6.1. INTRODUCTION

Adolescence is a stage in which a person endures major physical and psycho-social changes. It is a right of men and women equally informed and gain accurate knowledge to be safe, health and productive to live healthy and fruitful life. “Reproductive and sexual ill-health accounts for 20% of the global burden of ill-health for women, and 14% for men and Hospital based retrospective studies in India shows that primary amenorrhoea, menstrual disorders, leucorrhoea, and genital infections are the most frequent complaints of adolescents (WHO, 2008). The onset of adolescence brings not only changes to their bodies but also new vulnerabilities to human rights abuses, particularly in the arenas of sexuality, marriage and childbearing among millions of young people around the world (UNFPA, 2014). Therefore reproductive health concern is a crucial issue that is prevailing and particularly young people face enormous difficulties and they lack exposure in education and information to protect their health.

6.2. SUMMARY

The present study is aimed at assessing reproductive health awareness and attitude among adolescents aged between 14-19 years from Pre-University College going boys and girls of Government, Private and Aided Colleges from rural and urban areas. The students were asked to give their opinion and views on reproductive health awareness, attitude, sources of information, reproductive health issues, psychological, emotional problems, utilization and health seeking behavior. The students were also assessed in terms of socio-economic conditions of their family, parent’s education and occupation which also contributes to health and other related issues. As per the study concern on awareness and attitude among adolescents was assessed based on their knowledge on correct age of adolescents, pubertal changes, physical, psychological and social changes, the reproductive health system and organs, menstruation and masturbation, legal marriage, reproduction, HIV/AIDS, STI’s, and condoms, pregnancy and
methods of contraception. As per the results, the awareness and attitude towards reproductive health was good and moderate in level among boys and girls where girls were ahead of boys. It shows that adolescents still require immense knowledge and positive attitudes. They need to be better informed about Reproductive health, to have awareness related to sexual health, HIV/AIDS, RTI’s, STI’s condom, pregnancy, methods of contraception required effective education and information. Their opinion about parents and other significant people as sources of information on reproductive health was not satisfactory. Most of the adolescents did not prefer these sources of information. It could be either they found it difficult to share their views with parents or the significant people have failed to provide effective awareness and had been negligent or themselves lack knowledge on reproductive health. With regard to reproductive health issues, a majority of the adolescents were not aware. This could bring greater impact on young people’s health and reluctant to seek reproductive health services. Beside these concerns adolescents also faced psychological and emotional issues. This could cause mental illness and other related health diseases if they do not take effective precautions and better treatment. This study showed that adolescents had very poor information and opinion about health services. This shows that adolescents are reluctant to visit health facilities and have a negative opinion about health providers. The results showed that schools have a prominent role in the dissemination of reproductive health information where a majority of the adolescents were desirous of attending classes/sessions. The study showed that many schools still require to implement these programmes. The overall study showed that the awareness and attitude among adolescents was moderate in level, a majority of the girls were more aware than boys, awareness among adolescents was more than those who from urban areas than from rural areas. The study highlighted the concern among adolescents on reproductive health issues and the prevailing psychological and emotional problems, poor utilization of health seeking behavior as well as lack of information from sources and poor preferences and choices in discussing their health issues with health professionals. The results of the study showed that even though awareness among adolescents was good still attitude and utilization and health seeking behaviors were poor. It shows that attitude has a greater impact on health seeking behavior and utilization of health services.
6.3. RECOMMENDATIONS

The adolescent period is considered as an important period of human development. It is also a critical period for adolescent boys and girls as they transit from childhood to the responsibilities of adulthood. When adolescents are able to understand better about their biological system specially their bodies, and psychological changes, they are able to face their entire pubertal stage with more confidence. It presents a window of opportunity because actions could be taken during this period to set the stage for a healthy adulthood and to reduce the likelihood of problems in the years that lie ahead (WHO, 2012). Today adolescents need to be informed and be given correct knowledge on their growth, and health and they need to be taught teach them skills to have a better help seeking behavior and adopting healthy lives. In this regard Adolescent health education can be a better option to understand health and it can provide good and effective behavior to protect their life. In this regard the present study brought out the following suggestions and recommendation to promote better reproductive health awareness, positive attitude, role of significant people and health seeking behaviors among adolescents.

- Adolescent friendly health services are effective for young people to facilitate them in understanding their health concerns and to provide better safety measures to overcome their health related issues. These services should provide assurance on maintaining confidentiality, ensure empathy, be non-judgmental, affordable, available, and accessible and should focus on the adolescent point of view.

- Sexual Reproductive health issues are difficult to talk about and discuss openly. Clearer health promotion policies need to be issued by health policy-makers. To achieve this goal, efficient educational programmes and a variety of teaching and learning strategies which provide up-to-date information are essential. Health workers can be trained to impart this knowledge through adolescent clinics at Primary Health Centers. Similarly, school teachers can be trained and suitable topics can be included in the school curriculum. Hence there is an urgent need to intervene during the early adolescent period by imparting knowledge on reproductive health.
Adolescent boys and girls require appropriate skills, and knowledge to protect themselves from risk behaviors. Therefore risk assessment and implementation of health life style education training programmes will be effective at school and college level.

Adolescent boys and girls require literacy, language and critical thinking skills to take up responsibility for their own health, through appropriate risk assessment and adoption of a healthy life style.

It is important to address reproductive health issues as these issues carry high cultural sensitivity. Area-specific communication strategies may help. Strengths of mass media, parent-to-adolescent communication, teacher-to-child communication, peer-to-peer communication, and health professionals-to-adolescent communication may thus need to be explored well to communicate different messages using different media of communication.

The policies of the government should ensure adolescent’s health needs such as information, counselling, and contraceptive services. These should be available and accessible without any bias or prejudices especially health policies should be ingenious and would be appropriate to the particular geographical, cultural, social and economical condition. Programmes should highlight methods to eliminate risk behaviors connected with sexual health related problems such as HIV/AIDS, STD/STI’s etc. Legal framework which highlight and protect rights of adolescents can be introduced.

The public health care system can highlight the need of reproductive health care services for young people. It should be clearly specify and focus its strategies on providing appropriate resources to enhance the quality of health facilities for adolescents.

A systematic and in depth assessment is required which should be participatory and should have the adolescents perspective to understand their health concerns and developmental needs. This research should focus on understanding the issues related to attitude, behavior, myths and misconception, risk factors etc.
➢ School education should be comprehensive in the development of young people. It should not rely only on academic focus but it should also promote health and well-being of students. Adding reproductive health education to the school curriculum will provide path breaking success which will change their perspective towards their growth and development.

➢ Teacher training programmes should be appropriate keeping in mind the student’s point of view specially identifying their needs and concerns at class room levels.

➢ Special education and training can be introduced for teachers on adolescent health which can be incorporated in school curriculum specially highlighting reproductive biology, sexual health and contraception methods.

➢ Parents are an important asset for adolescents to access information about their growth and development. Parent’s involvement in promoting adolescent health is crucial therefore parents training and education should focus on every programme which promotes adolescent health.

➢ Sexual and reproductive health is considered as a taboo subject where most of the adolescents hesitate to express their needs and concerns or there is lack of a support system to address these needs. Therefore activating youth forums at village or community level can eliminate myths and misconceptions on sexual health. They can build up positive attitude and they can share their issues for appropriate consultation and treatment.

➢ Health professionals can assess and help out young in a empathetic manner. Counseling skills are needed to be enhanced in them so that their approach towards adolescents would be appropriate and affiliating.

➢ The approach of the health care professionals should be appropriate to adolescent’s needs and concerns especially when they are in crisis and require referrals. The services that health professionals provide should include information and education where they can become active participants in their own health.
There should be equality among men and women with regard to access to sexual and reproductive health services. Through legal and social framework these human rights need to be protected through which young people can grow up without discrimination. Therefore adolescents and their needs to be protected. Enable them to grow as adult to have space to live in a friendly, safe and healthy environment.

Study provides background to understand the awareness among adolescents towards reproductive health and issues. Further educational and interventional research can be implemented to promote adolescent health in schools.

**6.3.1. Researcher’s Observation**

- Awareness is more among girls than boys
- A majority of the studies related to reproductive health and concern were done on girls
- Reproductive health is a taboo subject discuss reproductive health issues where there are misconception, guilt feelings and restrictions
- There is lack of awareness on reproductive health issues and they face psychological and emotional issues
- Lack of sources of information from significant people
- Poor health seeking behavior both among male and female adolescents
- Adolescent find difficulties to access health care facilities and health care provider
- A majority of the adolescent feel that reproductive health education is required in educational institutions.
- Reproductive health covers all aspects of health.
- Health education can be provided without gender bias.
- Lack of awareness and attitude definitely affects health; they will have health issues in future and more risk behaviors.
- Lack of awareness on adolescent services and health seeking behavior
- Education and training programmes are required for significant people.
- There is a requirement of adolescent friendly institutions.
The difference between western and Indian study is that western studies were basically education oriented and Indian studies were information oriented and Studies were assessed on adolescents either boys or more girls rather than cultural or region and among different school sectors

6.4. IMPLICATION TO SOCIAL WORK

Adolescents are at risk of sexually transmitted infections (STI’s), HIV and AIDs, unwanted pregnancy, vulnerable to alcohol, drug abuse, tobacco use, smoking, addiction to electronic gadgets and many are exposed to violence and fear. Mental health issues, suicide and relationship issues are disturb the youthfulness of young people and reproductive health issues and negative perception makes them more vulnerable and these may continue throughout adult life where they may fail to build good prospects for themselves or they may face failures in family life situations. Addressing these issues and the needs of young people is a role and challenge for not only health service providers. There may be required an integrated approach, legal frame work, social policy, and opportunity for health education, and community outreach programmes are also much helpful to facilitate young people with their culture and background. This may bring safety, and justice where these young people can stay healthy and will have a complete journey of adulthood.

Social Work approach is unique among all helping professions because it focuses on people’s problems in the context of their social environment. Adolescence is the last phase before adulthood. Therefore it offers parents, teachers and health professionals an opportunity to educate a child towards his adult responsibilities. Social Work practice involves not only intervening with adolescents but also with their families, educational institutions and environment where they live. It is difficult and challenging to work with adolescents who are at risk of emotional or behavior problems to confront adversity, develop mechanism that promote resiliency. The indulgence and endorsement of sexual and reproductive rights are essential in the Social Work profession. It is not only improves the health status of affected populations but also advocates effectively for social justice and to respond to globalized realities (Alzate, 2009). Social workers have wider opportunities to enhance the knowledge and skills to promote
reproductive health through school social work, as counselor, promoting health education through training teachers, peer groups, and parents, through research, innovative programmes, and supportive programmes, planner in planning policies and also use of media to promote reproductive health information. The present study highlights the significance of reproductive health education, promotion and intervention programmes through Social Work practice. It emphasizes the need for implementing reproductive health rights for young people and intends a Social Work agenda that will enhance and endorse adolescent health.

Historically sexual and reproductive health has been ignored which has brought negative impact on the lives of young people where they find lack of accessibility in fulfilling reproductive health needs. It has led to increase of high risk rates of HIV/AIDS, sexually transmitted infections, pregnancy, unsafe abortions, and lack of contraception methods. Beside this there has been lack in delivery of information due to various political, economic, and socio-cultural factors and health care workers often act as a barrier to provide adolescent friendly services. In this regard Social Work practice is a platform to promote reproductive health education through its methods and approaches in terms of supportive, non-judgmental, empathetical and youth appropriate health services.

School social work approach is a new concept which is introduced in the Indian context to facilitate children and adolescents to enhance their well-being to achieve comprehensive development. Social Workers work in schools as a educator, psychotherapist, social planner, and liaison between school and home (Wang 2003). Social workers who are appointed in educational settings provide social, emotional and physical environment to strive in the best interest of young people. In this point of view Social Workers have great opportunities to implement social work methods to enhance the well-being of young people. Based on the current research and opinions of the participants of this research the following social work intervention plan provides an innovative type of approach to work with adolescents.
The Social work model is determined to enhance the quality of life that every young person should claim to live a better adult life. This model can be implemented with six type of questions mainly which, for Whom, Where, by Whom, What and How. The aim of this model is to create an adolescent friendly institution. The young need to be empowered through quality education and enhancement of their skills to live better adult lives in future. Every young person should acquire better sexual reproductive health awareness/ attitude and health seeking behavior. These questions specify and provide clarity to the intervention programmes which are clearly described in table no 73. This model can be implemented with four basic concepts like, Adolescent Health, Counseling, Life skills, Mental Health, under which adolescents will be trained and parents, teachers and significant people also can be trained and educated to provide correct and accurate information to young people. The details of implementing this model are described in Table no 74.

Table No. 73. Shows on model of School Social Work Intervention Plan

<table>
<thead>
<tr>
<th>Which? Types of Education</th>
<th>For Whom? (Group of people)</th>
<th>Where? (Types of Institutions)</th>
<th>By Whom? (Health professionals)</th>
<th>What? Type of models/methods Used</th>
<th>How? Objectives and Outcome</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adolescent Health</td>
<td>Adolescents/youth (age-10-24)</td>
<td>Schools/colleges</td>
<td>Social Workers/ Counselors</td>
<td>Adolescent Health Education Model</td>
<td>To create a adolescent friendly institution.</td>
</tr>
<tr>
<td>Counselling</td>
<td>Parents</td>
<td></td>
<td></td>
<td>Life skills education Model</td>
<td>To empower young people through quality education and enhance their skills to have better adulthood.</td>
</tr>
<tr>
<td>Life skills</td>
<td>Teachers</td>
<td></td>
<td></td>
<td>Problem solving</td>
<td>Better sexual Reproductive health awareness/ attitude and health seeking behavior</td>
</tr>
<tr>
<td>Mental Health</td>
<td>Peer group</td>
<td></td>
<td></td>
<td>Stress management</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Health Workers</td>
<td></td>
<td></td>
<td>Counselling /CBT</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Strength based and solution focused approach</td>
<td></td>
</tr>
</tbody>
</table>

250
Table No.74: School based intervention model for promoting adolescent Health

<table>
<thead>
<tr>
<th>SI No</th>
<th>Types of Education</th>
<th>Details</th>
<th>Timing</th>
<th>Outcome</th>
</tr>
</thead>
</table>

251
1. **Adolescent health**

**I. Objective**
- To impart knowledge and attitude towards Adolescents health

**II. Content of the programme**
1. Period of Adolescence
2. Major changes during adolescent period
3. Issues, problems and risk behaviors
4. Role of Significant people
5. Adolescent Sexual and Reproductive health (ASRH)

**III. Need Assessment**
Adolescents are vulnerable to their health needs and concern. Lack of awareness and accurate attitude especially on reproductive health and health seeking behavior may lead to reproductive health issues and they may get into risk behaviors such as STI’s, STD, HIV/ AIDS etc. Besides this, they are not able to get appropriate information from parents and other significant people. They mostly rely on friends and media which may not give appropriate information. Most of the adolescents lack access to information about reproductive health services.

Adolescents require to know and understand their growth and development, pubertal changes, particularly it is a right of young people to acquire adolescent health related information.

Adolescents require adolescent friendly institutions and confidentiality and non-judgmental approaches should be available

Adolescent should learn and cultivate health seeking behaviors to get appropriate health care.

Trainer can note down these points during implementation of the programme

---

2. **Counselling**

**I. Objectives**
- Basically this programme should be implemented to train parents, teachers and health professionals to have adolescent appropriate/friendly approach

**II. Content of the Programme**
1. What is counselling?
2. Counselling Skills

---

**8 hrs**

Adolescents are able to gain accurate knowledge, positive behaviors and seeking adolescent health services

**8hrs**

Parents, teachers and health professionals are able to listen to and
III. Need Assessment
Adolescents usually don’t share their views especially they are reluctant to discuss personal issues with parents and other significant people.

Counselling is not merely guidance, it is the process of listening to and understanding by the counselor about the adolescents needs, “what he/she is trying to say”. It should help counselee to explore issues and problems which are hidden and not shared with anybody.

Parents, teachers and health professionals require counseling skills to deal with adolescent issues and problems.

Adolescent require nonjudgmental approach and confidential ways and means to share their difficulties with someone who can really listen to and understand according to their point of view.

Parents and other significant people need to be prepared to talk with adolescents with appropriate communication skills.

<table>
<thead>
<tr>
<th>3. Life skills</th>
<th>I. Objectives</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>• To enhance skills to live an appropriate life and complete participation in everyday life activities</td>
</tr>
</tbody>
</table>

**II. Content of the Programme**
1. What are life-skills?
2. Why life skills are required for adolescents and youth?
3. Life skills models (WHO)
4. Making a career Plan

**III. Need Assessment**
Life skills are required to face day to day challenges and appropriate living.

Adolescents are in transition, going to be adult. They find lots of changes taking place where they require adjustment skills to be positive with those changes.

Adolescents need to make appropriate decisions, they have to be assertive to say ‘NO’ to risk behaviors specially when they are influenced by their peer group. Adolescents are able to explore their needs without any hesitation/unwillingness to be able to change their outlook and behaviors to seek help.
Stress management, creative thinking, reframing self awareness, and personality development skills are very appropriate for adolescents to grow and cope with situations.

<table>
<thead>
<tr>
<th>4. Mental health</th>
<th><strong>I. Objectives</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1. To equip knowledge and positive attitude towards mental health</td>
</tr>
<tr>
<td></td>
<td>To acquire positive mental well being</td>
</tr>
</tbody>
</table>

**II. Content of the Programme**

1. What is mental health?
2. How to have Positive mental health?
3. Awareness on mental Illness
4. Issues and problems - Risk behaviors, adolescent suicide, depression, exam fear and peer pressure

**III. Need Assessment**

Around 50% of the behavioral and psychological problems are occur during adolescence period (Kessler, 2005)

Adolescents are basically a healthy age group but due to transition and pubertal changes they may have negative self image, inferiority complex, identity issues etc

Adolescent period is called as “Storm and Stress”. They become vulnerable if these needs are not taken care by significant people.

There are chances of high risk like alcohol and drug abuse, sexual harassments, sexual relationships, reproductive health issues, depression, suicide etc

Suicide is one of the third largest reasons of death among adolescents.

Majority of the adolescents are facing behavioral addiction to internet, mobile, internet shopping etc

| 8hrs | Adolescents are able to manage their life situations in an appropriate way so that they can live a healthy life with full potential |
1.4.1.2. Methods for intervention programmes

1. Implication Social Work practice

Adolescent health is determined with various issues and risk behaviors which require proper methods and educative programmes. Social Worker required to work in educational and health service institutions to understand, assess and provide comprehensive health care. Social Work practice could be an effective method to enhance the quality of life of young people. The present study directs Social Work intervention methods to work with young people to build up their strength to live a better productive adulthood in future. The following methods are directed based on the present research outcome.

**Class room teachings:** Educational programmes can be initiated through class room teaching like Power Point presentations, Group Discussion/Group Work, Case Study Method/Case work, Peer group discussion where the presentations and class lectures should be creative and critical in nature.

**Learning teaching methods:** Young people should be able to learn positive behaviors and find improvement in their academic achievements through learning teaching methods like collage making, assertive skills, stress management activities, decision making skills, improve motivation, study habits, time management, concentration, memory test etc.
<table>
<thead>
<tr>
<th><strong>Street Plays/role Plays:</strong></th>
<th>Awareness on adolescent health, issues, problems and health care services can be imitated through street plays/role plays.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Variety Entertainment:</strong></td>
<td>It can be a powerful programme through a variety of acts, musical performances, sketch comedy, dances, magic, juggling and acrobatics etc. It is very attractive as well as helpful for young people where they can have entertainment at the same time they can critically think about their own issues and problems. It can be used as a powerful tool to change their perspectives.</td>
</tr>
<tr>
<td><strong>Rural Exposure camp:</strong></td>
<td>It is a mandatory programme for MSW students where these students get learning opportunities about village or rural set up. MSW students can be encouraged to come up with adolescent issues through rural exposure camp.</td>
</tr>
<tr>
<td><strong>Youth Courts in Schools</strong></td>
<td>Implementing school based youth courts may increase student’s positive perception towards climate, individual functioning and interpersonal relationship. It is a process of discussing the students perceptions of school danger, low self-esteem, violent behavior, anxiety, finding rejection and bullying.</td>
</tr>
<tr>
<td><strong>Critical Conscious Framework</strong></td>
<td>It can be implemented through introducing forum activities which enable in participating young people to cultivate a deeper understanding of themselves and their worlds.</td>
</tr>
<tr>
<td><strong>Social Network:</strong></td>
<td>One of the attractive and frequent using of technology is Social network. Most of the young people spend most of their time in using of Facebook, Whatsapp, Instagram, twitter, messenger, share it etc. Adolescent health education can be promoted through the use of</td>
</tr>
</tbody>
</table>
Social Network in the form of messages, quotes, cartoons, advertisements, movies, etc

**Sports Activities**

Most effective method for young people to maintain health is giving spare of time in sports, games and exercise. Routine exercise may increase stamina and maintain equilibrium psychological and physiological health. It also improve their intellectual capacity and they can perform well in academic as well as in curricular activities.

2. Implication to Social Work Theories

Adolescent health is an integral part of adolescent development which helps to move into next adult stage with full potential and productive persons. The present study directs that adolescent required to build positive behaviors to live a healthy life. Working with young people and intervening their problems is challenging. Social Work practice is not just with adolescents but also need to work with their families, parents, schools, teachers, and health professionals. Adolescent health and concern is psycho-social in nature and it requires comprehensive health care services. Social work practice is based on theoretical knowledge and their implication to intervene issues and problems of people. Helping adolescents to confront adversity and develop mechanisms that promote resiliency is critical, especially for adolescents who are at risk of emotional or behavioral problems. Therefore Social Work needs to be dealt with essential theories to intervene with adolescent health. The following theories suggested are effective to practice Social Work while working with adolescents.
<table>
<thead>
<tr>
<th><strong>Resiliency Theory</strong></th>
<th>Resiliency directs attention on positive contextual, psycho-social, emotional variables that interrupt developmental changes, risk to problem behaviors, mental health disturbances and poor health outcomes. These variables are called to be promotive factors (Fergus &amp; Zimmerman, 2005), through which young people can overcome their negative risk exposure.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Pealman’s Problem solving and supportive approaches</strong></td>
<td>This approach focuses on solutions rather than analyzing the problems. It is designed to enhance adolescent’s strength. Problem solving, reinforcement, miracle questioning, task oriented stress management techniques, brainstorming, re-framing are can be used to change their negative perspective into something new with a positive and creative perspective.</td>
</tr>
<tr>
<td><strong>Behavioral approaches</strong></td>
<td>Behavioral approaches methods of treatment used to assess individual with psychological and behavioral problems which are learned through environment. Cognitive behavior Therapy (CBT) - it is known as talking therapy to explore issues which help individual to manage problems by changing the way he or she behaves. It is commonly used to treat anxiety and depression and other physical and mental health problems. Expressive Therapy: Individual can express emotions through dance, music, drawing, yoga, meditation, etc. Muscle relaxation Therapy: it is used by to tightening and relaxing specific muscle groups in sequence. It is also called as progressive relaxation therapy for becoming aware of body and physical sensation. It is basically used for reducing anxiousness, fear etc.</td>
</tr>
</tbody>
</table>
3. Implication to Social Work Research

Adolescent health is a crucial and new area of concern. In order to make a healthy transition adolescents need to have access to quality health education including sexual and reproductive health through supportive environment both at home, communities as well as at school and educational institutions. Besides these adolescents have issues, problems and risk behaviors which are not dealt in a systematic methods. The findings from the present research indicate that social workers’ contribution to improve the attitude and health seeking behaviors among adolescents is required. In this regard the methodological rigor and research oriented quality of studies would be effective. Social work research can contribute and identify the effectiveness of to improve young people’s behavior to understand their age as positive development and to seek better health care services. Thus, this research knowledge may play greater role in advocating government to introduce right based and adolescent appropriate policies, health professionals to understand their clients with friendly atmosphere, and educational institutions to provide quality education which works for the comprehensive development of young people.

Beside this indigenous based research activities are required to work with young people in developing country like India. Because adolescent health especially discussion reproductive health concern and issues considered as taboo, myths and misconceptions are still prevailing in rural areas. Still not given importance or taboo to talk in publicly about male health. Moreover adolescent hesitate to access health care services. They have negative opinion about health care providers and they worry about confidentiality, judgmental attitude etc and many of the adolescents are not aware about reproductive health services available for adolescents. Social Work research come out with these issues and can provide a platform to direct effective methods for Social Work practice.

4. Future Directions

Adolescents require a facilitating environment to live a healthy and prosperous life. They require educative programmes to enhance their knowledge and skills to adjust with issues
and problems. They need to look for better adolescent services, positive health seeking behaviors where they are able access to their health care needs. In this regard a qualitative research activities and effective intervention programmes can assist young people can ensure brighter future for coming generation. Research and effective programmes are required to understand the reasons for not consulting health professionals and health care services as well as required to change outlook of young people so that they will be impressed to seek health services whenever need arises. Implementing Sustainable development programmes to meet health care needs of adolescents may provide opportunities for renewed attention in strengthening the health care system. This requires a collaborative efforts from health care delivery organizations, educational institutions, youth and community organizations, use of technology and mass media along with government institutions. So that it may reach to all kinds people and also it is enough sustain future generations.

Adolescent is a stage in which an every individual required to develop one’s own capacity and talents to acquire a healthy and productive life. Due to rapid globalization and urbanization, division and changes are taking place in social institutions as well as changes that are taking place in the traditional social systems adolescents needs to be empowered in the current context especially in India. There is a growing evidence of increased psychological, behavioral problems such as suicide, depression and moreover reproductive health issues etc. Social Work profession has emphasizes the importance of the person in environment and dual perspective, health is influenced by both these factors and young people directly or indirectly affected by the health of the families and communities. In this regard the above suggested Social Work intervention model at the school level may be effective to provide adolescent friendly services to equip them with their knowledge, help them to learn positive behaviors and particularly to use adolescent health services.
6.4. IMPLICATIONS TO FURTHER RESEARCH

Adolescent health is a very important component to promote the well-being of young people especially in developing countries. In India promoting adolescent health and education is the need of the hour where it stands at 20 percent of the population. To implement this, it requires evidence based information about adolescents in social, economical, cultural and other democratic context. Several studies and literature provide the need of adolescent education in India. The more number of adolescents face a number of reproductive health issues and many of them are getting into risk behaviors. There is a greater need of assessment to enhance the quality of life of people through research and intervention programmes. The present study provides an impetus to work more on improvement of reproductive health education for adolescents. Study findings showed that despite good awareness adolescents require positive attitude towards reproductive health. Further there is a lack of utilization of adolescents needs health services. It really indicates that adolescents need to uplift their thinking level where they require a positive approach, a kind of assessment, right source of information and designing intervention strategies. In this regard reliable research should suitable which provides qualitative and quantitative data. Standardized research methods are required to identify the best approaches to facilitate adolescent’s needs, sexual and reproductive health education and intervention and evaluate the impact of such education. The Study also recommends to have qualitative research to assess sources of information mainly focusing on parents, teachers, peer group and media influence. Evaluative and educational intervention programmes through research activities are suitable to enhance the knowledge and attitude of significant people which definitely may bring positive impact in adolescent’s knowledge and in their perception. Indigenous Social Work based research is also important in the context of promoting reproductive health education which refers to the unique traditional, local knowledge existing within a particular environment and developed around the specific conditions of people and indigenous to a particular geographical area (Makhubele, 2013). Such gaps in current knowledge of sexual and reproductive health would be useful in making policies, strategies, intervention programmes and is promotion of adolescent health education.
6.5. CONCLUSION

The major discovery in this study was a moderate level of awareness and attitude on reproductive health among adolescents. Adolescents who had good awareness were able to recognize and understand their reproductive health issues and those who were lacking awareness were not able to understand reproductive health issues. Those who do not have awareness and positive attitude towards reproductive health will be more vulnerable to reproductive health problem, where they may face psychological and emotional issues and poor access to health services. It is very true and proved in this study. As per this study most of the adolescents face psychological and emotional disturbances. The study further assessed the opinion of significant people as well as health seeking behaviors of adolescents. It shows that a majority of them were not in favor of discussing, found difficulties and hesitated to discuss and seek information on reproductive health. Most of the adolescents have poor reproductive health seeking behaviors where they find lack of confidence, confidentiality, availability, affordability of health care services and poor opinion towards health professionals. Many adolescents desire for reproductive health and related education and training programmes at educational institutions. Overall adolescent boys are found to be lacking awareness more than girls. The Present study determines that reproductive health awareness and perceiving positive attitudes are necessary for adolescents to understand their reproductive health issues and help them to have positive health seeking behavior.

Adolescent health education can be a better option to understand health and it can provide good and effective behavior to protect their life where it can be provided in formal and private sectors as well as within a conducive environment that will allow privacy and confidentiality. These sectors should promote reproductive health which covers comprehensive health aspects of an individual without any discrimination, gender bias and should reach all kinds of people. Significant people like parents, teachers, and health professionals have a greater role in educating young people to sensitize their issues and to create adolescent friendly environment so that they can share and get better care. Social worker and other health professionals should cooperate with other stakeholders within a community to understand adolescents as the most vulnerable group and help them through frequently visits in order to understand their need, make referral and
advocate their right. The present study suggests that an effective comprehensive intervention is required in promoting sexual and health education through counseling, Social Work intervention programmes, and consistent birth control methods to reduce risky sexual behaviors. The role of Government policies and programmes must be to respond to the reproductive health needs of adolescent. The adolescent reproductive health and development policy should bring adolescent health issues to the mainstream of health and development. Besides this policy, it should examine the current determinants (social, economic, cultural and demographic context) of adolescent and sexual and reproductive health. These programmes should fulfill their potential, substantive investment which must be made for their education, health development and others areas.

To conclude, this study seeks to assess knowledge that adolescent students possess on reproductive health. The study was based on preference of adolescents, their knowledge on reproductive health and sources from which adolescents get that knowledge. The major discovery in this study was a moderate level of awareness and attitude on reproductive health among adolescents. This makes adolescents more vulnerable to reproductive health problems, where most of them face psychological and emotional issues and poor access to health services. Overall the study was a constructive stuff to gather insight into sexual and reproductive health among adolescents in Karnataka, and will afford functional information for the reinforcing of efforts to promote adolescent health in the count.