



Impact of Puberty Maturity on Psychological Factors Among School Girls

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ABSTRACT

The present objectives:-To examine the effect of pre-puberty maturity on school girls psychological factors.Hypothesis:-There will be no significant difference between pre-puberty and normal puberty on school girls' psychological factors (Anxiety, Stress, Depression and fear of body image).Population of the Study:All the Puberty age school girls' students studying in Standard VI to X Maharashtra State Board schools of Aurangabad was constitute as the population for the present study.Sample of the Study:The present Study total 80 school girls' students (Aurangabad City) in the sample was select the present study. Among them 40 girls in pre-puberty age (11-13year) and 40 girls normal puberty age (14-17year). Research Tool:Psychological variables inventory: This inventory will develop by researcher for find out the puberty age girls adolescence psychological variables. This inventory will measure Role Confusion, Adjustment, Emotional Disturbance, Isolation, Anger, Anxiety, Stress, Depression and fear of body image.Conclusion: 1. Pre-puberty school girls had significantly high Anxiety than the normal puberty school girls. 2. Pre-puberty school girls had significantly high Stress than the normal puberty school girls. 3. Pre-puberty school girls had significantly high Depression than the normal puberty school girls. 4. Pre-puberty school girls had significantly high fear of body image than the normal puberty school girls.

Introduction:-

Puberty is one of the most indispensable durations of anyone's life. In this period, teens have contradictory pastimes and desires. Adolescence is described as a traumatic duration with terrific sensitivity to stress, and puberty is a turning factor in transition between childhood and adulthood. Although they have a tendency to be with their friends, they like solitude. Other signs and symptoms of puberty encompass most important hormonal adjustments which probable play a important position in emotional instability. Evidence without a doubt suggests that simultaneous to these modifications in formative years period, depression, worry and anxiousness show up in them due to dangers of altering and social evaluations. Males are viewed at the fruits of their aggression, maladjustment, and delinquency, and drug abuse will increase at some stage in this time.

During this time women mature in very bodily methods (girls improve breasts and hips, They additionally bear many hormonal modifications (girls have an expand in estrogens whilst boys have an make bigger in androgens). While these very bodily and anatomical adjustments are taking place, it is additionally necessary to understand that



many psychological modifications are additionally occurring. In fact, there are likely as many psychological adjustments as there are bodily changes. These modifications appear due to the fact each the way young people see themselves and the way the world treats them adjustments dramatically. As a end result of these psychological changes, many behaviors will trade as properly as how youngsters view the world round them.

Puberty in Girls:

Breast improvement is the principal signal that a female is coming into puberty. The first menstrual length (menarche) generally follows inside about two years. Before the first menstrual period, a lady will generally have: An expand in height, An amplify in hip size, Clear or whitish vaginal secretions Pubic, armpit, and leg hair growth. Menstrual cycles appear over about 1 month (28 to 32 days). At first, the menstrual intervals may additionally be irregular. A lady can also go two months between periods, or may additionally have two intervals in 1 month. Over time, durations end up greater regular. Keeping tune of when the length happens and how lengthy it lasts can assist predict when the subsequent menstrual duration will occur.

Ann.C.Crociter and Mathew (2001):Study linking dad and mom work stress to Adolescents Psychological Adjustment. It exhibits that the consequences of parental work stress on Adolescents Adjustment show up to be oblique .Work stress is linked to dad and mom emotions of overload and stress , which in flip are associated to much less high-quality adjustment of teens . In the face of excessive work stress withdrawing from household involvement may also be adaptive in the brief run however in the end problematic. The energy of these associations relies upon on parents personality, coping styles, work and household circumstances.

Study carried out by means of Hains Anthony et al (1990) examined the effectiveness of a cognitive intervention to assist young people cope with stress and different varieties of terrible emotional arousal. The skilled kids confirmed enormous discount rates in stages of anxiousness and anger, and additionally enchantment in self-esteem.

A find out about performed by using Rex Forehand et al (1991) on Adolescents and their parent's stress. The Study indicated that the stress in the household like divorce, intrapersonal war and maternal melancholy leads to stress in the kids which deteriorates functioning. Further a nice Parent-Adolescent relationship as perceived by means of the Adolescents used to be related with much less deterioration in all areas of functioning.

Sangeeta Chaudhary and Priya Mary. Joseph (2010) carried out a find out about it used to be designed to apprehend children perceptions on coping with stress in middle earnings group. It mostly objectives to discover their consciousness related to alternate methods of coping, adaptive coping and its want and importance. This lookup is descriptive in nature. The outcomes printed that across the 4 domains, young people identify parental assist for their adaptive coping styles, whereas for adaptive coping, young people pick out education or no support. However, adolescent ladies have perceived mother and father to be stricter with boys specifically in teachers and boys have perceived dad and mom to be extra involved for women in heterosexual relationships and bodily look .Academics have been observed to be predominant stressor.



Research Methodology

Statement of Problem:

To study the impact of puberty maturity on psychological factors among school girls.

Objectives: To examine the effect of pre-puberty maturity on school girls' psychological factors.

Hypothesis:-

1) There will be no significant difference between pre-puberty and normal puberty on schoolgirls' psychological factors (Role Confusion, Adjustment, Emotional Disturbance, Isolation, Anger, Anxiety, Stress, Depression and fear of body image).

Method:

Population of the Study:

All the Puberty age school girls' students studying in Standard VI to X Maharashtra State Board schools of Aurangabad was constitute as the population for the present study.

Sample of the Study:

The present Study total 80 school girls' students (Aurangabad City) in the sample was select the present study. Among them 40 girls in pre-puberty age (11-13 year) and 40 girls normal puberty age (14-17 year).

Variables:

1) Independent variable

i) Types of Puberty :- 1) Pre-Puberty 2) Normal Puberty

2) Dependent Variables

1) Psychological Variables:

i. Anxiety ii. Stress iii. Depression iv. Fear of Body Image

Research Tool:

1) Psychological variables inventory:

This inventory will develop by researcher for find out the puberty age girls adolescence psychological variables. This inventory will measure Role Confusion, Adjustment, Emotional Disturbance, Isolation, Anger, Anxiety, Stress, Depression and fear of body image.

Procedures of data collection:

The required data were collected with the help of pre-test, post-test psychological variables inventory which will be constructing and develop by the researcher. In the beginning the researcher administered the psychological variables inventory as the pre-test on both the experimental group and control group students. Then the researcher implemented the stress reduction training for 30 days @ 1 hour per day on the experiment groups and control group students not give any training in 30 days day. After the implementation of the stress reduction training researcher administered the same psychological variables inventory as the post-test on both the experimental group and control group students.

Statistical Data Analysis and Discussion

't' showing the significance of puberty school girls.

Anxiety	MEAN	SD	N	df	t value	P
Pre-Puberty	4.27	2.06	40	88	3.14**	0.01
Normal Puberty	2.77	2.20	40			
Stress	MEAN	SD	N	df	t value	P
Pre-Puberty	4.33	1.08	40	88	3.44**	0.01
Normal Puberty	3.25	1.66	40			
Depression	MEAN	SD	N	df	t value	P
Pre-Puberty	3.86	1.39	40	88	3.94**	0.01
Normal Puberty	2.34	2.00	40			
Fear of Body Image	MEAN	SD	N	df	t value	P
Pre-Puberty	4.37	2.41	40	88	5.10**	0.01
Normal Puberty	2.17	1.27	40			

The hypothesis is difference pre puberty school girls and normalpuberty school girls. The Mean of anxiety pre puberty school girls 4.27 and SD is 2.06. Mean of normal puberty school girls 2.77 and SD is 2.20. Mean of Stress pre puberty school girls 4.33 and SD is 1.08. Mean of normal puberty school girls 3.25 and SD is 1.66. Mean of Depression pre puberty school girls 3.86 and SD is 1.39. Mean of normal puberty school girls 2.34 and SD is 2.00. Mean of Fear of body image pre puberty school girls 4.37 and SD is 2.41. Mean of normal puberty school girls 2.17 and SD is 1.27.

One change that occurs psychologically during puberty is the adolescent's body image. Adolescents seem to take an acute interest in how their body is changing on a day-to-day basis. In early adolescence this trend seems to be at its peak because many adolescents seem to have a negative outlook on their body and how it is changing. This idea of body image can be both enlightening and distressing for many adolescents. In today's society kids are constantly being bombarded with pictures of how they are suppose to look, when adolescents begin to mature in a way that seems "abnormal" or not the same as the movie stars they aspire to be it can take a psychological toll. However, as adolescents progress through puberty most become satisfied with their body image. (Lawler & Nixon, 2010) (Markey, 2010) (Murray Byrne & Riegner, 2011)

Conclusion:

- 1) Pre-puberty school girls had significantly high Anxiety than the normal puberty schoolgirls.
- 2) Pre-puberty schoolgirls had significantly high Stress than the normal puberty schoolgirls.
- 3) Pre-puberty schoolgirls had significantly high Depression than the normal puberty schoolgirls.
- 4) Pre-puberty schoolgirls had significantly high fear of body image than the normal pubertyschool girls.



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