

Original Article**ATTITUDE OF ADOLESCENTS TOWARDS THEIR SOCIAL LIFE IN URBAN SLUM OF ASARWA, AHMEDABAD - A COMMUNITY BASED CROSS SECTIONAL STUDY****Minal S Gadhavi¹, Rajshree Bhatt¹, Pritesh G Patel², K N Sonaliya, Chintul Shah¹, H K Mehta¹****Financial Support:** Non Declared**Conflict of interest:** Non Declared**Copy right:** The Journal retains the copyrights of this article. However, reproduction of this article in the part or total in any form is permissible with due acknowledgement of the source.**How to cite this article:**

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Date of Submission: 1-6-12**Date of Acceptance:** 18-12-12**Date of Publication:** 30-12-12**ABSTRACT**

Background: Adolescence (10-19years of age) is a period of rapid transition in life from "childhood" to "Adulthood". This is very turbulent and crucial developmental phase, during which the adolescent experiences physical, emotional, spiritual and moral changes. This study aims on these changes.

Methodology: A cross sectional study was conducted in the month of March 2009 at Asarwa slums in Ahmedabad. The information was gathered in pretested performa by one to one interview, taking in account the gender specification.

Results: We surveyed 257 adolescents, among them 62(24.12%) were male and 95 (75.88%) were female (M:F= 0.65:1), with mean age 15.85 years. More than half of the adolescents were secondary educated 136 (52.92%) and 11 (4.28%) were illiterate. Adolescents who were found positive in their attitude in adverse situation in life were 67%. 198(77.04%) adolescent were respectful towards their elders only few were hesitated (8.56%). Adolescents who thought that family restriction was good for them were 138 (53.7%). In our study 30% shows shyness towards the physical changes in their body. In present study 83 (32.30%) adolescent were angry with their failure in life. Among the surveyed group 19 (30.67%) male and 5(2.50%) female were addicted to various form of tobacco.

Conclusion: Attitude of adolescent is positive in adverse situation of life. They respect elders. However they feel angry about their future. Addiction rate is higher among male adolescent.

Key Words: Attitude, Adolescents, Social Life, Urban Slum

INTRODUCTION

Adolescence is a Latin word adolescentia from adolescere. It is a period for psychological, social and physical transaction between childhood and adulthood. It is gender specific manhood or womanhood. One in every five people is an adolescent. Out of 1.2 billion adolescent worldwide about 85% live in developing

countries. Adolescent constitute of 23.1% of Indian population The Gujarat having 1 crore of them. Adolescence is a critical period of life marked by biological, social and psychological changes for an individual ¹.

This is impressionable period of life. It is a period of preparation for undertaking greater

responsibility including healthy responsibility of parenthood². Adolescence is a time for exploration, adventure and discovery of one's own body, capabilities and potentials. Some time expression of sexual urge by adolescent may lead to anger among adult, while among adolescent this may lead to feeling of fear, guilt and shame.

Family has a crucial role in shaping the adolescent's behavior. Parents and adult in the family must ensure a safe, secure and supportive environment for adolescent during those years of growth. A positive and encourage attitude among the parents and family members to interact with the adolescent, to give clarification and correct information on their doubts will facilitate better relationship of trust and confidence.

Our Indian society is in transition phase, moving fast towards westernization. The most vulnerable population is our adolescent age group. This study was conducted to address their problems and attitude towards life, family and society of adolescents.

MATERIALS AND METHODS

A cross sectional study was conducted in the month of March 2009 at Asarwa slum area of Ahmedabad. On the basis of the pilot survey and overall prevalence of psychosocial problems in adolescent girls was found to be about 33%. Accordingly the sample size required is 203 with permissible error of 20% (sample size = $p q/L^2$). However the sample size of 257 was taken in the present study to make provision for none response etc. The study area was selected by using lottery method among the slum areas of Asarwa. Gajanand chalis was selected to interview the 257 adolescents of 11-19 years. Respondent were interviewed in their house and their privacy and confidentiality was maintained. Data were analyzed using appropriate test.

Well Cultured: A socially acquired learned behavior assess during interviewed which include customs, beliefs, informal laws, moral concepts, skills etc

Positive towards life: Perceived by adolescents that is to say, happiness, satisfaction and gratification as it is experience in life concerns as health, family, financial situation, educational opportunities, self esteem, belongings etc

Restriction in family: it includes restriction in clothing, moments, making friends, entertainment, etc

RESULTS

Demographic profile of respondent

Among the surveyed adolescents 62(24.12%) were male and 95 (75.88%) were female. There were 120(46.69%) in 17-19 years of age group and only 47 (18.29%) were of 11-13 years age group. In the surveyed adolescent only 11 (4.28%) were illiterate and majority of them, 136 (52.92%) were educated up to secondary level.

Table 1: Demographic profile of respondent

Characteristics	Adolescent (%) (n=257)
Age wise distribution	
11-13	47(18.29)
14-16	90(35.02)
17-19	120(46.69)
Sex	
Male	62(24.12)
Female	95(75.88)
Educational distribution	
Illiterate	11(4.28)
Primary	89 (34.63)
Secondary	136(52.92)
Higher secondary and above	21(8.17)

Quality of adolescent

We observed 97(37.74%) well cultured during our interview followed by being bold 81 (31.52%) to our questions.

Table 2: Observed quality of an adolescent during interview

Quality	Adolescent (%) (n=257)
Shy	92 (35.78)
Cultured	97 (37.74)
Obedient	74 (28.79)
Bold	81 (31.52)

* Multiple Answered were accepted

Attitude towards life

In study 172 (66.93%) respondent were positive towards their life. Among them 198 (77.04%) were found of having respectful relation with their elders and 138(53.07%) think it is positive to have family restriction. Only 77 (29.96%) were

comfortable with their physiological body changes during adolescent period. When asked about their perceived reaction towards failure in life 83(32.30%) feel angry but 58 (22.57%) wanted to do re effort in future. Among them 151 (58.75%) adolescent wanted to be/have house wife in future marriage life. No one was alcoholic, yet 19 (7.39%) male and 5 (1.94%) female had tobacco addiction.

Table 3: Attitude of adolescents towards life

Attitude	Adolescent (%) (n=257)
Attitude towards adverse situation	
Positive	172 (66.93)
Negative	85 (33.07)
Relation with elders *	
Respectful	198 (77.04)
Friendly	54 (21.01)
Fearful	31 (12.06)
Hesitant	22 (8.56)
Indifferent	19 (7.39)
Consideration of family restriction	
Positive	138 (53.7)
Negative	119 (46.3)
Feeling ashamed of body changes	
Yes	180 (70.04)
No	77 (29.96)
Reaction towards Failure in life *	
Ignorance	26 (10.12)
Withdrawal	32 (12.45)
Revolt	12 (4.67)
Angry	83 (32.30)
Re Effort	58 (22.57)
No response	72 (28.02)
Preference as working wife	
Housewife	151(58.75)
Working wife	106(41.25)
Addiction to Tobacco **	
Male	19 (7.39)
Female	5 (1.94)

* Multiple Answered wear accepted, * *No one has alcohol addiction.

Table 4: Relationship between education and family restrictions

Restriction	Illiterate	Literate	Total
Yes	9 (6.52)	129 (93.48)	138 (53.69)
No	2 (1.68)	117 (98.32)	119 (46.30)
Total	11(4.28)	246 (95.71)	257 (100)

Chi square = 3.46 df= 1 P> 0.05; figure in paranthesis indicate percentage

Statistical Analysis

Restriction in the family for adolescent and its relationship with literacy was found insignificant at 5 % level of significant (chi square = 3.46, degree of freedom 1 at p <= 0.05)

The association between male and female and preference for their working status of female in their future life was found statically significant. (chi square =5.09, degree of freedom 1 at p <= 0.05)

Table 5: Relationship between sex and working statuses of female in their future life

Sex	Working Wife	House maker	Total
Male	18 (29.03)	44 (70.97)	62 (24.12)
Female	88 (45.13)	107 (54.87)	195 (75.87)
Total	106 (41.24)	151 (58.77)	257 (100)

Chi square = 5.029 df =1 at p <0.05

DISCUSSION

In present study, out of total 257 adolescent, 75.88% were female and 24.12% were male. Reason behind such discrepancy may be due to school timing and working hours which make male unavailability at home. Similar study done by Kimbra Dent showed that about 80% of participants were in the eleventh and twelfth grades ³. In a study done in Cambodia most of their sample were male (61.9%) with median age of 15 years.⁴

Nearly 67% adolescent s were positive in their attitude in adverse situation in life.V.Mala et al had 54.3% adolescent had positive attitude in failure ⁵.

Maximum adolescent preferred to be cultured (37.74%)and shy (35.78%) followed by being bold (31.52%) and obedient (28.79%).In contrast a study from Allahabad reveal 39.4% preferred to be bold, 36.9% want to be obedient and only 2.8% were shy ⁵.

Family is without doubt the most important institution in people interpersonal lives and it affect both adolescents interpersonal experience and what will be required at as an adult.⁶

Majority of adolescent wants to be respectful (77.04%) towards their elders only few were hesitated (8.56%).As per the study done by S. Nayak most of the adolescent (90.36% to 93.03%) respect their family member ⁷.

In this study, 53.7% adolescent think that family restriction is good for them.

To become comfortable with body changes is one of the important features of adolescent psychological development⁸. In our study 30% of studied group were shy with their physical changes in their body.

In present study 32.30% adolescent were angry with their failure in life but 22.57% wants to do re effort for same. As per Minakshi Parikh et al the most prevalent problem faced by adolescents with their own self were inability to control anger (53.1%) and unpredictable moods (52.9%)⁹

Women's increased employment gives them more control over resources and empowered them to exercise more influence in family decision making.¹⁰

Among them 58.75% preferred to be (female) or want (male) house maker in role of wife in future.

Among the surveyed group 30.67% male and 2.50% female were addicted to various form of tobacco. The new hazards are rising from the increased promotion and use of smokeless tobacco (pan/guthka chewing) that contributes to the disfiguring diseases of teeth and gums and cancer of mouth. The worst part is tobacco industry aims at young people with its advertising campaigns and sponsorships of sporting events. According to World Health Statistics, WHO report that use of tobacco among 13-15 years of adolescents of both sexes was found to be 17.5% in year 2004 in India¹¹.

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