

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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A Thesis Submitted to Asia e University in  
Fulfilment of the Requirements for the  
Degree of Doctor of Philosophy

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## ABSTRACT

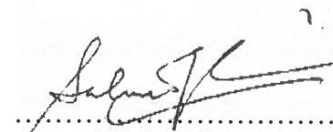
The current project aimed to investigate the health promoting behavior among adolescents through the adolescent friendly center services introduced in the selected school. This study further wanted to inspect the receptiveness and perception of adolescent friendly services by parents, teachers and adolescents. Through the process of Triangulation the research design was formulated and applied to suit the concept of the study. The information was gathered from 269 adolescents, 160 parents and 21 teachers. The study reported that students were benefitted by the adolescent friendly 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 the 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 students. A greater number of male (80.19%) and female adolescents (87.34%) reported that education regarding reproductive health and medical checkups were beneficial to them. Guidance and counseling was the most benefitted intervention which was evidenced by a huge number of students self-report that it was beneficial (75.24% in boys and 53.64% of girls). More than half of the boys and girls (55.44% of boys and 51.89%) confronted that the adolescent friendly services created awareness among them. The findings from this study report that specifically there was a comparable difference in scores against one domain (self at  $P < 0.01$ ) of the multi-dimensional student life satisfaction scale before and after attending the adolescent friendly services. Ultimately it was found that Adolescent Friendly Center Services helped students greatly related to identification and management of adolescent health issues, study problems and its management.

## APPROVAL PAGE

I certify that I have supervised /read this study and that in my opinion it conforms to acceptable standards of scholarly presentation and is fully adequate, in quality and scope, as a thesis for the fulfilment of the requirements for the degree of Doctor of Philosophy.



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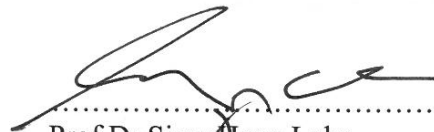
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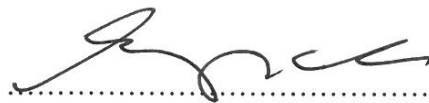


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## DECLARATION

I hereby declare that the thesis is submitted in fulfilment of the PhD degree is my own work and that all contributions from any other persons or sources are properly and duly cited. I further declare that the material has not been submitted either in whole or in part, for a degree at this or any other university. In making this declaration, I understand and acknowledge any breaches in this declaration constitute academic misconduct, which may result in my expulsion from the programme and /or exclusion from the award of the degree.

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A handwritten signature in blue ink that reads "Shanthi R". The signature is written in a cursive style with a large initial 'S' and a distinct 'R'.

Date: 07/09/2016



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## LIST OF SYMBOLS/ABBREVIATIONS

1. WHO- World Health Organisation
2. WHO EMRO- World Health Organisation, Eastern Mediterranean Regional office
3. WHO /CAH- World Health Organisation ,Child and Adolescent Health and Development
4. HPM-Health Promotion Model
5. MOH OMAN-Ministry of Health, Sultanate of Oman
6. AFHCS-Adolescent Friendly Health Center/Clinic Services
7. AFHS- Adolescent Friendly Health services
8. RCH II-Reproductive and Child Health programme II
9. QI-Quality Improvement Programme
10. AAG-Adolescent Action Group
11. SERC-State Education Resource Centre
12. ICMR-Indian Council Of Medical Research
13. IIPS-International institute of Population sciences
14. STI's-Sexually transmitted Diseases
15. HIV-Human Immuno Deficiency Virus

16. AIDS-Acquired Immuno deficiency Syndrome
17. ENT-Ear, Nose & Throat
18. HPLP-Health Promotion Lifestyle Profile
19. SOC-Sense of Coherence Scores
20. MSLSS-Multi Dimensional Student Life Satisfaction Scale
21. NGO's-Non-governmental Organizations
22. ICRW,FRHS,WHO-International Centre for Research for Women, Foundation for Research on Health Systems, World Health Organization.
23. BMI- Body mass index.
24. PA-physical activity
25. HRIDAY- Health Related Information Dissemination Amongst Youth
26. SHAN- Student Health Action Network
27. PHFI- The Public Health Foundation of India
28. SWB- Subjective Well Being
29. ANM- Auxillary Nurse Midwife
30. MPW- Multi Purpose Worker