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### Development of guideline booklet for nourishing reproductive health and wellbeing of adolescents

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#### Abstract

The study's aim was to construct and validate guideline booklet in English and Hindi language for nourishing reproductive health and wellbeing of adolescents in 2013. By reviewing various sources like-books magazines, newspapers, experts and researches, the booklet (*Understanding and Nourishing the Wellbeing of Adolescents: Role of Parent, Teacher, Peer and Peripheral agents/ Kishoro Ke Prajanan Swasthy ki Smajh awam Smvardhan: Parivar, Vidyalaya awam Gaur Karko ki Bhumika*) was developed to enhance the knowledge and attitude as well to reduce the psychosocial stress of adolescents regarding reproductive health. To establish the content validity, booklet was given to a panel of experts who were requested to evaluate guidelines for its content; language; format; suitability; appropriateness; overall view of guideline booklet on a five point rating scale (poor to excellent). The calculated mean score of guideline booklet was obtained as 4.14 which describes that the booklet contained sufficient information to ensure the promotion of adolescent's reproductive health and wellbeing.

**Keywords:** Reproductive Health, Case Study, Adolescents, Rural, Urban, family, School

#### Introduction

Knowledge, attitude and psychosocial stress of adolescents affect the reproductive health lives of Adolescents. Lack of awareness and negativity is like a time bomb ticking to destroy reproductive health of your adolescent, if you don't realize it your adolescents will be prone to many problems; poor concept, esteem, psychosocial stress, STDs, unwanted pregnancies, abortion etc as explained before. So make right efforts and right directions to prevent adolescents from reaching this threshold. The guidelines for School heads, teachers, parents and recommendations which constitute this booklet, aims to help adolescents to cope with these challenges and develop adequate life skills. These guidelines are product of an intensive and comprehensive research work which can be re-searched, revised or modified as per changing need of adolescents. However, these booklets can be used as reference material for parents, teachers, counselors, and adolescents themselves, is a humble sustaining support material which can light many lives.

#### Materials & Methods

The study's aimed to construct and validate guideline booklet in English and Hindi language for nourishing reproductive health and wellbeing of adolescents. By reviewing various sources like-books magazines, newspapers, experts and researches, the booklet (*Understanding and Nourishing the Wellbeing of Adolescents: Role of Parent, Teacher, Peer and Peripheral agents/ Kishoro Ke Prajanan Swasthy ki Smajh awam Smvardhan: Parivar, Vidyalaya awam Gaur Karko ki Bhumika*) was developed to enhance the knowledge and attitude as well to reduce the psychosocial stress of adolescents regarding reproductive health. To establish the content validity, booklet was given to a panel of experts who were requested to evaluate guidelines for its content; language; format; suitability; appropriateness; overall view of guideline booklet on a five point rating scale (poor to excellent). The calculated mean score of guideline booklet was obtained as 4.14 which describes that the booklet contained sufficient information to ensure the promotion of adolescent's reproductive health and wellbeing.

#### Result & Discussion

**Development and validation of guideline booklet:** The details of development and validation

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are booklet is explained below:

1. Construction of booklet
2. Content validation of booklet

**1. Construction of booklet:** On the basis of the results of the investigation guidelines were developed in the form of booklet (*Understanding and Nourishing the Wellbeing of Adolescents: Role of Parent, Teacher, Peer and Peripheral agents/ Kishoro Ke Prajanan Swasthy ki*

*Smajh awam Smvardhan: Parivar, Vidyalaya awam Gaur Karko ki Bhumika*), after discussing with experts on research results and by reviewing various sources like-books magazines, newspapers, experts and researches, to enhance the knowledge and attitude as well to reduce the psychosocial stress of adolescents regarding reproductive health. The focal points of the guideline booklet are given in table 1.

**Table 1:** Focal points covered in guideline booklet

<p><b>1. Introductory Note:</b> formulating the empirical base for the ensuing guidelines</p> <ul style="list-style-type: none"> <li>✓ Physiological concerns</li> <li>✓ Health concern</li> <li>✓ Social practices</li> </ul>
<p><b>2. THE Purpose OF Guidelines Development</b></p> <ul style="list-style-type: none"> <li>✓ To increase understanding for necessity of adolescents' reproductive health knowledge to improve their quality of life.</li> <li>✓ To instill skills among adolescents to enable them to overcome the challenges and psychosocial stress of growing up.</li> <li>✓ To sensitize parents and teacher to understand the need of reproductive health education and enable them overcome of hesitation.</li> <li>✓ To develop understanding how can we contribute to the adolescents' reproductive health?</li> </ul>
<p><b>3. Corner-Stones of The Well-Being OF Adolescents</b></p> <ul style="list-style-type: none"> <li>✓ Provision of opportunities to increase knowledge; develop positive attitude and strengthening of life skills that enable adolescent people to protect them from consequences and to cope with risky situations they encounter in their lives.                     <ul style="list-style-type: none"> <li>✓ Reinforcement of development of behaviour that will empower adolescents to make healthy choices.                             <ul style="list-style-type: none"> <li>✓ Prevention of STDs among adolescents</li> <li>✓ Development of healthy dietary habits for good reproductive health.</li> </ul> </li> <li>✓ Facilitation of family and school with ideas for promoting good reproductive health.</li> </ul> </li> </ul>
<p><b>4. Consequent Outcome OF Well-Being</b></p>
<p><b>5. Addressing Adolescents:</b></p> <ul style="list-style-type: none"> <li>✓ With high knowledge you</li> <li>✓ You are not alone!!! research statement</li> <li>✓ Special notes for adolescents</li> </ul> <p>Reproductive health is cure of your well-being..... HOW???????</p> <p>Just see for yourself what each alphabet stands for-</p> <ul style="list-style-type: none"> <li>✓ But!!!.....If you are having low knowledge, facing ambiguity, and are unable to cope with psychosocial stress, tips to overcome these problem-</li> </ul>
<p><b>6. Addressing Parents and Teachers.....</b></p> <p><b>a. As a Responsible parents parent you Can...</b></p> <p><b>b. Special notes for School</b></p> <ul style="list-style-type: none"> <li>✓ Head of Schools you Can</li> <li>✓ As a 'Teacher' you can</li> </ul> <ul style="list-style-type: none"> <li>✓ ****If you experience hesitation and are unable to play your role as counselor you can.....</li> </ul> <p><b>c. Approaches for teachers recommended from researches, programmes and policy.</b></p> <p><b>d. The peripheral agents of family unit are also significant.....HOW???????</b></p> <ul style="list-style-type: none"> <li>✓ As a Opinion/Community Leaders you can</li> <li>✓ As a Government Officials you can</li> <li>✓ As a Youth friendly Service Providers you can</li> <li>✓ As a Media Representative you can</li> </ul> <p><b>e. Guidelines will serve purpose if they ensure</b></p> <ul style="list-style-type: none"> <li>✓ Building positive relationships with adolescents;</li> <li>✓ Opening channels of communication (two-way) with adolescents on their needs and concerns especially with regard to difficult subjects like reproductive health                     <ul style="list-style-type: none"> <li>✓ Ensuring proper implementation of reproductive health education programmed.</li> </ul> </li> <li>✓ Strengthening linkages with other systems and enable concerted effort for adolescent development. Weaves a safety net for our adolescents to flourish without fear and discrimination and</li> <li>✓ Promoting reference materials and curriculums to develop common understating towards need and importance of reproductive health of adolescents.</li> </ul>
<p><b>7. A Note From Research Scholar</b></p>

**2. Content validation of booklet**

To establish the content validity, the questionnaire was given to specialists from the department of Human Development and Family Studies, Food Science and Nutrition, Extension Education, Psychology, Statistics, Gynecology and Biology, for their judicious judgment and after the comments with regard to content, construction and language was taken and incorporated in to the questionnaire by the investigator. The experts were requested to evaluate guidelines for content;

language; format; suitability; appropriateness; overall view of guideline booklet on a five point rating scale (poor to excellent). Consequently mean score 1 – 1.8 was found for poor; 1.9- 2.6 for 'fair', 2.7-3.4 for 'good'; 3.5- 4.2 for 'very good and 4.3 – 5 for 'excellent' ranking of guidelines. The calculated mean score of guideline booklet was obtained as 4.14 which show booklet was said to source of sufficient information to ensure the promotion of adolescent's reproductive health and wellbeing.

### Conclusion

The guideline booklet entitled *Understanding and Nourishing the Wellbeing of Adolescents: Role of Parent, Teacher, Peer and Peripheral agents/ Kishoro Ke Prajanan Swasthy ki Smajh awam Smvardhan: Parivar, Vidyalaya awam Gaur Karko ki Bhumik*”, is an acceptable instrument to help adolescent boys and girls to enhance their knowledge & attitude regarding reproductive health as well as to reduce associated psychosocial stress and it is hoped that this booklet will prove to be useful for specialists/ schools /family members/ counselors and scholars of Human Development and Family Studies and allied fields in further intervention and research.

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