



ORIGINAL RESEARCH PAPER

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FAMILY AND LIFE STYLE ON THE VALUES OF ADOLESCENT GIRLS

KEY WORDS: Maturity, Hygiene, Diet, Knowledge

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ABSTRACT

Introduction : Family and Life Style has a great impact on the values of Adolescent Girls. The word Adolescence is a Latin word which means grow into maturity. It is a complex period with different changes. Adolescent population and health of adolescents is a very special issue and is focus of attention globally for various reasons. The world today is home to the largest generation of 10–19 year olds in our history and number over one billion and their population is continuously increasing. The lines between childhood, adolescence, and adulthood may differ by culture and region. Lifestyle is measured by health behaviours, leisure –time activities and social relations. The Probability of belonging to educational tracks with good social prospects in adulthood was high among adolescents who placed much emphasis on health enhancing behaviors who did not spend much time watching TV or listening music and who attended religious meetings weekly. Good family with cooperative parents leads to develop good values among the children. Parents should be with proper understanding and they should not quarrel before the children. So that children will grow in good atmosphere. At the age of Adolescence the individual is likely to belong to as an adult. Well-educated parents also tend to have a great confidence in their children's probability of success and in their own capacity to get them through the more demanding tracks. Lower class parents need stronger evidence of their children's potential before making decisions about higher education (Erikson and Jonson, 1996). **Methodology & Result** A study was conducted among the sample of 60 girl students of an age of 14-15 years old from 3 schools in Nellore District .Simple and convenient Random sampling method was adopted. It was a cross sectional descriptive study using semi structured questionnaire in order to assess their knowledge towards family and life style. Nearly 61% of the Adolescents are in good condition because of their family and life style 23% of the adolescents are in average condition and 16% are in least condition because of their family and life style. **Conclusion :** Through proper study it was observed that Adolescents with god family and life style are in growing with good values and those whose family and life style was not proper are not growing properly. So Parents should take care on the adolescents and to set a right path for to develop their values towards their life.

INTRODUCTION

Family and Lifestyle has a great impact on the values of Adolescent Girls. The word Adolescence is a Latin word which means grow into maturity. It is a complex period with different changes. Maturity not only involves physical growth, but also social, emotional and mental health. Adolescence may be a period of transition from childhood to Adulthood Adolescent population and health of adolescents may be a very special issue and is focus of attention globally for various reasons. The world today is home to the largest generation of 10–19 year olds in our history and number over one billion, and their population is continuously increasing. The lines between childhood, adolescence, and adulthood may differ by culture and region. Lifestyle is measured by health behaviors, leisure –time activities and social relations The Probability of belonging to educational tracks with good social prospects in adulthood was high among adolescents who placed much emphasis on health enhancing behaviors who did not spend much time watching TV or listening music and who attended religious meetings weekly. Good family with cooperative parents leads to develop good values among the children. Parents should be with proper understanding, and they should not quarrel before the children. So that children will grow in good atmosphere. At the age of Adolescence the individual is likely to belong to as an adult. Well-educated parents also tend to have a great confidence in their children's probability of success and their own capacity to get them through the more demanding tracks. Lower class parents need stronger evidence of their children's potential before the making decisions about higher education (Erikson and Jonson, 1996). Basic data on education, employment, and reproductive health among adolescents shows that they are not receiving the adequate schooling and capability building to equip them for the long run. Adolescents are a novel population with specific health concerns and desires.

Adolescence is that the peak age of onset for serious mental state like depression and psychosis. Overload of stress from physical, emotional, social and sexual change makes adolescents overloaded with stress which can result in anxiety, withdrawal, aggression, poor coping skills and actual physical illness.

CONTENT :

The adolescent period is characterized by its rapid physical and psychological changes with in the individual, along with increasing demands from and influence of peers, school and wider society. The World Health Organization estimates that 70% of premature deaths among adults are because of behavior (smoking, illicit drug use, reckless driving) initiated during adolescence. Therefore, helping adolescents establish healthy lifestyles and avoid developing health risk behaviors is crucial and will be started before these behaviours are firmly established. The desire for novelty and also the courage for experiment are much greater in adolescence than in later life. Most commonly reported behaviors in this population include such as watching TV, playing video games, hitting others, smoking and drinking alcohol, as a lack of sleep, swearing, throwing things, and vandalism The social environment of children and adolescents, consisting of, for example, family and peers, constitutes the context in which behaviors are learned, encouraged and practiced (Taylor and Repetti 1997). Many studies show that children from higher social class families reach the highest levels of education (Cobalti, 1990; Blackburn and Marsh, 1991) Economic resources influence the costs attached to decisions about whether to continue schooling. Young people, who do not feel that education would help them to achieve a good life often turn their interest away from school. This is shown both in the adoption of health-compromising behaviors, and in the amount of time spent on

leisure, peer group or work. Families can play an important role to help these adolescents live a healthier life.

Role of Family :

It is normal for adolescents to start to think for themselves and question aspects of their lives and of family relationships. These changes may mean times of anger and frustration that is leveled at the family, but in the majority of circumstances these feelings are likely to be temporary or circumstantial. Adolescents are moving towards becoming a independent physically, emotionally and cognitively, and yet, they're still growing. Young people still require stability during a home environment, and a secure emotional base from which to explore and knowledge the planet. This also provides them with somewhere to come back to for reassurance, support and unconditional love in tough times. A parent's relationship and caring role with a youth continues to be important, although the relationship will get to be flexible to adapt to the teenager's changing needs. At this time, there will need to be a gradual change from a more authoritative approach, to a more collaborative approach. Parents need to face the reality that their child is not any longer a baby, is becoming independent and the child will not be within their control. They may feel distressed as they perceive that the youth won't hear them, or does the other of what they will suggest. They may need to watch their juvenile disregard the items they thought, they taught them were important, like ways to look after their health, or their future goals Parents had to learn to 'let go', not of the relationship, but of their dreams for the youth, and their authority over the youngsters, so that they'll allow a juvenile to develop their dreams, and greater self-responsibility. Guidance and bounds are still important, however, the quality of the relationship, and collaboration instead of 'obedience', becomes increasingly important if a relationship is to survive and be maintained. Joint discussions about rules, options, compromise and flexibility for solutions are important. Warmth and understanding are important, instead of judgmental comments or telling a youth what to try to do. A family and its members still provide valuable role models for a variety of behaviors, including effective communication, relationship skills, and socially acceptable behaviors. The ways during which conflict and disagreements are negotiated within the family are important blueprints for handling issues in other areas.

Impact of Irregular Family and Lifestyle on Adolescents :

Impact of irregular family and LifeStyle is much negative on Adolescents, especially boys. During this period if they have no proper control by their parents there will be a lot of changes in their behavior. They will start to develop bad habits like smoking, drinking and teasing of girls. Their behavior continues in a wrong manner from the childhood to Adulthood. Recently a gang rape happened in the city of Hyderabad on a lady Doctor due to this type of behavior. Four members raped and killed the lady doctor. Such type of behaviors are developing in the Adolescents because of their family and life styles. Sexual Abuse cases are increasing day by day. The empirical studies have indicated the reactions- in at least some portion of victim population - of fear anxiety, depression, anger and hospitality, aggression, and sexuality in appropriate behavior.

Impact of Technology and Social Media on Family and Lifestyle of Adolescents :

Technology and social media plays pivotal roll in the daily lives of individuals, especially children. There are advantages of using technology and being active on social media, but there are equal disadvantages and risks that come together with excessive use of electronic devices. Children are spending each day huge swathes of their time on electronic media, like computers, phones, I-pads, television and other electronic devises. A child as young as age 2 starts using the mobile phone to view rhymes and videos on youtube which comes along with many risks to their health and well-being.

The problems caused by social media, technology like obesity, aggressive behavior, negative effects on psychological state, cyber bullying, texting/sexting and get in touch with to problematic and illegal content, etc in children from age 2 till 18. The parents, who are aware of social evils and tend to take measures to protect their children. Also, the study attempts to produce solutions and guidelines from pediatricians that may be helpful for parents and individuals, in addressing the difficulties instigated by electronic devices and social media in addition to moulding their children as healthier citizens. We hope that relevant institutions provide more educational platforms to parents to spread awareness about the impact of media on children along with appropriate measures that should be taken to deal with it. Social Media is the biggest evolution in itself. It makes very important part of our life in the 21st Century. As per study conducted by American Academy of Pediatrics (2016), with the evolution of media sources there has been a change within the use of media too, in 1970 child as early because the age of 4 accustomed to watch TV. Though there are positive attributes associated to it due to globalization such as educational and learning opportunities are easily available, also, it acts as a platform to increase child's learning and development through a growth of ideas. Therefore, when a child starts to read and write, the primary thing that parents do is to produce the supported device for a more recreational learning. Jelena Djermanov (2015) highlights that new kind of communication like media and ICT form important elements for imparting Education to children.

Rahim Almoswai & Rashid (2017) , states that social media like Youtube app may be a powerful educational and motivational tool and enhances students' performance in Grammar. On entering the world of social media, for entertainment, knowledge, businesses or social connectivity, there exists another set of evil factors that wait for everyone be it a child, adolescent or an adult. Such as cyber bullying, sexting, access to illegal content, etc. The most common crimes that users are most likely to face are cyber bullying, stalking, defamation, and harassment. Identifying that the health impact of social media on children and young people was the highest on mental health and especially in the areas of self-esteem and well-being; with associated concerns around cyber and Facebook. Undoubtedly, anything utilized in excess has negative effects. Several studies indicate excessive screen time to delay speech ability in children. (Kuta,2017) Language development in young children is directly related to the amount of time parents spends speaking to them rather than exposing them to devices screen. As per recent studies almost 75% of teens have their own smart phone, while 25% of teens define themselves as "constantly connected" to the Internet, which expose them to risks of obesity, negative effect on school performance, sleep deprivation etc. While there are social evils in virtual world and its excessive use leads to negative impact on the child health, it is equally important that parents are aware of these risks and updated of technology to monitor the content of their children's media. Most parents are not abreast with current technological developments. Research highlighted that parents were not aware of the most favorite. Android-based game applications liked by their children. Though children of today's generation are confident of using social media but still they are in phase of developing skill to distinguish between good and bad, and would obviously need parents and guardians help to make wise decisions. Thus, there should be discussions on solutions as to how parents can protect and best supervise, guide their children's media use

Methodology

A study was conducted among the sample of 60 girl students of an age of 14-15 years old from 3 schools in Nellore District . Simple and convenient Random sampling method was adopted. It was a cross sectional descriptive study using semi

structured questionnaire in order to assess their knowledge towards family and life style. Nearly 61% of the Adolescents are in good condition because of their family and life style 23% of the adolescents are in average condition and 16% are in least condition because of their family and life style.

RESULT:

TABLE :1

cz	Schools (20 students from each school)	Good values	Average	Least values
1	School A	12	6	2
2	School B	14	4	2
3	School C	11	4	5
	Total	37	14	9

The following table shows the impact family and life style on the values of Adolescent girls. A family with educated parents shows Nearly 58% of the Adolescents are in good condition because of their family and life style 31% of the adolescents are in average condition and 11% are in least condition where as a family with Uneducated parents shows Nearly 36% of the Adolescents are in good condition because of their family and life style 28% of the adolescents are in average condition and 36% are in least condition because of their family and life style.

TABLE :2

S. No	3 Schools (20 students from each school)	Educated Parents			Un Educated Parents		
		Good values	Average	Least values	Good values	Average	Least values
1	School A	7	3	2	3	2	3
2	School B	6	4	1	4	3	2
3	School C	8	4	1	2	2	3
	Total	21	11	4	9	7	8

Scope for Improvements and Conclusion :

Through proper study it was observed that Adolescents with god family and life style are in growing with good values and those whose family and life style was not proper are not growing properly. So Parents should take care on the adolescents and to set a right path for to develop their values towards their future life. Parents should stand as a Roll model to their children. Parents should take care of their children towards technology in what way they are using technology and how far it is using by them. They should have proper care on their children. The impact of family and life is very much high on the adolescents which influences their values As per the above data Educated parents with good family and good life style gives good development in the Adolescents with good values. So that they can lead good family with good values.

REFERENCES :

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- 2) Cobalti, 1990; Blackburn and Marsh, 1991 states that many studies show that children from higher social class families reach the highest levels of education
- 3) According to Taylor and Repetti, 1997 The social environment of children and adolescents, consisting of the context in which behaviours are learned, encouraged and practised
- 4) American Academy of Pediatrics (2016) was conducted a study on the evolution of media sources there has been a change in the use of media.
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