls has been the least explored area of the research. Polycystic ovary Syndrome is one of the most common endocrine /metabolic disorders found in women. It is seen that the incidence of PCOS increasing in adolescent age group. The health status of this age group is poor due to high competition, need for recognition & self esteem.

**Objective**

- 1) To explore the understanding of PCOS.
- 2) To aware the adolescent group about the major task facing adolescent in future.
- 3) Early diagnosis & treatment of PCOS in adolescent are essential. & to stand the adolescent girls for facing Future task effectively.
- 4) To improve the health status of adolescent girls by informing parents & care takers.
- 5) To suggest the recommendation based on the study finding
- 6) To improve the quality of human being as a member of society.



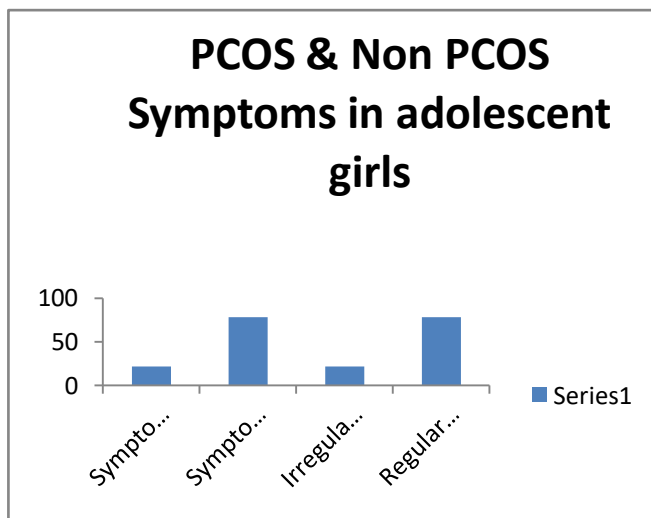
**Materials & methods**

In this work assesment of 100 adolescent College girls from (16-19) yrs of age is carried out. The data was collected from S.P.H. Mahila Mahavidyalya . In this study anthropometric measurements (Height, Weight, BMI), Dietary history ( Nature of diet ), Stress , menstrual disorders, excercise was assess. Data were collected with the help of well designed interview schedule & questionnaire.

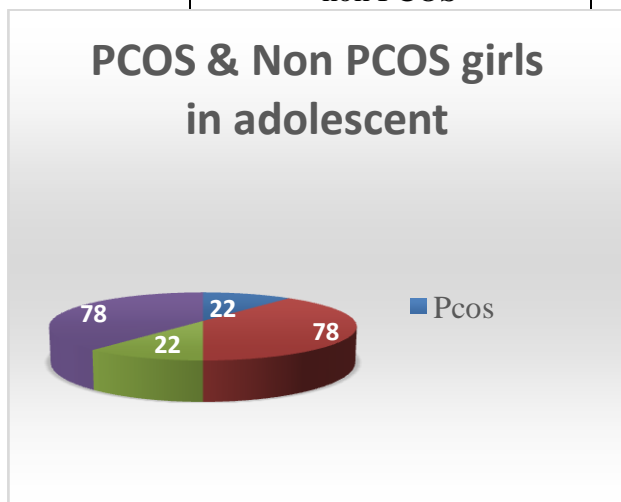
**Results & Discussion**

Table 1: PCOS & Non PCOS Symptoms , Irreglar mensruation

Symptoms of PCOS	22
Symptoms of Non PCOS	78
Irregular cycle in PCOS	22



Regular cycle in PCOS & non PCOS	78
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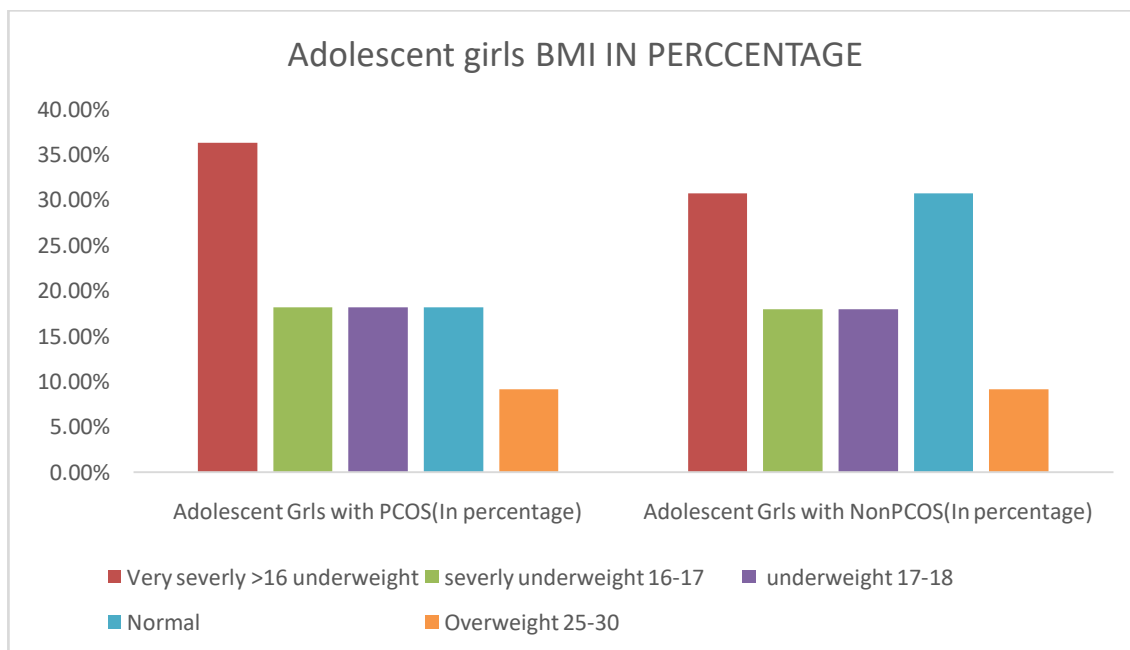
**Results**

In the present study it is found that out of 100 girls 22% girls having Symptoms of PCOS & 78% girls are found to be no Symptoms PCOS.

BMI – BMI is based on body weight & height

Table 2 BMI

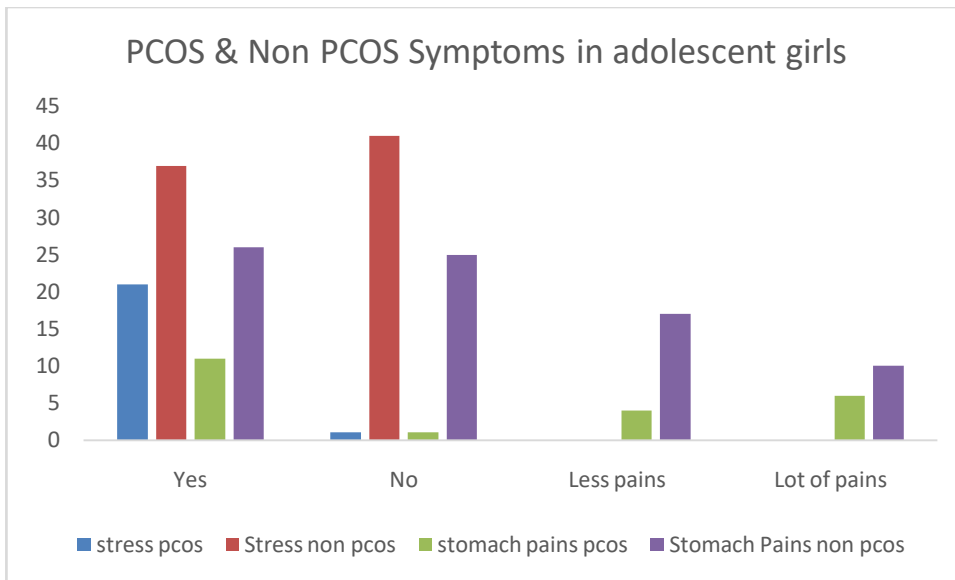
BMI	Adolescent Grls with PCOS(In percentage)	Adolescent Grls with NonPCOS(In percentage)
Very severly >16 underweight	36.36%	30.76%
severly underweight 16-17	18.18%	17.94%
underweight 17-18	18.18%	17.94%
Normal	18.18%	30.76%
Overweight 25-30	9.09%	9.09%



Results From BMI data it is clear that 72.72% PCOS & 66.64% non PCOS respondents are underweight 18.8%PCOS are having normal weight, 9.09% PCOS are found to be overweight .None is found to be obese.

**Table 3 : Stress & Stomach pain**

Criteria	Yes	No	Less pains	Lot of pains
stress pcos	21	1	0	0
Stress non pcos	37	41	0	0
stomach pains pcos	11	1	4	6
Stomach Pains non pcos	26	25	17	10



**Result**

From above data it was observe that 95.45% PCOS girls having stress & 47.43% of non PCOS girls having stress & 95.45% PCOS girls having stomach pains & 67.9% Non PCOS girls having stomach pains.

**Conclusion**

It is seen that the incidence of PCOS is increasing in adolescent age group. The stress, stomach pain, irregular menstruation in adolescents also increasing due to increase in competition, need for recognition & self-esteem, imbalance diet.

Early diagnosis and treatment of PCOS in adolescents are essential in ensuring adulthood health. As teenagers are the future of a nation they should be dealt at an early stage & Corrected.

## Recommendation

1. Assessment of every adolescent girl is necessary.
2. There should a separate paper on health in the std.XI<sup>th</sup>& XII<sup>th</sup>
3. Counselling for health status is must for girls, parents & Society level
4. Awareness regarding health status should be created through media, through extension activities of the college.
5. Health diet and healthy lifestyle is particularly important.

## References

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**In this way we can help up to build up nation & thus we will contribute to our society.**