ABSTRACT

Background and Objectives: India has the world’s largest youth population despite having a smaller population than China. Healthy adolescents are the future citizen of the nation; as per the UN report, this population could add a significant 2 per cent to the GDP growth rate. But various research reports identified that nearly two thirds of premature deaths and one third of the total disease burden in adults are associated with conditions or behaviours that began in youth, including tobacco use, lack of physical activity, or exposure to violence. Healthy lifestyle habits during adolescence can prevent many of the diseases and disabilities in adulthood and later. Based on these contexts, the present study i.e. Adolescence Health Educational Programme (AHEP) is carried out with a clear vision to make the adolescents to realise the importance of life and healthy lifestyle; and their contribution to the productivity of our nation. Methods: one hundred twenty, 9th standard adolescents were randomly selected and allocated to intervention and comparison group (60 in each). Intervention group received AHEP sessions for 10 weeks. Physical, mental, social and spiritual wellbeing of both group were assessed before and after the intervention. Results: It showed that majority of the adolescents have above average level of wellbeing in all the aspects of health except spiritual wellbeing. Statistical test shows that there was a significant improvement in all the wellbeing of adolescents in first three months, later on it gradually reduced and came near to base line after 9 months. Further gender, religion, feeling of loneliness, peer criticism, passive smoking, use of drugs, awareness about HIV / AIDS and parental care are significantly affecting the level of wellbeing of adolescents. Conclusion: A consistent Adolescent Health Education Programme in a long run will improve the health of adolescents.

Keywords: Health; Adolescence; Health Education Programme.