



# Factors Responsible for Effecting Puberty in Adolescent Girls

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Puberty is the period in the development span when the child changes from a sexual to be a sexual being. As Root has explained “puberty is that stage in development during which maturation of the sexual apparatus occurs and reproductive capacity is attained. It is accompanied by changes in somatic growth and psychological perspective”.

Keywords: puberty, adolescent, factors responsible for.

## Introduction:

According to tradition, changes in personality are due to physical changes. As puberty, for example, there is the change from a child to an adult. Because this physical change is regarded as an improvement, the traditional belief maintains that there will be an improvement in personality also. By contrast, the physical changes occurring at the time of climacteric and with advancing age are regarded as forms of deterioration. The personality changes that are believed to accompany these physical changes are assumed to be changes for the worse.

## Methodology:

The study was conducted in Kanpur district. 20 schools were selected in study area. Total 30 sample sizes were selected. Dependent and independent variables were used, age, education, height, BMI, weight, nutrient intake etc. The statistical tools were used mean, correlation, S.D.

## Results:

Table 1 shows that 70.0 percent pubertal girls were faced social factors like mostly pocket money, 80.0 percent girls were faced economic factor like spend of pocket money in various area clothing, cosmetic. Junk food, stationary, and friends. 50 percent girls were faced factors according to religion, 45 percent faced cultural factors like, drama or dance activities. 73.3 percent respondents were suffered from psychological factors like education level, pocket money, and freedom. 60.0 percent pubertal girls had livelihood factors. Changes in personality do not occur spontaneously. Instead, they are the result of advancing maturity, experience, pressure from the social and cultural environment, and factors within the individual such as emotional pressures and identification with others.

Table 1: Distribution of pubertal girls according to socio economic factors

Socio economic factors	Frequency	Percent
Social factors	210	70.0
Economic factors	240	80.0
Religion	150	50.0
Cultural factor	135	45.0
Environmental factor	190	63.3
Physical factor	185	61.7
Psychological factor	220	73.3
Lively hood factor	180	60.0

Determinants of dieting in puberty girls are broad, therefore identifying which teenagers are most at risk of dieting and health compromising weight loss strategies is challenging (Table 2). More than 50 percent individual factors like girls (82.7%), overweight (89.3%), low self esteem (63.3%), low sense of control (66.7%), and early puberty (56%). Girls who consider themselves are overweight and dissatisfied with their bodies are more likely to diet. Above 45% family factors like low family connectedness (58.3%), parental dieting (56.7%), and absence of positive adult role (56%) have suffered girls as the degree of overweight increases, so does the risk of dieting and disordered eating. 70% weight related teasing, 72.7 poor involvement in school and 73.3 % peer group endorsement of dieting have suffered girl's respondent.

Table 2: correlations of dieting and unhealthy weight control behavior in pubertal girls

Factors	frequency	Percent
Individual factors		
(a) Female	248	82.7
(b) Overweight	268	89.3
(c) Body image dissatisfaction	170	56.7
(d) Low self esteem	190	63.3
(e) Low sense of control	200	66.7
(f) Depression and anxiety	185	61.7
(g) Early puberty	168	56.0
Family factors		
(a)Low family connectedness	175	58.3
(b) parental dieting	170	56.7
© parental encouragement to diet	160	53.3
(d) absence of positive adult role	168	56.0
Environmental factors		
(a)Weight related teasing	210	70.0
(b) poor involvement in school	218	72.7
© peer group endorsement of dieting	220	73.3
Other factors		
(a)Certain chronic illnesses	190	63.3
(b)Unprotected sex	200	66.7

Table 3 indicates that 55.3 % girl's respondents were suffering menstrual cycle in which 44.7% had normal menstrual cycle. 38% girl's respondents were headache and 47.3% were suffered from giddiness. 16 to 19 years pubertal girls have faced metabolic changes in body. In this study, 142 girls (47.3%) were complaining pain in abdomen and giddiness. It was observed that the first menstruation occurs between 11 to 15 years with a mean age of 13 years. In this study only 20 girls (8.2%) complained of vaginal discharge. As the puberty approaches there may be excessive production of mucus from cervical glands and increased transudation from vaginal epithelium.

Table 3: Distribution of pubertal girls according to problems

Problems	Yes	No
1 Menstrual cycle	166 (55.3)	134 (44.7)
2 problems		
A headache	114 (38.0)	186(62.0)
B Drowsiness	74 (24.7)	226(75.3)
C Abdominal pain	142 (47.3)	158 (52.7)
D vomiting	96 (32.0)	204 (68.0)

(Figures in parentheses are percentage value)

Table 4 shows that 31.4 % deficit iron nutrient intake due to this deficit 75 % girls were suffering anemia and 6.7% deficit calcium 57.3% girl's respondents were suffering weak eye sight.

Table 4: Disease due to nutrients deficiency in pubertal girls

Diseases	Average (Mean $\pm$ SD)	R.D. A	Deficit (%)
Iron	24 $\pm$ 10	35	-31.4
Anemia	165(75.0)		
Calcium	560 $\pm$ 265	600	-6.7
Osteoporosis	126 (57.3)		
Vitamin A	550 $\pm$ 210	600	-8.3
Night blindness	116 (52.7)		

(Figures in parentheses are percentage value)

#### Conclusion:

The poor nutritional status of pubertal girls has important implications in terms of physical work capacity. And onset of growth spurt. However much more needs to be done to address the issue of girl's malnutrition and health education at the national level.

#### Recommendation:

- 1 Education and health awareness about the health and nutrient intake, especially among the pubertal girls.
- 2 Programs by experts on self-image where pubertal girls can understand the self-esteem is beyond looks and weight.

#### References:

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