

Review on Adolescent Health Deterioration and Appropriate Management

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ABSTRACT

Adolescence is elucidated as the phase of torment and complex transition associated with drastic changes in terms of external appearance, personality, emotions and social behavior due to sudden awareness of sexuality. Decline in academic development, over response to criticism, cognitive theory of depression, voluntary withdrawal from family & lack of self esteem are relatively the prerequisites for severe depression and subsequent ideation of suicidal thoughts in adolescents. While unintentional injuries, road traffic accidents, interpersonal violence, substance abuse, sexually transmitted infections and childhood diseases are the imperative risk factors for deterioration of adolescent health, complications emerging from early pregnancy and childbirth is the leading cause of death. It is estimated that around 11% of births around the globe are to girls from 15-19 years of age and prodigiously from countries of lower to middle socioeconomic status. Adolescent pregnancy is culpable for limitation of future opportunities and nullification of potentiality of young women. Formulation of recommendations to government on adolescent health and provision of high quality, age appropriate health services for adults is highly mandatory. According to targets of Sustainable Development Goal (SDG-3), By 2030 it is obligatory to ensure universal accessibility to sexual and reproductive healthcare services, family planning, information, education and integration of reproductive health into national health strategies. Establishment of promotive, preventive, curative, referral and out search services, periodic health checkups and communicative camps with assurance of confidentiality are the most conventional methodologies to be dealt with adolescents.