



# ADOLESCENT GIRLS AND LIFE DURING PANDEMIC

AUTHOR - MISS. SANIYA JAFAR MOMIN (STUDENT)

Art's, Commerce and Science College, Alkuri

## ABSTRACT

This research work was adolescent girls in a rural area undertaken to review the knowledge of adolescent girls about reproduction, health care, nutritional awareness. All round the world annually of lives many children are risk also as they're acute under nutrition from dangerously, actually the pandemic has affected thousands of peoples the more about lakhs child are future health is threatened because they're overweight.

The almost common indicator of this viral infection are cough, bone pain, fever, cold and ultimately leading to pneumonia as well as breathing problems. Under the COVID-19 (Corona virus) has affected day to day increases to a human life and is down the global economy in India. This, vaccines are not yet available being a new viral disease affecting humans for the first time.

The many people are suffer from mineral and vitamin deficiencies, as well as key contributors are obesity and overweight to the non communicable diseases that account for almost two thirds (59%) of adult deaths on the world. During now, physical changes affect the body's nutritional needs, while changes in one's lifestyle may affect eating habits and food choices.

In this virus is spreading significantly Country / district wise. All Countries are banning assembly of people to the spread and break the chain aggressive turn. There was every day to more fake news, and that the many people of a particularly those living with High or Low bold presser, as well as diabetes, very afraid of the virus. As with diabetes people trying to control affect on food intake and physical activity are the main two factors. I will understand to that as keep these under control and will be healthy.

## KEY WORDS

Pandemic, Depression, Adolescent Girls, Nutrients Status, Treatment Seeking Behavior.

## INTRODUCTION

The word adolescent springs from the Latin word 'Adolescere' which suggests growing or becoming mature'. It is also a well established incontrovertible fact that children born to short. Its adolescent and youth population together constitute 26.3% of world's population and in India, as per the 2011 census, there are 253.2 million adolescents in India, which accounts to 20.9% of the population, constituting nearly one tenth of Indian population, form a crucial segment of the society.

Healthcare workers that are so many challenges face with a shortage of personal protective equipment as well as high risk of contamination. The low of corona virus testing with underestimation of cases. Nutritional status and physical growth are hooked into each other such optimal nutrition may be a requisite for achieving full growth potential. Any nutritional deficiency experienced during this critical period of life can have an impact on the longer term health of the individual and their offspring. This period is most crucial since these are the formative years of life of an individual when major physical, psychological & behavioral changes take place. For example, failure to consume an adequate diet at this point may result in delayed sexual maturation and delayed or retarded physical growth.

The rapid physical changes of adolescence have an immediate influence on a person's nourishment needs. The growth spurt that happens in adolescence, second only thereto within the first year of life, creates increased demands for energy and nutrients. Like this Adolescence is defined as the periods of personal development during which young people establishes a personal sense of individual identity and feeling of self-worth. The adaptation to more mature intellectual abilities and the adjustment to society's demand for behavioral maturity.

Under-Healthy negatively affects adolescent girls by:

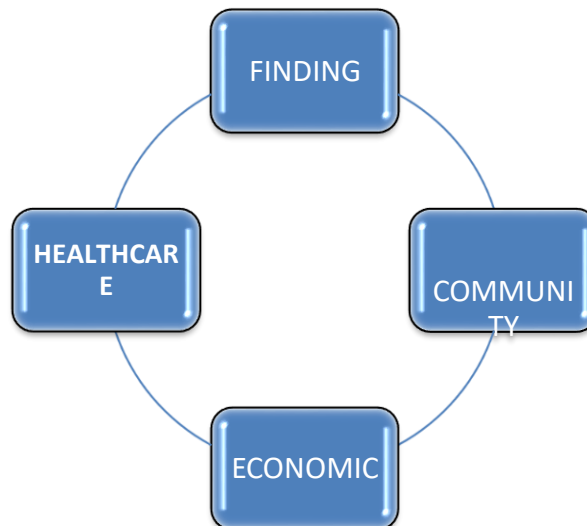
- To the affecting their ability to think in a normal way to learn and work at maximum productivity.
- To increase the risk of poor mothers obstetric outcomes.
- To the arresting the healthy development of future children.
- If the youth doesn't get enough calcium properly to the attainment of normal bone strength and the development of healthy teeth.

## OBJECTIVE

- To study the convert on the way of life people due to the pandemic situation in India.
- To study on virus's significant effects on the daily life of citizens, as well as the global economy.
- To study the mental as well as physical and adaptability of people in this situation.
- To recognize the connection between social characters and nutrition.
- To assess the nutritional status of adolescent girls.

## RESEARCH AND METHODOLOGY

Thus, the adolescent girls are a selected high-risk group, next only to neonatal period and early infancy. Therefore, in this study, on the college of Art's, Commerce and Science College, B.Sc. students (Like First, Second, Third year students) an effort is made to study the belief, customs, health, food habits and ambition of adolescent urban girls in college. Thus, the girls are a selected high-risk group, next only to neonatal period and early infancy. Therefore, in this study, an effort is made to study the belief, customs, health, food habits and ambition of adolescent urban girls. The affected our daily businesses as well as life disrupted at the movements. The discovery of the disease at nearest stage is control to the spread.



## METHODS AND MATERIAL

The girls of Art's, Commerce and Science College, were contacted with the permission of the Principal. They were explained the objectives of the study. A pre-tested questionnaire was issued to them in batches and they were asked to fill it up. A total of 143 girls were the subjects of the study.

## A. FINDINGS

### 1. INCOME CLASS

A total of 143 girls participated in the study. The girls were between the age of 16 and 20 years and studying in the Science stream. Majority of the girls, numbering 134 (96.3%) were Hindus, 5 (2.06%) were Muslims and 4 (1.64%) were in other category. Only 38 girls (15.6%) belonged to SC/ST/VJNT category and 105 belonged to open category. The social classes of girls are determined by a scale evolved by taking into consideration of the occupation of guardians, per capita income, possession of house, transport, telephone, etc.

#### DISTRIBUTION OF GIRLS IN DIFFERENT INCOME CLASS

Income Class	No. of Girls	Percentage
Upper	2	1.40 (App.)
Middle	58	40.60 (App.)
Lower	83	58.00 (App.)
Total	143	100

Family: A students, numbering 90 (63.4%) belonged to nuclear family, 36 (25.1%) belonged to joint family and only 17 (11.5%) were from extended family. The pattern of intake of food is distributed between breakfast, lunch and dinner. Almost girls are numbering 68 (47.45%) were vegetarian, 75 (52.55%) were non vegetarian. Then, the fast, foods like pav-bhaji, vada-pav, chocolates, pizza, potato chips, ice cream, etc. were found very popular among the subjects. Generally the students consume fruits. The study found that 125 girls (87.5%) like spicy oily food, 110 girls (77.0%) consume fruits regularly, and 131 girls (91.7%) enjoy good/fair appetite.

### 2. BLOOD HEMOGLOBIN

The level of blood hemoglobin was estimated for 143 girls 73 girls (51.1%) showed hemoglobin below 12 gm/dl and considered anemic as per WHO expert group. It is observed that the prevalence of anemia increases with decrease in social class.

#### BLOOD HEMOGLOBIN

Hemoglobin level	No. of Girls	Percentage
Below 12g/dl	73	51.10 (App.)
12g/dl & above	70	48.90 (App.)
Total	143	100

### 3. AGE OF GIRLS AT QUEST

Headache and giddiness as symptoms before the onset of menstruation and the rest 56 did not experience any symptoms. 79 girls (55.3%) were using sanitary pads during menstruation and the rest 64 (44.7%) were applying used cloth. Age of menarche of 120 girls is shown in Table. 23 girls did not give this information. 87 girls (61.2%) complained of pain in abdomen.

AGE OF GIRLS AT QUEST

Age	No. of Girls	Percentage
13	16	11.40 (App.)
14	44	30.60 (App.)
15	69	48.00 (App.)
16 Above	14	10.0 (App.)
Total	143	100

#### B. HEALTHCARE

The important need to human body increase during adolescence includes energy, Fats and oils, protein, calcium etc. Healthcare under the most important of doctors as well as medical shop. The most none of challenges in the COVID – 19 under the people quarantine and treatment of confirmed. Also required to high protection.

#### A. HUMAN BODY UNDER CALCIUM

The human body required to calcium to eats a fresh Egg and non-veg. It's required to peak bone mass is during adolescence or woman body. The human body adequate calcium intake is important. The development of reduction dense and bone mass the lifetime heavy risk in fractures, bone crack and osteoporosis. To human body prepared the actually calcium are estimated milk, egg as well as many more product to eat step by step.

Actually the empirical evidence to the indicators of bad fats, as well as meaning saturated to the diseases for while good fats and certain increase the risk (that is, polyunsaturated and monounsaturated fats), lower the risk. On the basic calculation under regarding the prevention to substitute good fats for bad fats is diseases associated with fat consumption.

#### B. IRON AND PROTEIN IN FRESH FOOD

The human body required to iron. The iron is oxygen in the bloodstream to vital for transporting. Actually deficiency of iron which leads to fatigue, confusion, causes anemia as well as weakness. The adolescence woman body the need in irons the expansion of blood volume and increases as direct consequence of rapid

growth as well as muscle mass. As adolescents gain power to more iron and protein to need a new power cells acquire to more oxygen body energy.

The human body required to protein eats to fresh food and vegetable. The protein needs to human (Woman or adolescents girls) are determination to day by day the amount of protein required for every maintenance of existing to the development and to human body during the young growth. In effective, the protein is important for growth as well as maintenance of muscle. The adolescent's human body need between 50 to 60 grams (Appr.) of protein in each day.

### **C. ENERGY TO HUMAN BODY**

The energy needs to all girls required for fresh and healthy foods, calcium, and other fresh vegetable. The adolescent's girls are improved by activity level thereof basal metabolic rate, as well as improved support to the requirements for pubertal development and growth. They are must be there of as well as informed to the healthy foods and choice of both at home and in school.

### **C. ECONOMIC**

#### **A. ESSENTIAL COMMODITIES**

The manufacturing units of essential goods are including pharmaceutical, drugs, medical expenses and their raw material. The manufacturing units of material for food, drugs, pharmaceutical as well as medical devices. The actual production a unit in which needs continuously process as well as permission from the State Government.

#### **B. CASH FLOW MARKET**

A cash flow market shortage in happens when more money is flowing out of a business. In the cash market during a cash flow might not have sufficient money fund to a payroll basis as well as the cash market related to business expenses.

#### **C. LOSS IN BUSINESS**

The health for pandemic that the importantly overdone the fundamentally changed as well as global economy and society. The impacts at the international business as well as level due to the limitations. Another possibility is that the overall entrepreneurial activity for global economy may not be adversely affected by corona virus.

## D. COMMUNITY

The Corona virus is impact the all community for service sector are not provide to service in properly. The all Indian festival and culture are canceled. That the all sports are cancelled of pre-postponed. The most important are the social distance in every people and care about the family member also. In mostly closure such as move, sport club, hotels, restaurant and hill station and many more. And the lastly is postponed or re schedule to students examination.

## CONCLUSION

The study concludes that majority of the girls numbering 97 (67.9%) experienced premenstrual symptoms. Out of 143 girls checked, 65 were found anemic. A fewer number of girls, only 47 (32.9%) had some knowledge of contraception and most of them, 109 (76.3%) knew about the modes of transmission of HIV/AIDS.

In this will enable a number of ventures to be started that address consumers to health. The part the entrepreneurship is actually different to pre corona virus forms or is the same.

Physical inactivity and high calorie diet increases the risk of being overweight. In this paper highlights on the size are most of the problems in wealthy section as well as setting go along with lifestyle is followed.

The most majority for the rural area in girls were under natural. There was nutritional and association between economic of adolescent girls. The actually nutritional for human body has effect on health as well as high-school presentation of adolescent girls.

## REFERENCE

- A. <https://healthengine.com.au/info/nutrition-in-adolescent-girls#C4>
- B. <https://www.myvmc.com/lifestyles/nutrition-in-adolescent-girls/#C1>
- C. <http://dx.doi.org/10.18203/2394-6040.ijcmph20182417>
- D. <https://en.wikipedia.org/wiki/Adolescence>
- E. [www.njcmindia.org](http://www.njcmindia.org)
- F. Mr. Bhushan Borhade "Ensuring static data integrity on OODB transaction"  
DOI: 10.1109/ICCUBEA.2016.7860011

- G. [WHO/ UNFPA/UNICEF statement. There productive health of adolescent, Geneva, WHO, 1989.](#)  
[\[Internetc2014\]. Available from: http://apps.who.int/iris/handle/10665/39306\[Last updated 2014 Aug 25 & last cited 2014 Aug 26\]](#)
- H. The practical steps may differ in each State depending on the facts and circumstances

