

# Empowerment of Adolescent Girls in relation to Life Style, Adjustment and Locality

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**ABSTRACT:** *The main concern of this paper was to study the empowerment of adolescent girls in relation to life style, adjustment and locality. The investigator tried to see differences in empowerment, life style and adjustment of adolescent girls' in relation to their locality. For the present study descriptive survey design was used with sample of 150 adolescent girls of different higher secondary schools with the help of simple random sampling technique. The data for the study were collected using different standardized tools and self constructed questionnaire on life style. The collected data were analyzed with the help of critical ratio and the findings of the study revealed that there are significant differences in the empowerment of adolescent girls in relation to their locality. The results, in this way go a long to help parents, teachers, government and counselors to use their human and material resources in planning and implementing policies for the empowerment of adolescent girls.*

**Key Words:** *empowerment, adolescent, adjustment, life style and locality*

## INTRODUCTION

Adolescence is a severe developmental period for both boys and girls. During this period girls faces many changes. In early childhood boys and girls are relatively equal in health and developmental outcomes but during adolescence girls face many challenges. In adolescent periods the biological and social changes occur within a shorter period of time for girls than for boys. In this period puberty of girls at a younger age than boys, this means that they face developmental and social challenges related to sexual maturation earlier in life. The early girls' child marriage is the main problem for girls. Before the age of 18 years one-third population of the world are married and before the age of 20 years one-third of women in the developing world give birth.

## Meaning of Empowerment

In almost every society and in every sphere of life women faces unequal position and status; thus it is needed to empower them by providing equal opportunities. The term empowerment is a multidimensional social process and it helps people gain control over their own lives. Further, it can be called as a process that fosters power in people for use in their own lives, their communities and in their society, by acting on issues they think as important.

Empowerment of girls is crucial for all round development of the society. The word empowerment has different meaning in different context. The term empowerment includes self- strength, self- decision, freedom, self-power, self-control, self-reliance, fighting for their rights etc.

A woman is core of the family and forms half of the human society. She is emotionally a bounding force for family everywhere. She equally shares with men in all religious ceremonies and social functions.

Women in India have been depressed of equal education, equal employment, equal pay and equal status with men, robbed of self-respect, pride and self-worth. They see themselves as prisoners hopeless to obedience and conformity, to find release and freedom only in death. Yet, women's contribution to national development is crucial, and their liberation essential for economic development and social progress of the nation. Women must be recognized as a power in the development process and should be actively involved in it.

## Meaning of life style

The "Collins English Dictionary" defines "lifestyle" as a set of attitudes, habits or possessions associated with a particular person or group. Your lifestyle can be healthy or unhealthy based on your food choices, activity level and behavior. A positive lifestyle can bring you happiness, while a negative lifestyle can lead to sadness, illness and depression.

According to the Cambridge dictionary the meaning of life style is someone's way of living; the things that a person or particular group of people usually do.

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 demands on young people are new and unique; their parents could not have predicted many of the pressures they face. How we help adolescents meet these demands and equip them with the kind of education, skills, and outlook they will need in a changing environment will depend on how well we understand their world.

The first step toward deepening our understanding is to clarify the concept of adolescence. Adolescents are a unique population with specific health concerns and needs. Adolescence is the peak age of onset for serious mental illness like depression and psychosis. Over load 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.

The adolescent period is characterized by its rapid physical and psychological changes in the individual, together with increasing demands from and influence of peers, school and wider society. It is well documented that behaviors developed during this period influence health in adulthood. Several health compromising behaviours (e.g. smoking, alcohol) as well as health enhancing behaviours (e.g. physical exercise) is adopted in adolescence and they often persist into adulthood. The World Health Organization estimates that 70% of premature deaths among adults are due to 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 should be started before these behaviours are firmly established.

### Meaning of Adjustment

The Concept of adjustment was first given by Darwin who used it as adaptation to survive in the physical world. The adaptability to environment hazards goes on increasing as we are put in more complicated situations. Human beings are able to adjust to the physical, social and psychological demands that arise from having interdependability with other individual. In more general terms we talk of adjustment as an organisational behaviour in life situations at home, at school, at work in growing up and in ageing. It is the course of behaviour; an individual follows in relation to the demands of internal, external and social environment. Adjustment is a compromise between the needs of the individual and the demands of the society in which he lives is called Adjustment. It is continuous process, starts from birth and continuous till the end of life. In struggling to achieve something, if one finds that results are not satisfactory, one either changes his goal or the procedure. Thus one protects himself from possible injury to one's ego, failure and frustrations. It is like shifting to more defensive positions in order to face challenge of the situation after initial failure. This special feature of living being is termed as Adjustment.

### Review of related literature

**Bhadauria and Mridula, (2005)** have analyzed in her Article "Access of women to Higher Education." The results showed that there is a need of rethinking about the higher education of women. 38.84% of women access higher education does not ensure the quality of higher education. Technical disciplines viz. engineering, medicine, veterinary science and law should be increased for access of women through these subject in the colleges of smaller cities and town without comprising with quality. Short term diversified courses should be introduced for women that may cater to large unorganized as well as organized sector. Besides the above steps social awareness, social environment and social security in favour of women are the basic points where attention should be paid.

**Dhamija and Panda (2006)**, studied on "Women Empowerment through Education: Role of Universities." From the study it was revealed that educating women benefits the whole society and on the basis of this education they enjoy their status in our society. It has a more significant impact on poverty and development than men's education. It is also one of the most influential factors in improving child health and reducing infant mortality.

### Need of the study

Adolescent stage is a very crucial stage for the children. Adolescence is a period when rapid changes occur in the physical and psychological development of an individual. It is considered as a period of storm and stress. The adolescents are in the process of deciding their goals, priorities and values. These decisions go a long way in influencing their cognitive styles, which include personal opinions, experiences, ideologies, beliefs etc. to make the judgement about the situation. The word empowerment is widely used in relation to

women. Mostly it is used as a substitute for women's welfare, development of women, upliftment of women, participation and awareness rising of women. But the empowerment of women is not synonymous to these words. It is something of a more and broader concept. Empowerment in simplest form means "the manifestation of redistribution of power that challenges patriarchal ideology and the male dominance". Empowerment is a process that enables women to gain access to and control of material as well as information resources. Empowerment is a process, not an event, which challenges traditional power equations and relations.

Adolescents need to be treated as a different section of our population and it is important to focus on their lifestyle problems. The demands of the young people are new and unexpected. During the period of adolescent girls faces many adjustment problems.

### Objectives of the study

The following were the objectives of the study:

1. To find the differences in Empowerment of adolescent girls in relation to their locality.
2. To find the differences in Life Style of adolescent girls in relation to their locality.
3. To find the differences in Adjustment of adolescent girls in relation to their locality.
4. To suggest some educational implications on the basis of findings of the study.

### Hypotheses of the study

On the basis of the objectives of the study following hypotheses were drawn:

1. There will be no significant locality differences in Empowerment of Adolescent girls.
2. There will be no significant locality differences in Life Style of adolescent girls.
3. There will be no significant locality differences in Adjustment of adolescent girls.

### Delimitations of the study

The delimitations of the Present study were following:

1. The study was confined to 150 adolescent girls from 5 Higher Secondary Students of Jammu districts.
2. The study was confined to Govt. Higher Secondary Schools only.

### Operational terms of the study

**Empowerment of adolescent girls:** Empowerment is a process that enables women to gain access to and control of material as well as information resources.

**Life style:** A way of living of individual, families and societies which they manifest in coping with their physical ,psychological ,social and economic environments on a day to day basis.

**Adjustment:** It is a process wherein one builds variations in the behaviour to achieve harmony with oneself, others or the environment with an aim to maintain the state of equilibrium between the individual and the environment.

**Locality:** For the present study urban students are those who fall within Municipal limits and rural students are those who fall beyond Municipal limits.

### Population

In the present investigation, adolescent girls of Govt. Higher Secondary Schools of Jammu district constituted the population.

### Sample

In the present study 150 adolescent girls were randomly selected.

### Tools used

Adolescent Girls' Empowerment Scale (2009) by Dr. Devender Singh Sisodia and Dr. Alpana Singh

Adjustment Inventory (2017) by A.K.P. Sinha and R.P. Singh

Life Style Scale by Self constructed by the investigator

### Statistical technique used

For the analysis and interpretation of data the following techniques were used:

1. Mean
2. Standard deviation
3. Critical ratio

## Results and discussions

**Table 1:** Showing critical ratio of mean score of adolescent girls towards their Empowerment, Life Style and Adjustment in relation to their Locality.

S.No.	Variables	N	M	$\sigma$	C.R.	Level of Significance	
1.	Empowerment of adolescent girls	Rural	75	203.36	19.55	3.76	Significant at 0.01 level
		Urban	75	193.34	12.21		
2.	Life Style	Rural	75	193.42	14.46	1.85	Not significant
		Urban	75	189.8	8.96		
3.	Adjustment	Rural	75	47.21	11.24	1.79	Not significant
		Urban	75	50.25	9.46		

From Table 1 it clearly reflects that the critical ratio of mean score of adolescent girls towards empowerment belonging to rural and urban areas was significant. As calculated value of C.R. (i.e. 3.76) is greater than 2.58 which is table value at 0.01 level. Therefore it can be said that the students belonging from rural and urban areas differ significantly in their empowerment.

Also by further comparing mean value we can say that the mean score of students belonging from rural area (M =203.36) is more than the students belonging from urban area (M = 193.34). Hence it clearly depicts that the empowerment of the rural area adolescent girls are different as compared to their urban counterparts. So the hypothesis which states that there will be no significant locality differences in empowerment of adolescent girls was rejected.

## Findings

As per the findings of the study it is revealed that there are significant differences in the empowerment of the rural and urban area adolescent girls and by further comparing the mean score we come to know that the mean score of the girls belonging from rural area is higher than the urban counterparts.

## Educational Implications

On the basis of the findings of the study the following implications were drawn:

1. Education plays a very crucial role in the life of the individual. If a single girl educates the whole family will educate. Education helps to empower the girls.
2. The findings of the study revealed that there is a significant influence of the locality on the empowerment of the girls. It clearly reflects that there should be immediately need for a school or institutions to arrange some awareness programmes for the girls that they understand their roles responsibilities towards their society.
3. The findings of the study highlights that the school or institutions organized that type of programmes which enhancing the life style (personality) of the girls.
4. Empowerment related workshops must be organized for the students so that they can explore their knowledge about different skills so they can empower.
5. In the modern era girls needs to aware about their life style and parents encourage them to adjust according to the demands of the society.

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