CHAPTER-I
INTRODUCTION

1. INTRODUCTION

Education is the true alchemy that can bring India its next golden age. Our motto is unambiguous. All for knowledge, and knowledge for all

- Shri Pranab Mukherjee, Former President of India

Education is a process of human elucidation and empowerment for the achievement of better quality of life by enhancing human learning. The major accurate objective of education is ‘Cognitive Development’. The other highlights of the role of education are endorsing shared values, responsible citizenship and creative and emotional growth and development. Education is a character training process, and self realization leads to more effective decision making, value judgments and ethical decisions (Maslow & Lowory, 1998). Moreover it is decisive for young people, particularly adolescents to acquire knowledge which helps them to grow intellectually, socially and emotionally. It is alleged that educating young minds on health and its aspects can help them to develop and acquire health information and to have a positive outlook towards health care providers. This could be a positive impact on their future life, Johnson R (2002). Therefore adolescent health is very crucial for young people. Adolescence period is considered as an early part of a crucial stage of human development. Education and enhancing life skills that will help them to build capacity to attain progress and comprehend essential health information. It is an effective method in building positive health seeking behaviors which helps young people to make suitable and adolescent appropriate health decisions.

Adolescence is a period of transition with a wide range of physical, emotional and psychological development. It undergoes the unique process of physical maturation, intellectual growth and development of skills. The socialization, learning and experiences they have, characteristics and response tendencies they inculcate and the problems will definitely have an influence on their personal, social and occupational behavior throughout their life. Adolescence is called to be a period of heightened “storm and stress”, G.S. Hall (1994). It is said to be a period of
emotional upheaval, stress and storm, deficient and destructive behavior, and wide range of fears like facing demands and challenges of exams, school drop outs, feelings of inadequacy, sorting out questions related to sexuality, job anxiety and interpersonal problems (Wilson, Peter, 1995). Adolescents are particularly sensitive to the environmental that is, contextual or surrounding influence, (Mulye, et al, 2009). Family, peer groups, school, neighborhood, policies, and societal cues are environmental factors which can either support or challenge young people’s health or well-being (McNeely C, Blanchard J, 2009). These situations will stumble upon problems which will affect them throughout their life. In this regard education is required to understand, to enhance their ability to seek positive behavior and to keep up their health and well-being.

In India, the population of the adolescent age group of 10-19 represent one-fifth of total population, which is almost 200 million and time is expected to grow reaching over 214 million by 2020. Due to having a huge population, Indian policies and programmes have not been able to match with adolescents needs. Especially there is a lack of implementing clear cut programmes appropriate to adolescent health concern at education institutions. Beside this there are socio-cultural factors which refuse to provide better health provisions to address these needs of young people. Therefore a country like India has great opportunities to work with adolescents to ensure quality of life and future prospect which may also contribute for the welfare of the country.

Health is a dynamic process where an equilibrium has be to maintained to adjust with bodily functioning in response to stressors and changes in the environment. Health is also considered as an integral part of human development and it is further defined as complete physical, mental and social well-being and not merely absence of disease or infirmity (WHO,) Young people require the same type of health which integrates comprehensive development. There are intrinsic and extrinsic factors which affect their health and safety, therefore, it is considered as a period of vulnerability, where many of them will get into risk behaviors. It is the right stage for adolescents to be aware of their growth and development to acquire good health and well-being.
Reproductive health consists of several distinct factors like biological, social, cultural, economical and behavioral which play an crucial role in the determination of reproductive health (Sandana R 2002). It is an important part of general health which can have developmental and inter-generational impact and it covers all aspects of adolescent health. It addresses the reproductive process, functions and reproductive system during all stages of human development. Therefore, every individual should have a sexual life which is safe and satisfying. It is not only a right but also a responsibility to fulfil it with capability to reproduce and freedom to decide when and how to bear children. The healthy life of an individual depends on a satisfactory life and protection from reproductive health problems. During adolescence period, there will be enormous types of changes which take place. They should have sufficient information on these changes. Awareness of these changes helps them to build a positive, productive, and healthy life along with having good attitude and health seeking behavior.

1.2. CONCEPTS

1.2.1. Adolescence

Adolescence is a part of human stages of development where an individual integrates into adult society and no longer feels that he or she should not be consider as below the level of adults but an equal, at least in rights (Hurlock, 1984). This age of development is very crucial and significant in an individual’s life where sexual ripeness transforms a child into biologically mature adults, capable of sexual and reproductive health and the potential consequences of that sexual activity. In this stage, adolescents experience biological and psycho-social changes and also it represents helm of opportunities to prepare themselves to enter into healthy adult life. Adolescence is a period of life between 10 to 19 years and comprising of 20% of the world’s population, of whom 85% live in developing countries and among them 19% face problems and issues (WHO, 2003).

Adolescence is obtained from the ‘Latin’ word ‘Adolescere’ meaning “to grow up”. It is a transitional stage of physical and psychological human development that generally occurs during the period between childhood and adulthood (Macmilla Dictionary, 1998). Adolescence age begins when the individual attains sexual maturity and it is most closely associated with physical, psychological and social changes. It is divided into three stages and each stage has its own characteristics, which are
early adolescence, middle adolescence and late adolescence. It is also a period of human development
where individuals move from dependency to independence and autonomy to maturity. As per Mabey
and Sorensen (1995) a young person moves from being part of a peer group to standing as an adult.
According to Merriam Webster (2012), adolescence is a period of life when a child develops into an
adult, the period from puberty to maturity terminating legally at the age of majority. It is the state or
process of growing up and development prior to maturity. Erikson (1959) described adolescence
period as a process of individualization and Freud (1958) also analyzed it as a developing sense of
detachment from parents. Adolescence period is one of the important and exciting stages of
development and challenges. It is a stage where an individual tries to experiment that may end up with
failure and risk taking behavior which constitute with number of emotional, unstable and inconsistent
behavior, stressors. As per Steinberg (2014) view that adolescence is a dynamic process of
development with evolving theoretical construct, physiological, psycho-social, temporal and cultural
lenses. This process is considered as critical development period between the one set of puberty and
striving for social independence. Adolescence is a period of life with specific health and
developmental needs and rights. During this period one acquires knowledge and skills learns to
manage emotions, relationship, attributes and abilities which helps to have positive adolescent years
and assessing future adult roles.

1.2.2. Adolescence period

Adolescence is a period where rapid changes take place and due to this process of growth the
human personality develops into new dimensions. They begin to give up many old things and habits of
childhood and they want to acquire new modes of behavior gradually developing new character and
personality. During this stage significant people (parents, friends, teachers, relatives, and health
professionals) even media become effective sources of information to understand and guide their life
for a better future. If they fail to provide accurate information, young people may be lead to inculcate
attitudes which may very much suit them but these attitudes may not be appropriate to have healthy,
positive growth and development.

1.2.3. It is an important period of Development

During adolescence period sexual curiosities appear in boys and girls. From this time on, they
start developing sexual maturity. In the process of development, mental abilities become stronger
along with physical development. It is also expected that social and emotional outlooks also attain maturity. At this stage feelings of self-consciousness began to develop. They develop a shy motive due to the development in body and certain tendencies in them. These certain sudden changes may lead to conflict and confusion and they may develop risky behavior. Therefore acquiring knowledge and attitude towards growth, changes and development is essential for young people.

1.2.4. Adolescence is a period of Transformation

It is rightly said that young people transit from young age to adult age. In this period individual find revolutionary changes. They start to give up old habits, they acquire a new outlook. They try to enter into adult stage, like to follow them, trying to build new character and personality. There is instability in their behavior and immaturity in their decisions. They desire for independence and want to be with their peer group. This can bring conflict with parents and other significant people around them. Usually adolescents enter into social life and try to develop intellectual and technical knowledge, where they are attracted towards media and electronic gadgets. These lead them to search for new information and try to follow them. Here access to accurate information and developing a positive attitude is required.

1.2.5. Adolescence is a period of Problem

As per the views of Stany Hall (1948) on adolescents, it is a period of ‘storm’ and ‘stress’. Problem of adolescents appear to be complex, but they are natural and part of human development. Adolescence period is determined by various factors and influenced by various situations. Therefore this period is a potentially turbulent period and it requires necessary adjustment without undue stress to themselves, their family and their friends.

Adolescents distress signals which affect their health both directly and indirectly. Their disorderly behavior is almost a universal phenomenon. Evidence shows that signs of disorientation, confusion, panic, outburst of destructiveness and moral disorientation in their life. It is obviously for adolescents to conflict with parents, teachers, family etc and more rely on friends, peer group etc which is a sign of venerability and forms of troublesome. Most of the adolescents become vulnerable to injury legal consequences sexually transmitted diseases, unwanted pregnancies and traumatic
injuries particularly accidents. In this period adolescents are getting into conflicted relationships with authority figures and risky behaviors like sexual relationship, alcohol or drug abuse etc. It could be because of lack of warmth and support from parents and others. This may trigger behavioral and emotional problems. It also may affect their lifestyle and health.

1.3. HISTORICAL PERSPECTIVES OF ADOLESCENCE

Adolescence is a stage of transition which begins with puberty and ends with attainment of adult status approximately at the age of 18 or 21 years. Many authors, like Greece philosophers Plato and Aristotle (forth Century B.C), suggest that scientific study of Adolescence begins with reasoning (Plato) and it is a period of having true ability to choose and that self-determination is a hallmark of maturity. The idea of adolescence is today one of our most widely held and deeply embedded assumptions about the process of human development. The following literature provide essential knowledge, views and ideas portrayed by many analysts, psychologists and thinkers about the time period of adolescence and related concepts in human development.

G. Stanley Hall (1844-1924): He was one of the pioneers of adolescent psychology. As per his views adolescents appear to be passive; they are experiencing considerable turmoil. According to him adolescent period is ‘Strum und Drang’ which means ‘Storm and Stress’. This analysis clearly reflects on adolescence to be a different and very critical stage of transition in human development.

Sigmund Freud (1856-1939): He was the father of psychology and he introduced psychoanalytic theory. According to his view, adolescence is a universal phenomenon and includes different factors of behavioral, social and emotional changes which have influences on self image and emotional changes especially negative emotions, such as moodiness, anxiety, tension, loathing and other forms of adolescent behavior.

Anna Freud (1948): Her views on Adolescents Defense Mechanism describe puberty as a critical factor in one’s character formation. Her theory emphasizes on Id, Ego and Super ego and the relationship between them. Further she describes that the physiological process of sexual maturation, and functionning of sexual glands plays a critical role in influencing the psychological realm.
**Erik Erikson (1950):** In his theory of Identity Development, he states that young people must establish a sense of personal identity and role diffusion. Adolescents must clarify their identity and what they stand for. Lack of interest to work on assessing one’s identity may carry the role of diffusion which leads to alienation and a lasting sense of isolation and confusion.

**Eduard Spranger (1882-1963):** In his theory of Adolescence, he says that adolescence is the most important period during which not only transition takes place between childhood to maturity but also there is a relatively undifferentiated mental structure to reach maturity in them.

**Margaret Mead (1891-1978):** Her theory on Cultural Anthropology and Adolescence gave much insight into perspectives on adolescent development in a cultural context.

**Abraham Maslow (1943):** His theory is based on the assumption that all people have the desire to maximize their potential and they strive to do what they are capable of doing. He conveyed that reproductive decisions act as the impetus towards healthy development and motivation to better performance.

**Samoa (1950):** The view was empirical based and an anthropological methodology was used. It gave importance to cultural factors in order to understand the phenomenon of adolescence.

**Mead (1953):** Adolescence is a period of searching a meaningful identity. To find their identity in young people which usually clarifies the out mode and compare the behavior and values among parents and models provided by mass media. It is a period where adolescents maintain and exchange ideas in the value system of those peers rather than their parents.

**Adler (1964):** He was an individual Psychologist. He mentioned styles of life in coping with feelings of inferiority resulting from individual and social development. Adolescence is the most crucial threshold, it takes the centre stage in developing styles of life and physiological changes. Reproductive health education would carve a responsible adult capable of exercising his/her rights out of a curious adolescent.
Muuss (1975): Adolescence is a process of seeking freedom and freeing from dependency from parents. Mostly their behaviors are influenced and motivated by their age mates. They discard the value system of parents and give importance to their peers.

Colemen (1978): Adolescence represents a series of smoothly evolving changes in development. The view of the author clarifies that the stresses in adolescence do not occur at the same time. Rather they deal with one or two stressful events. Some adolescents may have a stressful experience but in general the majority of them do not.

Robert Havighurst (1900-1991): His views were based on the Developmental task of Adolescence. Skills, knowledge, functions and attitudes are developmental tasks and these have to be acquired through mature behavior and personal efforts. Success in achieving these tasks will result in adjustment and will prepare them for harder tasks ahead. If they fail to achieve in developmental task, it is because of lack of adjustment, increased anxiety, social disapproval and inability to handle the future tasks.

1.4. SOCIAL LEARNING PERSPECTIVES ON ADOLESCENT DEVELOPMENT

The following views were given by authors about Adolescent development based on social learning perspectives. These views posit that significant people influence and shape behavior both directly and indirectly through reinforcement into desired behavior and by providing models of socially appropriate behavior.

Albert Bhandura(1969): Modeling, Imitation and Identification: According to his thought, the growth of children is based on the learning experience they get from their social environment. Parents are an important source to imitate behavior, language, gesture and mechanisms as well as attitudes and values.

Muuss (1975): As per his view, during adolescent stage an individual strives to experiment with adult roles and determine and realize sense of self. It is a period where adolescents strive to
acquire skills and attitudes. This gradually helps them to be adult who contribute to the society in a meaningful way.

Adolescents may obtain the skills and training necessary to prepare themselves for adult roles. In his view adolescents favor peer groups and select entertainment heroes as their role models and slowly find a decline in parents and teacher’s role. Adolescents are usually attracted and influenced by peer groups based on the use of verbal expressions, hair style, clothing, food, music and entertainment preferences and decision related to rapidly changing social values.

Popular theories have worked to understand the realities of adolescence. They are based on philosophical point of view, for their socio-economic conditions connected to human relationships to the world at any given time in history. They present dislikes which have contributed towards more understanding of adolescence in a scientific way. These theories and views from different philosophers definitely enhance an understanding of the nature of adolescents. This information is directed for study and assessment of adolescents. It provides a lens through which current theory and practice can be viewed.

1.5. REPRODUCTIVE HEALTH

Health is an essential component of development, imperative to a nation’s economic growth and internal stability. Acquiring knowledge, positive attitude towards health, early intervention for health related issues and utilization of health services particularly for reproductive health are helpful to acquire a better and healthy life. It presents a window of opportunity to set the stage for healthy and productive adulthood and to reduce the likelihood of problems in the years that lie ahead.

1.5.1. Meaning

Health is connected to various dimensions which have greater role in living a healthy life. Reproductive health also part of health which addresses these dimensions like physical, psycho-social, sex and reproduction. Therefore it is much wider than physical well-being which describes comprehensive development of an individual. As per the definition of World Health Organization,
reproductive health is determined with complete state of physical, mental and social well-being or infirmity in all matters of reproductive system, reproductive and sexual health, hygiene etc in all stages of human development. Through reproductive health one is able to have a responsible, satisfying and to a safer sex life. Further he/she is able to have the capability to reproduce and have the freedom to decide when and how often to do so. To maintain sexual and reproductive health individual requires access to accurate information and he or she is able to afford these needs as well as he or she is able to accept contraception methods according to their choice. Beside this, an individual should be informed and empowered to protect himself/herself from sexually transmitted infections (STI’s). Suppose a couple decides to have children, especially women must have access to health services that can help them to have a fit pregnancy, safe delivery and healthy baby. If there are intervention programmes and accurate informative programmes, they can help them to prevent most of these problems and promote healthy behavior (WHO, 2008)

Acquiring and seeking reproductive health is a right to regulate one’s own fertility with full knowledge of contraceptive choices and the ability to control sexuality without being discriminated against because of age, marital status, income or related aspects of reproductive health concern. Reproductive health is a part of life cycle approach which affects both men and women from infancy to old age. Reproductive health is connected to all ages of human development and is definitely concerned about health later in life. There should be effective intervention programmes such as family planning services, about sexually transmitted diseases and early diagnosis and treatment of reproductive health illnesses which could promote reproductive health awareness (UNFPA, 2016).

1.5.2. Aspects of Reproductive Health

Reproduction is a key event of our life which may have serious implications, not only for childhood health but also for healthy adulthood and aging. The structure and functioning of the biological system which is associated with physical and psychological changes and development process is directly or indirectly connected to reproductive health. The changes that take place in every individual are highly affected by the reproductive process and family situations. It affects the human development process from infancy to old age. These various aspects of reproduction are in focus, not
only for individuals longing for potential but also for science and society. Therefore reproductive health should cover all the aspects of health needs and concern.

1.5.2.1. Human Growth and emotional Health

It is life long process which brings a change in an individual of physical, behavioral, cognitive and emotional growth and change. This process can be developed into babyhood (infant), childhood, adolescence, adulthood. Adolescence period finds enormous changes in each stages, these changes are directly or indirectly impact on the reproductive health. Thus the support for healthy sexual life, pregnancies, safe deliveries and protection of normal growth and development of new born reproductive health is crucial.

1.5.2.2. Psycho–social and emotional Health

Mental health is a part of social and emotional well-being. It is essential for a person to have good mental health to develop in a healthy way and to build strong relationship as well as to deal with life’s challenges. Those who are able to have good mental health are physically healthier, socially positive and do engage in positive behaviors. People who are having depressive behaviors, lack of healthy lifestyle and life skills are likely to engage in risky behaviors. A majority of the mental health problems begin during the adolescence age. Lack of ability to manage mental health problems at this stage may affect adult functioning in areas of social relationships, job satisfaction and positive life. Proper guidance and positive attitude may help to overcome and cope with life situations. Adolescents require effective education to balance their psycho-social well-being. Therefore it is clear that comprehensive health is required for a person to live a psychologically and socially healthy life.

1.6. SEXUAL HEALTH

Sexual health is a state of physical, mental and social well-being in connection to sexuality. It is an important and beneficial dimension of human beings (Michael McGee, 2007). Right to sexual health is to have free and fair sexual health behaviors and public policy should implement education programmes to promote sexual health information. To have sexual health, one requires a positive and respectful approach to sexuality and sexual experience, free of coercion, discrimination and violence
(Montclair, 2017). It enhances the personal relationship and also takes care of reproduction and proper protection methods to prevent from contracting sexually transmitted diseases.

Sexuality is a big part of being human and play in healthy relationships may contribute to sense of well-being. A number of disorders may affect the health of sexual relationship. There are features which can affect sexual health.

- Fear of unplanned pregnancy
- Conscious about infertility
- Sexual transmitted diseases
- Chronic diseases such as cancer or heart diseases
- Medicine that affect sexual diseases or performance
- Understanding the cycle of disease, stimulation and response improve sexual health, therefore sexual health is intimacy related to reproduction.

During adolescence period individuals are sexually active and there is a chance of getting into risk behaviors of unhealthy sexual practices. Adolescents require sexual health education to practice healthy and protective behaviors. Sexual health requires a positive and respectful approach to built sexually and sexual relationships as well as the possibility of having pleasurable and safe sexual experiences, face of coercion, discrimination and violence.

1.6.1. **Family Planning**

A planning of handling and management of family income and resources to provide a happy life to family members is considered as planning of family. It deals with the sources of income and size of the family, family education, age at marriage, number of children, use of contraceptives and other related aspects which help a family to achieve a better and healthy living. Healthy and happy family life is only possible through the planning of family. So, its importance has been increasing day by day. Family is defined as the decision of a couple to have a committed relationship and if and when to have children. It is also deciding the number of children a couple wishes to have and at what age. Besides this there are other external factors which may have an influence such as marital situation,
career considerations, financial position, any disabilities which can have an effect on having children and raising them.

Family planning services are informative in nature and are implemented on the views to determine freely, the number and spacing for their children and to select the means by which an individual, including a minor can get the right information. There are also birth control methods like the use of contraception in order to control the timing of reproduction. Education on sexuality, preventive measures, management of STI’s, pre-conception counseling and infertility management are also effective methods to have proper family planning. Education on family planning may help adolescents to understand family and marriage life situations so that they can prepare themselves as well as consult counselors, health professionals to take better and preventive measures on reproductive health issues.

1.6.2. Safe Motherhood

Reproductive health is a part of safe maternal health. It ensures that all women should receive the care needed to be safe and healthy throughout pregnancy and child birth. Safe motherhood encompasses social and cultural factors as well as it addresses the health system and health policy. Early marriages, early pregnancy, uncontrolled birth, lack of child spacing and lack of education are the major problems which prevent safe motherhood. Appropriate access to health care during childhood and pregnancy may help women to safeguard their motherhood and bear healthy children. Education on safe motherhood may minimize early marriages and early pregnancies among Adolescents. It helps them to have effective information about when to become a mother and they are able take up pregnancy care. They are able to access to better health services and seek proper consultations from health professionals. Safe motherhood is also a part of Prevention and Treatment of problem aroused due to the abortion. It is a social problem as well as a reproductive health concern. It is an induced termination of pregnancy before the fetus has developed. An unsafe abortion may create various problems which may sometimes lead to maternal death. Family planning measures enable peoples, specially adolescents, to make informed choices about their external and reproductive life.
1.6.3. **Fertility and Infertility:**

Fertility is the natural capability to produce offspring. Nutrition, sexual behavior, consanguinity, culture, instinct, endocrinology, training, economics, way of life and emotions are factors responsible for human fertility. When problems occur in fertility it is called infertility. Infertility is the inability of a person, man or woman to reproduce by natural means. Infertility causes failure in the birth of the baby. The defects and improper functioning of reproductive organs related with husband and wife are responsible for infertility. Some of the causes of infertility are sexually transmitted diseases, illegal drugs, abnormal semen, problems in the uterus or fallopian tubes, ovulation disorders, alcohol consumption, eating disorders, being obese or overweight etc. Many problems related to infertility can be solved if fertility experts are consulted in time. Early care and consulting a physician can help in minimizing infertility problems.

1.6.4. **Sexual Intercourse:**

Overall health and quality of life are factors responsible for human sexual activities. The most sexual pleasure one can feel is through sexual intercourse. It is a process of insertion and thrusting of the male sexual organ. This is called as vaginal intercourse or vaginal sex. During sexual intercourse sperms will be deposited in the vagina and these sperms pass through the uterus and find their way into the uterine tubes. When sperms enter into the uterine tubes, they penetrate the ova which results in the fusion of sperm with ova and produces fertilized ova. There are also other forms of penetrative sexual intercourse include anal sex which is penetration of anus by the penis, oral sex is penetration of the mouth by the male sexual organ or oral penetration of the female genitalia. Fingering is done by the help of fingers and penetration by the use of a dildo. Sexual intercourse is a sign of physical intimacy between two or more individuals which contribute to human bonding.

1.6.5. **Prenatal Health**

It refers to the health of women and men during their reproductive years, which are the years they can have a child. Good pre-conception process is essential for every women. It is not just planning pregnancy but also taking control and choosing healthy habits, living well, being healthy and feeling good about life.
1.6.6. Pre-natal Development:

It is the process in which an embryo and later fetus develop during gestation. It starts with fertilization, the first stage which continues in fetal development until birth.

1.6.7. Conception

A healthy environment for reproduction has a key influence on the events lead to successful conception, a normal pregnancy, infant welfare and long-term health in adult. Once the fertilization is over, the fertilized ovum goes down the tube towards the uterus after a week. Then it becomes embedded in the wall of the uterus. It helps to raise the formation of an entirely new complete human being. This process is called as conception, the action of conceiving a child.

1.6.8. Pregnancy

Pregnancy is an important phase in the reproduction of a mother. The reproductive life of a female starts with menarche and ends with menopause. It refers to the biological process in a woman that starts with the birth of the conception and lasts with the birth of the baby. The normal period of pregnancy is generally considered nine months and seven days or 280 days. However, fertilization occurs fourteen days prior to the date of the expected missed period. The period after the conception to the birth of the baby is known as pregnancy period. The possible date of delivery can be calculated by adding nine months seven days with the date of conception or the last menstruation.

Pregnancy is an important period. Special care is needed at the time of pregnancy. Some implications for the care of a pregnant woman are given below:

- Cleanliness and care should be taken in personal hygiene.
- The diet should be balanced.
- Light physical exercise is beneficial.
- Frequent check-up and consulting a physician is effective.
- Heavy travel at the beginning of pregnancy and toward the time of delivery should be avoided.
- Immunization should be given on time.
1.6.9. Problems During Pregnancy

There are various types of problems that are observed during the pregnancy period. These problems are categorized as minor and major problems. As the pregnancy period is a special stage, many pregnant women face various problems. It is a very sensitive stage therefore Pregnant woman should be handled with care. Woman during pregnancy face various problems. Some women's pregnancy is completed without any problems. The hazards of pregnancy are given below:

- The age of mother is less than twenty and more than thirty five years.
- Weight is less than forty kg and height is less than 145 cm.
- Has already given many births.
- The birth spacing is narrower.
- Mother is infected or sick with chronic diseases.

But some women have to face complex and major problems.

a. Abortion: Abortion can be defined as terminating pregnancy before 20 weeks. It is the expulsion of fetus before becoming viable to survive. There are two types of abortion spontaneous and induced. Expulsion of alive or dead fetus before 20 weeks is called spontaneous abortion. Expulsion of fetus with the desire to kill it or terminate the pregnancy by using medicine is called induced abortion.

b. Oedema: It is caused due to accumulation of extra 5-6 liters waters woman during pregnancy. Lower limbs are swollen because of the load of the growing baby in the womb. Pressed veins get swollen. There might be a problem of increasing weight unnecessarily. To maintain the weight in normal state, attention should be paid to meals.

c. Inducing Labour: When a pregnant women’s due date for delivery extends or one yet to get into labour pain or when there are complications in the child or mother’s health, a doctor or midwife may need to induce labour
The specific reasons for inducing labor

- A pregnant woman’s water has broken but labor not begun on its own.
- Infection inside the uterus.
- Lack of growth in the baby.
- Reproductive health factor is negative and her unborn baby’s is positive.
- Lack of amniotic fluid.
- Health issues of the mother.

1.6.10. Birth and Labour

After the completion of certain time period, the birth of the baby takes place. After 280 days, the baby comes out of the vagina along with the placenta and mucus. The baby begins to press for its exit. This press is called as labour or the period from when the baby begins to press to come out up to the discharge of the cord and placenta is known as labour period.

1.6.11. Birth Control Methods

Birth control is a method or a device used to prevent pregnancy. It is also called as fertility control because fertility is the co-factor for reproduction and conception. The contraception methods are an important basis for improving the long term health and used for birth control. In order to prevent unintended pregnancy, contraception is effective. It is the method of birth control which is used with various devices, drugs, and sexual practices, surgical procedures to prevent conception or impregnation.

There are three ways of preventing or ending pregnancy

1. Contraception: prevents the fertilization of the egg by sperm cells
2. Stops the fertilized egg from being implanted
3. Abortion: chemical or surgical removal of the developing embryo or fetus

In particular teenage pregnancies are at risk due to poor health and complications during pregnancy. Through comprehensive sex education and proper methods to access to birth control may decrease the unwanted pregnancies. The birth control methods such as implants, IUD’s or virginal rings which are more successful and long-lasting in decreasing rates of teenage pregnancies.
The effectiveness of birth control methods are critically important for reducing the risk of unintended pregnancy specially women who are sexually active correctly and consistently. The method of contraception by men and women helps families’ space births, parents’ unwanted pregnancy and in the case of consistent condom use, prevents transmission of sexually transmitted infections, including HIV. An ideal contraceptive should be safe, effective, acceptable inexpressive, reversible, sample to administer, long lasting and should require minimal medical supervision.

There are different kinds of contraceptive methods:

- Physical or mechanical methods: condoms of males and dileragum for family
- Chemical methods: Spermicidal cream, jelly or tablets
- Natural contraception: based on the identification of fertile period
- Intra –urine contraceptive device or IUCD
- Hormonal contraceptive: Gonadal Steroids, Oestrogen and Progesterone
- Terminal or permanent methods of contraception: reproductive function of an individual male and female permanently destroyed. They are called as surgical or sterilization methods

1.6.12. Abortion

Abortion is a stopping the progress of pregnancy period or removing embryo or fetus before it can survive. An abortion that occurs spontaneously or a pregnancy loss is also known as miscarriage. It is the natural death of an embryo or fetus before it is able to survive independently. Every year around 56 million abortions take place globally. The common symptoms for miscarriage are vaginal bleeding with or without pain. Besides this, there are also risk factors which include an older parent, previous smoker, obesity, diabetes and drug or alcohol use, among other chromosomal abnormalities.

Abortion is also a fundamental right of women, irrespective of where they live and unsafe abortions are an urgent public health and human concern. As a preventable cause of maternal mortality and morbidity, unsafe abortion must be dealt with as part of the Millennium Development Goals (MDG’s) on improving maternal health and other international development goals and targets (WHO, 2004).
1.6.13. Menstruation

Health of women is very important especially protecting health, having accurate information and consulting health professionals helps to have better sexual and reproductive health. During puberty young women get into menarche where they get their first period which is part of the reproductive process, called as Menstruation. The first period usually starts between 12 to 15 years of age. It is monthly bleeding and it is bodily process due to hormonal changes. The usual length of period is 21 to 31 days (average is 28 days). Once the period begins it lasts around 2 to 7 days (Bleeding). Between the ages of 45 to 55 years the process of menstruation stops which is called as period of menopause. Periods also stop during pregnancy and typically do not resume during the initial months of breastfeeding. Pertaining to this it is considered as taboo with many cultural beliefs, myths and misconceptions. There are also rigorous social norms and unwritten rules and practices towards management of menstruation. Even today it is perceived as unclean or embarrassing.

There are health effects connected to menstruation among most of the females. This could be because of different physical conditions. Hormonal problems are conditions in women characterized by irregular or no menstrual periods, acne, obesity and excessive hair growth, disorder or chronically abnormal ovarian function and hyperandrogensmion. It affects 5-10% of women of reproductive age. Many women experience dysmenorrhea called painful period or menstrual cramps, during menstruation. These symptoms typically last for three days. It is estimated to occur in 20% to 90% of women of reproductive age. It is the most common disorder. Women experience emotional disturbances due to a reduction of estrogen and progesterone which affects the brains neurotransmitters regulation and swings with many women feeling mood changes, irritability, anger and mood swings. Menstrual fluid called bleeding which contains some blood as well as cervical mucus, vaginal discharge and endometrial tissue. Menstrual flow is a mixture of endometrium which is built up tissue combined with blood lost from the blood vessels that are in the wall of the uterus. Heavy menstrual bleeding, occurring monthly, can result in anemia.

Health of women is most essential part of her growth and development concern. Women has to give birth to a child with that she plays a major role in human reproduction. This can be ensured
only when she can have access to better sexual and reproductive health care facilities especially during menarche. It is a natural and biological process which cover quite number health issues and maintaining Hygiene is crucial. Poor protection and inadequate washing facilities may increase infections with the odour of menstrual blood putting girls at risk being stigmatized. It has a health impact in terms of increased vulnerability to reproductive tract infections (RTI’s). In accessing clean and safe sanitary products or to a clean and private space would be helpful to change menstrual cloths or pads and to wash. Cloths or cloth pads may be a sustainable sanitary option, but they must be hygienically washed and dried in the sunlight. Proper precautions and light physical exercises, Nutritious diet plan, consulting physician may be helpful for females to reduce physical pain during menstruation.

1.6.14. Masturbation

Masturbation is first and foremost a sexual stimulation through which a person begins to experience sexual pleasure. Masturbation refers to the act of manually stimulating one’s genitals for sexual pleasure. It is a process of self-stimulation of the sexual organs mostly seen among men and few among women. It is a health, way of exploring one’s sexuality and to release sexual tension with sexual intercourse. Male masturbation is the act of a male sexually self-pleasuring himself by stimulating or touching his penis. The most common form of masturbation among men is to wrap one or both hands or several fingers and thumb around the erect penis and stroke it up and down until ejaculation. Among female most common type of masturbation is by stroking or rubbing the vulva, especially the clitoris, with hands and fingers until orgasm is reached. They may use running water to stimulate the vulva or insert figures or a hard object into the vagina. Most people think of masturbation as a very personal and private act involving using only the hands to manipulate the genitals. Despite of myths and facts about masturbation acquiring knowledge positive and attitude may have better health and sexual life.
Reproductive System Disease

Infection which affects the reproductive system is known as Reproductive System Disease. There are several types of infections which affect the reproductive system of our body. There are various types of diseases related with reproductive health and organ. A large number of people are affected by such diseases like reproductive tract infection, HIV, and AIDS, etc. Some of the sexual diseases are very hard to cure. People suffer from sexual diseases due to unsafe sexual behaviors and unhealthy sexual habit. If these diseases are not cured and prevented in time then there is a high chance of suffering from sterility, cervical cancer, prostate cancer etc. Awareness can be an effective method to be away from or to have a control over sexual diseases and their effects. Reproductive health education is a source for promoting these types of programmes.

Reproductive Tract infections are caused by unsafe sexual contact. These infections are a result of the overgrowth of bacteria and other organisms that normally live in the vagina. Complications can be more serious in women and infections can be transmitted to the offspring of pregnant women. Among females, reproductive tract infection can be either in the upper reproductive tract (fallopian tubes, ovary and uterus) or the lower reproductive tract (vagina, cervix and vulva) and among males these infections are at the penis, testicles, urethra or the vas deferens. These infections are called as venereal diseases which are transmitted between human by means of sexual activity which affect reproductive and sexual health. Some of the sexually transmitted infections are Chlamydia, Gonorrhea, HIV infection/AIDS, Hepatitis B, Hepatitis C, herpes, Human Papillomavirus, Pelvic Inflammatory Disease, Syphilis, Trichomoniasis. These infections may lead to symptoms in the reproductive organs themselves as well as the skin around the vagina, penis or anus. If they are not treated they will lead to serious complications, and there is a increase of risk of acquiring or transmitting HIV/AIDS. Acquired Immune Deficiency Syndrome (AIDS) is a spectrum caused by Human Immune Deficiency Virus (HIV) which is posing a serious challenge to the conceptual foundations and practice of development planning worldwide. HIV is frequently transmitted through sexual contact, via contaminated blood products, through needle-sharing or un-sterilized equipment, during intravenous drug use, needle stick injury and it can be transmitted from infected mother to child during pregnancy. HIV is the cause of spectrum of disease where retrovirus primarily infects the
humane system such as CD4+T cells. The diagnosis of the HIV is done by measuring HIV_RNA of p24 antigen. The positive results are obtained by antibody or PCR testing. The use of condom may reduce the risk of HIV transmission by 80% approximately. Beside this comprehensive education and awareness programmes will help to decrease the spread of HIV/AIDS. Voluntary HIV/AIDS testing centers are innovative methods for treatment and counseling for people with HIV and AIDS and their families which enable people to bring awareness and to use of protective methods to have a safer sex life (RUWSEC, 2012).

1.6.16. The Male and Female Reproductive System

The main function of Male reproductive system is to produce and release semen into the reproduction system of the female during sexual intercourse. The male reproduction system consists of many organs and they produce, maintain and transport sperm (male reproductive cell) and protective fluid (semen). The below image shows the various male reproductive organs in male reproductive system. The female reproductive system is designed to carry out several functions. It produces the female egg cells necessary for reproduction called Ova to the sight of fertilization. Once the sperm enters the female reproductive system the involvement of sperm and ova takes place. This process releases the egg which normally occurs in the fallopian tubes. It leads to fertilizing egg which implant into the walls of the uterus than it leads to initial stages of pregnancy.

1.7. REPRODUCTIVE RIGHTS

Reproductive rights are already recognized in natural laws which embrace certain human rights. These are recognized as basic rights of an individual where couples have freedom and responsibility whether to reproduce and to have highest standards of sex and reproductive health. Reproductive rights help an individual to take right decisions concerning reproduction without any discrimination, coercion or violence. The exercise of this right should consider the needs of individuals living, their future children and their responsibility towards family and community. These rights work on to plan a family, terminate pregnancy, use contraception methods, sex education programmes in schools, access to and being able to afford reproductive health. The reproductive rights are formed to ensure every women free from discrimination, violence and bias in providing soico-
economic needs. These rights focus on every individual should be able access and affordable to reproductive health services pertaining to family planning, sex education etc. Man’s reproductive rights claim to relinquish all parental rights and financial responsibility. Altogether these reproductive rights strive to promote gender equality and equal opportunity to access and afford reproductive health services (ICPD, 2017).

Adolescents have the right to access ample information indispensable for their health, development and for their ability to live a healthy and meaningful life. As adults adolescents too have reproductive rights but often it is difficult to exercise these rights because of low social status, lack of autonomy and physical vulnerability. Therefore advocating these rights can be challenging and it is a obligation of a state to ensure that all adolescents needs to be bring awareness on these rights both in and out of schools and they should not be denied to accurate and appropriate information and without any discrimination.

1.8. ADOLESCENT HEALTH

Health is an essential component of human development, imperative to a nation's economic growth. Acquiring knowledge and positive attitude towards health, early intervention for health related issues and utilization of health services may be helpful for young people to acquire a better and healthy adult life. Adolescent health is the optimal level of well-being in all areas of physical, emotional, cognitive, social and spiritual aspects. Therefore it is a period of aperture of opportunities to set the stage for a healthy and productive adulthood and to reduce the problems pertaining to future. Improving Adolescent Health is an emerging area and requires a need for developing platforms for adolescent-friendly health services. Establishing adolescent friendly services will address the reproductive and sexual health need of young people. Health outcomes are dependent on their social environments and mediated by their behaviors. Their behaviors are influenced by peer, family, school, community, and societal levels (WHO, UNFPA, 1998).
1.9. ADOLESCENT AND REPRODUCTIVE HEALTH

Adolescents have a fundamental human right to accurate and comprehensive reproductive and sexual health information. They have unique reproductive and sexual health needs. It is the period when an individual is capable of begetting offspring. It means we can say that he/she becomes adolescent. As it is used today, the term adolescence has a broader meaning. It includes mental, emotional and social maturity as well as physical maturity. It is customary with regard to adolescence where it begins to become sexually mature until the time they reach the age of legal maturity. Chronologically, adolescence appears roughly between the ages 12 to the early 20s. The onset of adolescence varies from culture to culture depending on the socio-economic conditions of the society and the country.

Adolescence is a stage where massive changes take place which may have immediate effects on attitude and behavior. Lack of basic knowledge on sex and reproduction may lead young people to failure in family relationship among those who enter marriage life at early ages. Besides this there is limited access to information on sex and sexual health which can be a barrier for adolescents to have a healthy and productive life. In the Indian context reproductive health related problems including unwanted teenage pregnancies and sexually transmitted diseases (STD’s) persist and ensuring reproductive and sexual health for adolescents is challenging. Large numbers of marriages are taking place at an early age especially during adolescence period where their mind and bodies are not yet mature enough for parenthood. This is a drawback for these young couples to plan a good family life, parenthood and bearing and rearing children as well as providing good education especially on providing reproductive health information. There is a lack of awareness on modern methods of contraception and time need for birth spacing with consequences. Further, ignorance and misinformation on sex related matters can put sexually active young people at risk. This may lead to increase in sexually transmitted infections, including HIV/AIDS. Therefore reproductive health needs and concerns are very much felt among adolescents. Reproductive health is comprehensive which can have developmental and inter-generational impact. Every individual must be informed and enhanced with knowledge about sexual and reproductive health aspects especially awareness on risk behaviors such sexually transmitted infections. Women can have proper methods to access to health services to
maintain their health conditions during menarche, family planning methods to decide to have children, during pregnancy, safe delivery, and to have health birth of child. A combination of interventions can help to prevent most of these problems and promote healthy behavior.

Adolescence is a stage of being sexually active and trying to be mature enough to take decision but they fail because they lack awareness on sexual and reproductive health and related risk (Population Report, 1995). If it is not dealt within a proper way, meaning if these needs are neglected, they may have far reaching consequences for later life. Sexual and reproductive health needs are unique which are very much requires for adolescents as they grow and develop from the onset of puberty to maturity (Bancroft and Reinisch, 1990). It is the most important period because of its immediate effects on attitude and behavior. Similarly, it is also characterized by a transitional period, period of change, age of problem, time of search for identity, and the threshold of adulthood. Therefore acquiring knowledge on reproductive health, inculcating positive attitude and behavior may help to protect young people from risk behaviors, issues and to have a healthy life.

1.9.1. Reproductive Health Knowledge and Attitude

Reproductive health is comprehensive and covers all aspects of health well-being of an individual specially his/her sexual life. It includes freedom from risk behaviors like STI’s/HIV, right to regulate one’s own fertility with full knowledge of contraceptive choices and the ability to control sexuality. There should not be any discrimination in terms of age, marital status, income and specially consulting health services. To maintain one’s own sexual and reproductive health an individual requires necessary information, awareness and a positive attitude. It is a right of the individual to access these needs from significant people, health professionals and other means of sources of information. Having good knowledge and a positive attitude helps young people to grow in a mature way where they are able to take better decisions specially in the matter of sexual health, marriage, family planning, pregnancy, contraceptive methods and more over they can be assertive in getting into risk behaviors. This kind of attitude helps them to take right decisions to have right peer group who can guide them in right direction. They can consult with health professionals without any confusion, hesitation and they are able to access better health services.
1.9.2. Developmental Issues and Problems among Adolescence

There are different factors responsible for Human growth and development which are determined by biological, social-economical, psychological processes. As our developmental time table suggests, considerable development and experience occurs before an individual reaches to adolescence. This period is unique in an individual’s life span where he/she is trying to become mature individual. It is not only physical or biological maturity but also there are other changes take place which can be classified to four major categories.

- Pubertal changes
- Physical and sexual changes
- Psychological and emotional aspects
- Social changes

During puberty, sexual changes occur with the body, and a young person able to reproduce which is marked with growth spurts, which are rapid changes in body characteristics, particularly seen in height and weight. Puberty is process of numerous number of physical and psycho-social changes take place where individual tries be to be mature enough to became like adult and capable of sexual reproduction. There are variation of pubertal changes in boys and girls as per prescribes age limits where girls find changes at the age of 10 or 11 years and among boys it is at the age of 11 to 12 years. At this stage an individual finds physical changes which are divided into external and internal. The external changes are increase in height, weight of the body, growth of sexual organs, appearance of moustache and beard in males, long hair, growth of breast etc among females. Similarly changes appear in internal system of the body such changes are development of digestive system, circulatory and respiratory system, glandular system etc. Adolescent’s growth is influenced by social environment where individual interacts with family, friends, school and media. The social and emotional changes may influence young people to learn to be independent and to be as adult. It may lead to ambivalence and conflict. Pubertal changes are influenced by primarily heredity and environmental factors and other factors such as food habits, diet, regular exercises and balance of psychological and emotional well-being.
1.9.3. Psychological and Emotional Problems

Health is determined by various factors. Particularly mental health is part and parcel of an individual’s well-being. It is treated at par with physical health therefore one cannot deny to maintain balanced psychological and emotional health. Gradually adolescents grow without any significant problems but normative stresses and needs for help support, and orientation associated with transition from childhood to adulthood may be required. If these needs are not met adolescent may get into psychological issues. Psychological and emotional problems among young people are seen as very much repulsive therefore Adolescents who had negative body image were more depressed, anxiety-prone and suicidal than same aged young people are who were less concerned about their body image (Dyl et.al, 2006). Adolescence is a critical juncture on the adaptation of behaviors that are relevant to health (Shribman, 2007). Many of the behaviors that are linked to poor health habits and early death in adults begin during the adolescent period. Therefore adolescents require effective guidance from significant people. It definitely brings positive impact on their lives.

1.9.4. Sexual Health and Adolescents

Sexual health is essential for an individual to protect sexual defects, maintain a good relationship, better marriage life and child bearing. Adolescents continue to be vulnerable socially and economically to sexually transmitted infections and diseases. The sexual activities of the young are unprotected. This is due to exposure to risk behaviors and sexual activity in erroneous ways. Most of the young people are coerced into unwanted sex or marriage, putting them at risk of unwanted pregnancies, unsafe abortions, sexually transmitted infections (STI’s). They are disproportionately affected by HIV/AIDS. It is a formidable challenge for public health, human rights and development of new millennium goals to eradicate these issues.

1.9.5. Teen Pregnancy

Adolescence marks the period between childhood and adulthood when hormonal changes transform boy and girl into young men and women, able to have children of their own. Teenage pregnancy, by and large unplanned, has become one of the major public health issues of our time
(Philip Baker et al., 2007). Teenage birth rates persistently reflect the reproductive and sexual behavior of older women.

Teenage sexual activity and associated outcomes are affected by a combination of biological and cultural factors. Therefore comprehensive package of health care, self and direct referral from all agencies dealing with pregnant teenage is essential.

1.10. SOURCES OF INFORMATION

Adolescents are vulnerable to various changes that take place during this period. Due to the complexity and magnitude of change, adolescence is considered as one of the riskiest phase in human development. Right information and guidance helps young people to understand their developmental changes and to have effective health seeking behavior. Source of information is very much required for young people to seek better health management and proper adjustment skills. Source of information can be gain through parents, siblings, teachers, peer group, health professionals and other significant people who can able to guide young people to a better direction. Even media has a great impact on adolescents in receiving information on their growth and development. They prefer media as a source of information rather than other significant people. In this situation, adolescents require proper education to search accurate information through media. Otherwise they may be lead into wrong ways to understand their developmental changes. This may also leads to risk behaviors. Therefore significant people need to have an effective relationship with young people to facilitate and guide them towards a proper direction.

The relationship within family may change due to the rapid changes that occur during the adolescence period. This leads them to desire for independence while preserving a caring relationship with their parents. It is further leads them to have a conflicted relationship with their parents and a less cohesive familial bond. They began to oppose parental values, find increase in disagreements due to peer group influence. Beside this social media is a powerful and influential source of information to which majorities of the young people are attracted. They spend most of their time in accessing media information and especially they get more information on sexual and reproductive health than from their parents. In this regard they rely more on their friends and media information rather than their
parents. Gradually they feel that they no longer have a need for constant parental care and are ready to take up adult responsibilities. Most of the adolescents find parental rejections, poor family communication and influences on identity developmental issues. In this regard a balanced approach and supportive relationship from parents is required to understand young people and guide them in a proper direction. (Haven, 2001)

The most influential source of information adolescents have is their peer group. Adolescence is a critical period. Particularly the relationship they built with their peer group is influenced by exploring their feelings and identity as well as developing and evaluating their social skills. Adolescents develop social skills such as empathy, sharing and leadership with the support of the peer group. They built greater confidence and affiliate to share with them rather than their parents. Adolescents usually look to the peer group to clarify their doubts and receive information from them. Accessing information on sexual and reproductive health from peer group may be helpful but there may be a chance of receiving wrong information which may lead them into risk behaviors.

Education is an intentional process to impart knowledge and skills particularly academic source are strong predictors for overall adult health outcomes. Proficient academic skills are required to lessen rates of getting into risk behaviors and increase the rates of healthy behaviors among young people. Reproductive health education at school leads to lower rates of health problems and risk of infected sexual diseases, as well as enhanced financial stability during adulthood. Reproductive health education is an effective method to promote sexual and reproductive health awareness. Particularly reproductive health education should be promoted in educational institutions which can be a key strategy in promoting safer sexual behavior among young people. The efforts of promoting reproductive health education should focus on assuring access to timely, comprehensive health education so that it reduces the gap in access related to race gender and less discrimination.

Having a conducive social environment bring positive impact among students specially their attendance, academic achievement and behavior. It promotes students’ engagement and prevents risk behaviors and reduce school dropout. Those who lack literacy, social and critical skills are less able to assume responsibility for their own health. It is necessary and essential to introduce reproductive and sexual health and education programme in schools. These educational programmes help adolescents to
develop the capacity to understand their sexuality in the context of biological, psychological, socio-cultural and reproductive dimensions. It helps to acquire skills in managing responsible decisions and positive sexual and reproductive health behavior. In this regard school based sexual and reproductive health education is necessary which helps them to understand reproductive health issues and prevents them from getting into risk behaviors and encourages them to consult health professionals in order to access health facilities and build a positive and healthy life. Trained teachers, Social Workers or Counselors are important sources of information to promote these health education programmes at the school level. Regular assessment, identifying issues, proper education, awareness and training programmes at the school level helps young people to have better knowledge and a positive outlook to take care of their reproductive and sexual health. They are able to equip themselves with accurate behavior to access to reproductive health services. These programmes should also include parent’s education and training. This may helpful for parents to guide young people in the right direction.

Access to mass media and education could improve awareness about reproductive health but at the same time there is a risk of misconception and wrong information where Adolescents may be exposed to media portrayals of violence, sexual content, smoking, and drinking. They are at a risk of adopting these behaviors. This may have a greater impact on reproductive health. The importance of media as an effective tool of generating awareness among adolescents on issues related to sexual and reproductive health is now globally accepted. Media in combination with meaningful social interaction contributes positively towards shaping the sexual attitudes and behaviors of adolescents.

1.11. HEALTH SEEKING BEHAVIOR

Accessing better health services are determined with health seeking behavior. It depends on not only accessibility or availability of health services but also it depends on demographic factors such as education, economic factors, cultural belief and practices, environmental and familial conditions, discrimination in terms of caste, age and gender and the political system which decides the planning and implementation of these health services. Health seeking behavior is illustrated as the decision making process in accessing services which is governed by individuals, family situations, community norms and expectation of health service provider. It is a process of
taking decision to seek and perceive better health treatment or to find appropriate remedy with availability and afford to use health services.

Adolescents pose different challenges to the health care system because they have significant needs and many are denied to access or they find difficulties to access to it. The health of adolescent mostly shaped by demographic factor and influenced by significant people. This may bring greater impact on their decisions to seek health services and health seeking behaviors. Adolescent health is an emerging area and most of the health issues and problems of adolescents are treatable if there are proper ways and means to access it. The lack of adolescent friendly health services and maintenance of confidentiality leads them not to consult health professionals and receive health services. There is a need for developing platforms for adolescent-friendly health services. To solve the problems of youth, establishing youth friendly services is the major one in addressing the reproductive and sexual health need of youth UNFPA (1998). In this regard the present study is aimed to assess health concerns and time utilization of health services among adolescents. Adolescence is a period when young ones get initiated into sex and start exploring their sexuality. Adolescence-specific problems and emerging adult disorders can include sexual problems, menstrual problems, and mental and behavioral health problems. Coming to terms with their bodies and adopting healthy attitudes and behavior patterns are crucial not only for the well being of an adolescent, but also important for the development of a healthy and prosperous humanity.

1.12. SIGNIFICANCE OF THE STUDY

Adolescents confront a number of problems due to lack of adequate knowledge about their growing up process and reproductive health concerns. Adolescents grow not only with changes in their bodies but also with new vulnerabilities related to human rights abuses, unprotected sexual behaviors, marriage and childbearing. Many number of girls are coerced into unwanted sex or marriage, putting them at risk of unwanted pregnancies, unsafe abortions, STI’s, STD’s and HIV/AIDS and dangerous to childbirth. Many young males get into vulnerable and risk behaviors and mental health issues without any proper information and guidance. Reproductive health and sexual health are fundamental aspects and rights for young people. Yet many of the young people receive little attention due to
cultural and political insensitivity (Wahba, 2012). Those who are able to get right information and education may not be able to access or afford health services or may be denied their right to seek health services. A major portion of the adolescent population is present in educational settings. Therefore it is essential to introduce reproductive and sexual education in these settings (Nair, 2012). There is a lack of affordable, confidential reproductive health services to provide basic information (PATH, 1998). There is a proper provision of medical services particularly addressing adolescents’ reproductive health needs and support from local government (Remaneses, 2007). Today the public policy and various health related programs are focused on sexual and reproductive health needs of young people in developing countries. It shows that a large number of adolescents are in need of these services and they are disproportionately affected by negative reproductive health outcomes and the services which are available for adults are not responsive to the needs of adolescents (Erulkar, et al, 2004).

1.12.1. Barriers and Challenges

Adolescents face multifaceted barriers which prohibit good sexual and reproductive health. There are low priorities, restrictive laws and policies. Beside these there are various societal, cultural and religious factors which create inhibitive environment for decision of adolescents on sexual and reproductive health. Even society is also embedded with sense of disapproval of adolescent sexual activity. It may be due to stigmatization of sexual health concerns, in particularly STI’s, HIV/AIDS. There is poor knowledge and awareness on contraceptive methods. This may directly or indirectly affect adolescents who go for early marriage; age difference between partners etc. Further their sexual and reproductive health can be confounded by conflict, migration, urbanization and lack of schooling.

There are also service related barriers due to poor health systems for sexual, quality related family planning and maternal health and youth friendly services are not yet implemented. Counselling and family planning programmes have not yet focused on HIV/STI’s care etc. Beside this these services are hampered with corruption and lack of reliable availability of supply of equipment. The adolescent services are too economical, fear, lack of confidentiality, embarrassment, lack of knowledge, misinformation and myths, stigma and services, including significant people’s attitude and behaviors which restrict adolescent to access services (Balnc, 2009 & FIGO, 2011).
1.12.2. Opportunities and Potential Solutions

Sexual and Reproductive health programmes for adolescents must ensure adolescent friendly, integrated services by trained health care professionals. They should be offered accurate, comprehensive information and building skills for negotiating sexual behaviors (Bearinger, 2007). Health care professionals work with adolescents with accurate, balanced sex education with proper knowledge, attitude concerned with needs of young people. They can direct policies to provide better health care services through their experiences, research findings and accurate information about adolescents’ reproductive and related issues. These initiatives can have a direct and strong impact on adolescent health. A majority of adolescent population are available at educational settings where there are wide range opportunities to introduce adolescent health programmes. Parents and teachers can also be given better training and educational programmes to understand and identify issues of young people and provide better care and support.

Acquiring knowledge, positive attitude towards health, early intervention for health related issues and utilization of health services may be helpful for these young people to acquire better healthy adult life. Among adolescents, girls are vulnerable to risk behaviors such as STD’s, including HIV infections it is due to susceptible biological system than boys. However, even boys also require right information on reproductive health so that they can build positive relationship, away from sexual risk behaviors and to have a better health adult life in future. There is a lack of literature and research studies related to males on their reproductive health concerns. Therefore this present study could be useful to get effective information on both the sexes and further studies could be accurately assessed their concerns and needs. The present study strives to bring the need of awareness and positive attitude towards utilization of health services on Reproductive Health among young people for the state of Karnataka. It is going to generate crucial information about the attitude and awareness of adolescents regarding their reproductive health and other related issues that are covered in terms of perceived stress, identity, self-concept, attitude and emotional disturbances and also their opinion on parents, significant people and other health professionals.