



“A Study On Health Problems Of High School Children In Spsr Nellore District Of Andhra Pradesh”

SUBJECT: WOMEN STUDIES

Name of the Author : S. BOYA DASS

M.A(Eng), M.A (Eco), M.Ed., B.L.

Ph.D. Research Scholar

Department of Population Studies

Sri Venkateswara University,

TIRUPATI ,Andhra Pradesh - INDIA.

Name of the Guide : Prof. D. SAI SUJATHA,

Department of Population Studies,

Sri Venkateswara University,

TIRUPATI ,Andhra Pradesh - INDIA.

Address for Correspondence: S. BoyaDass

4-2-93, Usmansahebpeta,

Near Raghava Talent School

NELLORE-524002, Andhra Pradesh - INDIA

ABSTRACT:

Adolescence age is period that occurs in between childhood and adulthood. This is a period from the age of 11-18 years. During this period the adolescents faces many problems. Adolescence is a crucial period in which they consider themselves as capable of doing every thing and thinking themselves and they will consider them as adults. During this period they will feel stress, strain and they may have different mood swings. The physical changes occurs during this period. It is not easy period for girl children and their parents. In this period the adolescents may face different problems. Some of the problems facing by the adolescents.

INTRODUCTION:

Education plays very important role in everybody life. It makes persons to develop knowledge that helps to know which is good and bad. For Girls it is need to have good education. In olden days, girls have no proper education. Some times it also may not be. Some communities still shows discrimination against the girl's education. Girls are the future mothers. So for girls education is very essential to have empowerment, development, prosperity and welfare. But, the time changed girls also have good education nowadays. Girls with good education have good life. If a girls is having education, she can lead balanced family life and she can able to children raise well and also her entire family will be in good condition. In some places child marriage, early and unintended pregnancy leads to lack of education in Adolescent girls. Women with proper education and proper earning give big support to the family.

LITERATURE REVIEW:

Several studies highlight the difficulties that indigenous women experience in accessing reproductive health problems of High School Children.

Ram Sagar Reddy Moola (2019), in health problems among government primary school children in rural area of Kadapa district, Andhra Pradesh. The health problems and their influencing factors in government primary school children and intervene by referring the students to appropriate health facilities.

Swapnil Jain (2024) in Common Health Problem of School Going Children in a City of Central India. Despite the well-known importance of nutritional health several cultural, social, political, economic and educational factors contribute to malnutrition among children. School going children constitute one-fifth of the total population and are the future of the nation.

AltafNaseem (2021) in Comprehensive study of health problems in school children of Hyderabad, India. In India due to poverty and prevailing socio-cultural milieu a substantial number of school children suffer from various diseases which can be prevented if diagnosed and treated early. A child spends most of the time in school and it is considered an ideal place for learning and growing up of a child.

Banka Srinivas (2024) in Mental Health Status of the Secondary School Students in SPSR Nellore District. Mental health is a level of psychological well-being, or an absence of mental illness. It is the "psychological state of someone who is functioning at a satisfactory level of emotional and behavioural adjustment". From the perspective of positive psychology or holism, mental health may include an individual's ability to enjoy life, and create a balance between life activities and efforts to achieve psychological resilience.

VanjariSupriya (2025) in "Influence of home and School Environment on the Values of Adolescent Girls – A Cross Cultural Study" Education is very Essential for empowering every person. It is very essential for women. Education is very essential for children. Every child has to learn quality education. After independence, India has adopted different strategies and paths for social, political, economical and national development. In India there is a lot of development in educational status of women after independence.

METHODOLOGY:

A study was conducted among the sample of 500 girl students of an age of 11-18 years old from 5 schools in Nellore District. Random sampling method was adopted. It was a cross sectional descriptive study using semi structured questionnaire in order to assess their health conditions towards education. Nearly 18% of the Adolescents are suffering with different physical and psychological problems in their daily life.

1) **Problem of Adjustment:** During this period the adolescent girls can't adjust with their younger siblings as they feel themselves as elders. They can't adjust with the elders also as they feel themselves as children. The norms of the different communities varies so it is difficult to adjust with these communities to the adolescents.

- 2) **Problem of control on freedom:** Adolescent girls want to be free during this age. During this period there will be control of the parents teachers on them. Parents should take proper care and there should not be over control on the children. Over control leads to at home can cause a hindrance in their freedom as children in this age want independence and to explore the world. studies on the teacher-student relationship and adolescents' sense of school belonging" stated that adolescents begin to establish their adult identities in adolescence period. Teachers are more important in the development. The teacher student relation must be balanced if it is imbalanced that led the adolescents to disobey .
- 3) **Problem of Fulfilment of Needs:** Adolescent girls demand good clothes, food and other facilities from their parents for hygienic. They expect good washrooms with running water, sports facilities and other infrastructure facilities at school. There is no limit of their aspirations. If their needs are not fulfilled at home and school the adolescents may develop inferiority complex and develops negative character.
- 4) **Problem of Self Respect:** Adolescent girls are very much conscious of their self respect. Even a minor hurt on their self respect changes their behaviour as abnormal. If they can't get proper place in their friend's group also they became imbalanced which increases indiscipline in them.
- 5) **Problem of Gender Caste & Discrimination:** Girls studying in higher education are facing caste discrimination in the society. Although many surveys have shown that this caste discrimination is also present among teachers, the governments are unable to do anything. Therefore, the development of girls' education is hampered. We see in the media that caste discrimination still exists in many parts of India. Similarly, in Nellore district, girls are unable to continue their education due to caste discrimination and are dropping out of school midway.
- 6) **Problem with Illiteracy & Awarenessless Parents:** Families play a critical role in influencing numerous features of adolescent development, particularly in addressing educational challenges. The aim is to comprehend the educational challenges faced by adolescent girls. Both primary and secondary data sources were used by the researcher through conducted in person interviews with 500 respondents to acquire primary data. All things considered, 69.2% of teenage girls said they had no trouble keeping up with their usual studies. Keywords: Adolescent, Teenage Girls , Influencing, Education, Challenges.
- 7) **Problem of Family Background & Poverty:** Adolescent girls with illiterate parents often face numerous challenges, including higher risks of child marriage and early pregnancy, limited access to education and healthcare, and increased vulnerability to various forms of exploitation. These girls may also experience social isolation, limited opportunities for personal development, and heightened vulnerability to mental health issues.
- 8) **Psychological Problems:** According to a new study, around half of individuals' mental health illnesses began around 14. During adolescence, stress and mood disorders are the most frequent forms of mental illness. In this age bracket, social phobias and panic attacks are widespread. According to certain studies, girls may be more susceptible to developing depression than males.

OBJECTIVES:

1. Promoting positive health among girls studying in high schools.
2. Identifying and treating girls suffering from various health problems.
3. Maintaining a comprehensive health record system.
4. Assessing the health status of students.
5. Developing healthy attitudes and behaviors of girl students.
6. To awaken health consciousness among girl children.
7. To ensure a healthy environment for children in school and hostels.

8. Providing health counseling and education to girls, their parents, teachers and staff and providing all necessary facilities at the school level.

CASE PRESENTATIONS:

Particulars of School Wise Girls Enrolment

Sl. No	School Name	Enrolment - Class Wise						Suffering from Physical Health Problems	Suffering from Mental Health Problems	Total
		6th	7th	8th	9th	10th	Total			
1	ZPHS, MANUBOLU	28	29	22	23	27	129	14	7	21
2	ZPHS, MADAMANURU	23	24	22	21	18	108	12	6	18
3	ZPHS, AKKAMPETA	18	16	16	20	17	87	10	5	15
4	ZPHS, VEERAMPALLI	16	17	16	15	14	78	9	6	15
5	ZPHS, VENKATACHALAM	19	18	21	19	21	98	11	9	20

A survey was conducted on 500 girls studying in classes 6 to 10 in 5 schools in Nellore district of Andhra Pradesh. Details of girls in this age group who were suffering physically and mentally were collected. Many things need to be discussed, including what precautions they should take and whose help they should seek in order to overcome them and continue their studies smoothly.

Particulars of School Wise Girls Enrolment

Sl. No	School Name	Girls Enrolment	Physical Health Problems								Mental Health Problems						
			Suffering Children	%	Deficiency of Vitamins	Anemia	Menstruation	Visionary	Dewarning	Dental	Suffering Children	%	School Stress	Inferior by Discrimination	Behavioral Disorder	Eating Disorder	Emotional Disorders
1	ZPHS, MANUBOLU	129	12	9	3	1	2	3	2	1	9	7	3	2	0	2	2
2	ZPHS, MADAMANURU	108	10	9	2	1	2	1	2	2	8	7	2	3	2	1	0
3	ZPHS, AKKAMPETA	87	6	7	1	0	1	1	2	1	9	10	1	2	3	1	2
4	ZPHS, VEERAMPALLI	78	7	9	1	2	1	0	2	1	8	10	2	2	1	2	1
5	ZPHS, VENKATACHALAM	98	12	12	2	1	2	2	2	3	8	8	2	0	2	2	2

Similarly, girls studying in high schools in Nellore district are suffering physically and mentally and are unable to continue their studies. To understand in detail the reasons for their academic failure, the table above explains what health problems, family problems, and problems that arise during adolescence each person has.

Discussion:

The findings underscore the multifaceted health challenges faced by high school Girl children in SPSR Nellore District. Physical health issues, compounded by mental health concerns, indicate a need for integrated health education and support services in schools. Addressing lifestyle factors through community programs can promote healthier habits among adolescents.

Recommendations:

1. Conduct of Trainings to the Teachers who are working in High Schools and especially for women teachers.
2. Conduct of Regular health check-ups for girls who are studying in the High Schools.
3. Strengthening of Mid-Day meal programme with high protein and vitamins.
4. Provide healthy atmosphere in the school i.e., drinking water, hygiene washrooms for girls, maintain of Pads bank and First Aid Kit.
5. Conduct of Awareness Campaigns to the parents in the rural and urban areas.
6. Implementing comprehensive health education in schools to raise awareness about nutrition, physical activity & Yoga.
7. Providing access to health resources and counselling to the students facing Physical and Psychological challenges.
8. Involving parents and local leaders and communities in health promotion initiatives to foster a supportive environment for adolescents.
9. Conducting awareness classes for high school girls to help them face the challenges they face in their daily lives with courage.

Conclusion:

This study highlights the urgent need to address health problems among high school girl children in SPSR Nellore District. By implementing targeted interventions and promoting healthy lifestyles, stakeholders can significantly improve the health and academic outcomes of these students. Future research should explore the long-term effects of these interventions on adolescent health.

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