



TITLE: “Emerging issues of Adolescents and need of Adolescent Friendly Health services”

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ABSTRACT (upto 300 words)

Context:Adolescent period is a transition phase from childhood to adulthood. Adolescence has often been constructed as a difficult period of life and most vulnerable period. Our adolescents are going through various challenges of physical, psycho-social, emotional and behavioral problems. With changing life style, progressing technologies and changing social environment adolescents' issues are also changing

Evidence acquisition:Community based cross sectional studies, with different aims and objectives in various local government and private Schools to determine the emerging issues among adolescents.

Results and Conclusion: 1.Poor sleep quality-Addressing sleep disorders is a very important step as sleep disturbance is an important risk factor for the development of depression during adolescence.

A community based cross-sectional analytical study carried out to determine predictors of disturbed sleep patterns¹. Among 1000 school going adolescents 367 had poor sleep quality (PQSI score more than 5). Out of 367 adolescents with poor sleep quality (PQSI>5), 134 adolescents (35.6%) had sleep latency of more than 30 min. 47 had sleep latency of more than 60 minutes. Prevalence of poor sleep quality (PQSI score>5) found more in adolescents with age 15-17 years.

Bakotic M, Vidacek RB, Koscec et al.² and Patil R, Mittal A. et al³. also found the similar results.

2.Educational Stress- Academic pressure is one of the main causes of stress for young people and this stress is a significant catalyst and precursor to depression

A Cross-sectional study carried out at different local government and private schools⁴. 1400 students were selected randomly with aimed to find out prevalence of educational stress and associated factors.

It was found that 43% children have minimal stress, 56.6% moderate stress, 0.4% have highly stress. Female adolescents have more stress than male. Common causes found were examination, peer pressure, self and parents' expectations.

Sibnath et al⁵ and Prabu S et al⁶ found similar results.

3.Poor Dietary habit- A total of 1000 adolescents were studied using ICMR based food frequency questionnaire.⁷ Among 1000 school going adolescents, 38.4% adolescents consumed less than three meals a day. The study found that 29.2% adolescents were underweight and 13.9% were overweight or obese. Females were significantly underweight (34.5%) as compared to males (24.1%). Males were significantly (17.7%) overweight or obese as compared to females (9.9%).

Recommendation: Strengthening of Adolescent friendly Health services. Involvement of teaching institutions/ Schools

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BIOGRAPHY (upto 200 words)

Dr.Sunita Koreti has completed her M.D.Pediatrics from Gandhi Medical College India. She is currently profesor in Department of Pediatrics GRMC India.She has an experience in field of medical teaching and research work since past 20 years with more than 20 research works under her guidance and supervision in field of pediatric and adolescent medicine.To date she has 16 national and international publications. She is also trained in biomedical research .

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