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A study on the management of health promoting behavior among adolescents through adolescent friendly centre services approach in a selected private school

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Aim: The aim of the study is to examine the health promoting behavior among adolescents through the adolescent friendly center services initiated at school campus. This study also wanted to investigate the receptiveness and perception of adolescent friendly services by parents, teachers and adolescents.

Methodology: Through the process of Triangulation the research design was formulated and applied to suit the concept of the study (survey, one group pretest and posttest design was used).

Data collection procedure: The data collection was done for a period of 9 months in 3 phases. A 5 point likert scale was used to assess the perception and receptiveness of parents, teachers and adolescents on adolescent friendly services at school. The multi-dimensional student life satisfaction scale was used to assess various aspects of adolescent's life including family, friends, school, environment and self-esteem. The data were collected from 269 adolescents, 160 parents and 21 teachers.

Findings: The study reported that students were benefitted by the adolescent friendly services. The students, parents and teachers had positive perception regarding the adolescent friendly services. The students, parents and teachers gave a positive feedback regarding the services. Majority (51.7%) of adolescents perception is that the parent is the suitable person to provide guidance and counseling to them. Parents (76.3%) perceive that Principal/teacher as the best person to provide guidance and counseling to adolescents, while the teachers (71.4%) feel that health care person is the suitable person to provide guidance and counseling to adolescents. The perception of the 3 group of people differs significantly, thus denoting each group have different opinion on the same issue from their own point of view. The results of the study revealed that the component of the MSLSS scale "self" has a significant (at 0.01 levels) difference in the mean scores of the adolescents, obtained before and after the initiation of the adolescent friendly center service at school.

Conclusion: The study brings to attention the need for professional counseling and help related to awareness of adolescent friendly services and ways to solve issues regarding adolescent health.

Biography

Shanthi Ramasubramaniam is a registered Nurse and Midwife with Master's in Maternity Nursing speciality (1999). She has completed a Post-graduate diploma in Educational Technology (2008). Recently, she completed her PhD viva voice and currently working as a Clinical Instructor at College of Health Sciences, University of Buraimi.

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