

AWARENESS OF EARLY ADOLESCENT BOYS REGARDING GENERAL, PHYSICAL AND MORAL DEVELOPMENTAL CHANGES DURING EARLY ADOLESCENT STAGE

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Early Adolescence study has always been an important and very interesting subject for research in Human Development as it is called as hazardous age group of Human lifespan, where risks are more and it's very difficult to cope up with all the drastic changes taking place during this age. Early adolescence usually considered as a period which is highly stressful and exciting as socially, Early adolescences are no longer a child as well as not yet the adult, as it is a period of innovations; and time to explore new things such as self-identity, establishing family, sex relationships or about choosing close friends. If awareness intervention regarding developmental changes taking place during early adolescent stage is must, if not provided many risk factors will arise, in view of above factors, awareness assessment of purposively selected 100 secondary school going early adolescent boys from two government schools of Beed city of Marathwada region, Maharashtra state, was carried out by developing research tool on it, after assessment and by following standard procedure of statistical analysis, it was concluded that the sample were showed low and medium awareness levels, whereas no one have had come under category of high level of awareness in all selected aspects of development as per hypothesis, so there is a great need of planning and execution of awareness intervention by using digital media like mobile app., which will have great impact on early adolescents boys' awareness regarding various developmental changes taking place in them which will directly positively affect on their adjustments during early adolescent stage.

Keywords- Early adolescent boy, developmental changes, awareness, moral changes,

Introduction

Adolescence -The life stage is the bridge between childhood and adulthood of human life span, where a rapid growth and development takes place, as well as most important is sexual maturity, exploring one's real self, focusing and setting new personal moral values and

one's vocational and social directions . This period is called as period of young people when they extend their relationships beyond their family and parents . Research in Human Development on Adolescence has always been an important and very interesting subject as it is called as hazardous age group of Human lifespan where risks are more and it's very difficult to cope up with all the drastic changes taking place during this age. Early adolescence , usually considered as a period which is extremely very stressful and exciting as socially. Intense influence of peers groups and the outside world is seen . Rapid growth spurt can be seen , which makes an individual mature and responsible towards his / her behavior , attitudes . As per the report of United Nations Children's Emergency Fund, 2012 , about 1.2 billion adolescents today make up 18% of the world's population among them more than half of all adolescents live in Asia. In India , adolescents (10-15yrs) contribute 19.6% of the total about 1.2 billion adolescents today make up 18% of the world's population among them more than half of all adolescents live in Asia . Early Adolescence study has always been an important and very interesting subject for research in Human Development as it is called as hazardous age group of Human lifespan where risks are more and it's very difficult to cope up with all the drastic changes taking place during this age . Early adolescence usually considered as a period which is tremendous stressful and exciting as socially, early adolescences are no longer a child as well as not yet the adult , as it is a period of innovations ; and time to explore new things such as self-identity, establishing family, sex relationships or about choosing close friends setting morality .(Prinstein and Dodge 2008) .

Early adolescence extends roughly from thirteen to sixteen or seventeen years ,and late adolescence covers the period from then until eighteen , the age of legal maturity ,Late adolescence is thus a very short period. Early adolescence is usually referred to as the “teens”, sometimes even the “terrible tens”, as this is a period of multi directional; and multidimensional changes. According to National Mental Health Survey 2016 high burden of mental illness among adolescents including depression, anxiety ,intellectual disabilities ,autism and psychotic disorders is very common .Males / boys experience their growth spurt about two years later, on an average, than females. During their peak height velocity (the time of most rapid growth), adolescents grow at a growth rate nearly identical to that of a toddler i.e. about four inches (10.3 cm) a year for boys (males) and 3.5 inches (9 cm) for girls (females). It is a period of multiple transitions which involving education, training, opposite sex relationships,

employment, and unemployment, new setting up morality as well as transitions from one living circumstance to another.

Various developmental changes takes place during this crucial stage ,most important is Primary sex characteristics , are those directly related to the sex organs. Specially in males, the first stages of puberty involve growth of the testes and scrotum, followed by growth of the penis , when the penis develops , the seminal vesicles, the prostate, and the bulbourethral gland also enlarge and develop . The first ejaculation of seminal fluid generally occurs about one year after the beginning of accelerated penis growth, in general it is often determined culturally rather than biologically, and on the other hand , for many boys first ejaculation occurs as a result of masturbation which is again stressful situation . Early adolescent boys are generally fertile before they have an adult appearance.

Most of early adolescent boys had unfavorable attitude towards developmental changes and studies revealed that they were not accepting these changes as normal. Also their negative reaction towards developmental changes in terms of fear, sadness might signify of having many misconceptions and misbelieves regarding issues related to puberty in adolescence. Based on the findings of research studies there is a need for attitude promoting awareness program regarding developmental changes among adolescents to help them prevent from stress, anxiety, frustration and depression associated with developmental changes and develop appropriate coping strategies to cope up with these rapid developmental changes .

Objectives

1. To enroll purposively selected early adolescent boys (12-14 yrs.) for conducting research study
2. To assess the awareness of early adolescent boys regarding general information and selected developmental changes during early adolescent age

Hypothesis

Early adolescent boys' aware about developmental changes taking place during early adolescent stage and adopted proper coping strategies are low

Methodology

To conduct a research study on "Awareness of Early Adolescent Boys About Selected

Developmental Changes during early adolescent stage ‘, the list of the government schools was procured from district education office, Beed . The required 100 Early Adolescent Boys from the age group of 12-14 yrs were purposively selected from two Government secondary schools located within municipal limits of Beed city by taking prior permission of Principals of two selected government schools to conduct research study as well as keeping in view the delimitation of the study .

The background information , awareness regarding developmental changes during early adolescent stage were collected by using developed background information proforma and research tool on Awareness of early adolescent boys regarding selected developmental changes .The developed research tools’ validity and reliability were checked by experts and reliability was calculated by using split half method before using it . The developed Background information proforma was used by the investigator to get the general information about the personal and familial details of selected samples which have direct or indirect bearings on major research variables of the study such as (name, age, address, family size and types, educational qualifications ,occupation of parents etc.) , developed research tool on awareness was used to get the information regarding awareness of selected respondents about developmental changes such as general information about early adolescent stage and moral changes of early adolescent boys . After collecting data , it was analyzed ,coded, categorized then suitable statistical analysis were carried out as per the objectives of the study.

Interpretation of scores of “Awareness research tool regarding developmental changes during early adolescent stage “

As the total questions formed in above mentioned questionnaire were 124 , with three rating scale (3,2,1) all statements were positive statements, scale was divided into six measure groups of selected developmental changes taking place during early adolescent years . As per the interpretation of scores - low , medium and high levels of awareness were decided. In this research paper two aspects has been covered viz. Information regarding early adolescent age which comprise of 8 items /statements , its’ awareness levels were divided as follow .

Developmental Aspect	Low	Medium	High
General information about early adolescent stage	0-8	9-17	18-24

Second developmental change which included in this research paper was moral changes aspect which was comprised of 12 items /statements , its' awareness levels were divided as follow

Developmental Aspects	Low	Medium	High
Moral changes	0-12	13-24	25-36

Review of literature

Barbara M. Gfellner (1986) a longitudinal research study was carried out to reveal the relation between Loevinger's measures changes in ego development and moral development in 123 purposively selected adolescents of 12 to 14 years age group . For conducting research Rest's Defining Issues Test was used . Differential rates of changes and theoretically predicted directions of changes were assessed in both boys and girls . Result shows that 60 per cent advancement and 40 per cent stability were found in substantial ego stage movements while moral growth was moderate. On the other hand girls scored 50 per cent ego stage ahead as compare to boys while directional change patterns were found to be similar

Chayal *et al.* (2016) conducted a research study on “ Perception about pubertal changes among rural adolescent boys of Haryana “, to conduct research study , purposively 1000 boys students were selected from senior secondary schools . It was concluded after conducting research that most of the boy students had adequate knowledge regarding the pubertal changes such as rapid growth of weight and Height, facial hair ,development of sex organs, night emission, etc., it was revealed by selected sample that the pubertal changes were a normal phenomenon for them . Knowledge of students of classes 9th , 10th , and students of class 11th , 12th were similar, no difference were found in the levels of knowledge of all selected sample .

Sheoran , *et al.* (2016) conducted research study on” knowledge and attitude of preadolescent boys regarding pubertal changes “ . The research study revealed that the pre-adolescent boys who had received intervention on Pubertal awareness programme were had significantly higher knowledge and appropriate attitude as compaire to pre-adolescent boys who were not received awareness intervention on pubertal preparedness .

Result and Discussion

The results of the study which emerged as a product of statistical analysis and interpretation of data. To understand the result in better way , statistical analysis have been

presented under different sections for getting a detailed and clear account of the results of the research study and presents an analytical view by discussing its various dimensions .

The results have been discussed under the following sections background Information and awareness of early adolescent boys regarding selected developmental changes like physical and social changes during early adolescent stage .

Table 1 reveals about the background information of enrolled adolescent boys . All the early adolescent boys were selected from the age range between 12 to 14 years, about family size 69 per cent sample were from small size families followed by 18 per cent belongs to medium and 13 per cent belongs to large size families .42 per cent were first born followed by 33 per cent were second born and 25 per cent were third born children in the family.78 per cent belongs to nuclear families while rest were from joint families . About fathers' educational qualification ,55 per cent had completed primary education followed by 31 per cent graduation remaining i.e. 24 per cent were high schooler similarly majority (62%) mothers had completed their preschool education followed by high school (37 %) remaining (11%)were graduated. Fifty four per cent fathers' were involved in work as labour ,whereas 33 per cent were government employee and 13 per cent were business men. In case of mothers ,78 per cent were unemployed ,12 per cent were holding business and 10 per cent were involved in labour work .

Table 2 indicates about the awareness levels of selected early adolescent boys regarding general information about early adolescent stage. It is clear from table 2 that not a single selected early adolescent boy come under the high level awareness about general information regarding early adolescent stage / years. Where as majority i.e. between 42 to 51 per cent comes under low level of awareness whereas 49 to 58 per cent were having medium level of awareness regarding general information about early adolescent stage changes .

Table 3 indicates that the awareness levels of early adolescent boys regarding internal physical changes during early adolescent stage .sixty three to forty two per cent early adolescent boys were having low level of awareness regarding internal physical changes while 52 to 40 per cent sample were having medium level of awareness ,Not a single respondent showed high level awareness regarding external physical changes during early adolescent .

Table 4 indicates about the awareness levels of selected early adolescent boys regarding moral changes during early adolescent stage. It is clear from table 4 that not a single selected early adolescent boy come under the high level awareness about moral changes taking place in them

during early adolescent years. where as majority i.e. between 30 to 62 per cent comes under low level of awareness whereas 38 to 70 per cent were having medium level of awareness regarding moral changes taking place during early adolescent stage ,which is a danger sign for adjustments during this crucial period .

Conclusion

From the above research study it can be concluded that awareness of early adolescent boys regarding general information ,physical development changes and moral developmental changes taking place during early adolescent stage were found to be under low and medium levels of awareness which is going to directly negatively affect on the adjustment with these changes and adversely affect on the wholesome development of early adolescent boys .

Remedies:

Early adolescent boys' were unaware about developmental changes and showed unfavorable attitude towards rapid changes taking place during early adolescent stage ,in view of above result and understanding the risk factors of it , there is a great need for planning and execution of need based intervention for converting their low level awareness into high level awareness regarding developmental changes during early adolescents to prevent arising problems such as depression, frustration ,stress, failure, anxiety associated with new drastic changes .

**Table 1 Background information of the selected early adolescent boys
n-100**

Background variables	Respondents
Age group	
12-14	100 (100)
Sizes of families	
Small (1-4)	69 (69)
Medium (5-8)	18 (18)
Large (>9)	13 (13)
Ordinal Position of respondents	
First	25 (25)
Second	33 (33)
Third	42 (42)
Types of Family	
Joint	22 (22)
Nuclear	78 (78)
Fathers Education	
College + Under graduate	31(31)
Middle School + High School	24 (24)
Primary School	55 (55)
Illiterate	--
Fathers Occupation	
Busines	33(33)
Labor	13 (13)
Govt.servent	54 (54)
Mothers Education	
College + Under graduate	11 (11)
Middle School + High School	37 (37)
Primary School	62 (62)
Illiterate	--
Mothers Occupation	
Busines	12 (12)
Labor	10 (10)
Govt.servent	78 (78)

Figures in parenthesis

indicates percentages

Table 2 Awareness of early adolescent boys regarding general information about

S. No.	ASPECTS Related to Early adolescents Stage	Categories of awareness levels of Early adolescence Boys (n=100)					
		Low		Medium		High	
		F	%	F	%	F	%
1.	Information about age range of early adolescent stage	51	51	49	49	-	-
2.	Many developmental changes takes place during teenage?	48	48	52	52	-	-
3.	Physical health changes are not disease?	46	46	54	54	-	-
4.	Is it ok to gain Weight ?	43	43	57	57	-	-
5.	Weight gain is common.	42	42	58	58	-	-
6.	Due to teenage increased quarrelling	47	47	53	53	-	-
7.	Lot of developmental changes are happening	45	45	55	55	-	-
8.	Lot of adjustments are needed during teenage	42	42	58	58	-	-

early adolescent stage



Table 3 Awareness of early adolescent boys regarding External physical changes during early adolescent stage

S. No .	ASPECTS related to Physical Changes	Early adolescents Boys (n-100)					
		Low		Medium		High	
		f	%	F	%	F	%
1	Do you see Growth in your body during teenage	42	42	58	58	----	----
2	Has your face become awkward due to teenage	54	54	46	46	----	----
3	Do you feel your legs and arms are in big shape	57	57	43	43	-----	-----
4	Do you observe growth of muscles due to changes during teenage	42	42	58	58	-----	-----
5	Do you observe hair growth on your body	63	63	37	37	----	----
6	Do you feel ,hair growth prominently appearing on armpits, face, genitals	48	48	52	52	----	----
7	Have you started cosmetics and creams	51	51	49	49	----	----
8	Do you think that you need to do shaving	54	54	46	46	----	----
9	Do you know tools used for shaving	54	54	46	46	----	----
10	Do you know your penis size has changed	54	54	46	46	----	----
11	Is increase in size of penis , is a symptom of any disease	60	60	40	40	-----	-----



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12	Is breast size increases with lumps on body	49	49	51	51	---	---
13	Is your chin gets wider and eyebrows get thicker	62	62	38	38	----	----
14	Do you look older due to teenage	61	61	39	39	---	---
15	Do you think ,your hight is increased due to teenage	49	49	51	51	----	---
S. No .	ASPECTS related to Internal Physical Changes	Early adolescents Boys (n-100)					
		Low		Medium		High	
		F	%	F	%	f	%
1	Do you think that everything is changing inside in your body	42	42	58	58	----	----
2	Do you feel a lot off changes in bone structure	54	54	46	46	----	----
3	Is already in your mind that it has grown	57	57	43	43	-----	-----
4	Do you have strange pain in different parts of body	42	42	58	58	-----	-----
5	Have your physical abilities have increased	63	63	37	37	----	----
6	Do you feel problems are arising due to your teenage	48	48	52	52	----	----
7	Do your body is secreting more testosterone	51	51	49	49	----	----



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8	Is excessive sweating and increased body odour a positive sign	54	54	46	46	----	----
9	Changed voice is due to teenage	54	54	46	46	----	----
10	Do your testicles develop and produce sperm	54	54	46	46	----	----
11	Can men and women be given vaginal steroid injections to enter in teenage	60	60	40	40	----	----
12	Changes in early adolescent condition is not a symptom of any disease	49	49	51	51	---	---
13	Is teenage is a hazard	62	62	38	38	----	----



Table 4. Awareness of early adolescent boys regarding moral changes during early adolescent stage

S.No	Aspects Related to Moral Changes of Early Adolescents Stage	Categories of awareness levels of Early adolescence Boys (n=100)					
		Low		Medium		High	
		F	%	F	%	f	%
1.	Are you not following family and understanding it ?	36	36	64	64	-	-
2.	Do you think there is a need for some change in established ethical values ?	30	30	70	70	-	-
3.	Have you become less respectful of moral values ?	41	41	59	59	-	-
4.	Are you unable to control your own personality ?	50	50	50	50	-	-
5.	Is your personal relationships with people of the opposite sex should reflect the same moral values as the new ones?	62	62	38	38	-	-
6.	Do you like to follow the instructions set by the family nowadays?	57	57	43	43	-	-
7.	Are you not able to understand right and wrong person ?	54	54	46	46	-	-
8.	Do you create new moral values due to opposite gender attractiveness and relationships?	62	62	38	38	-	-
9.	Why do you misbehave because of fear of rejection rather than punishment?	49	49	51	51	-	-
10.	Are you not following the family's ethical values to keep your friend happy?	53	53	47	47	-	-
11.	Is it difficult to adapt to new situations because of the wrong person?	53	53	47	47	-	-
12.	Is it difficult to control shame and embarrassment as a teenager?	44	44	56	56	-	-



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