

A Study of Awareness Among Adolescent Girls Regarding Child Care Practices Belonging to Different Socio-Economic Status

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ABSTRACT The present study was conducted to examine the extent of awareness among adolescent girls regarding childcare practices. The present study was conducted to examine the extent of awareness among adolescent girls regarding child care practices. The first five years of child is very crucial and it is quite evident that the well being of the child and his future is totally dependent upon the knowledge the mother has about child care. But half of the population remain ignorant about child care knowledge and it is a matter of serious concern to our nation. There is need to impart education to adolescent girls in their important aspect of life. Because women is at the centre of all human life. She plays crucial role in child rearing, and in the promotion of health nutrition and socio-economic development of family & community. She therefore must have sound scientific knowledge about child development from conception to infancy. But for providing knowledge to the girls it is necessary to know the extent of awareness about child care practices among adolescent girls. In relation to present study hundred adolescent girls of Chamba district of Himachal Pradesh were selected as sample. A personal interview schedule was developed and data were collected through personal interview method on different aspects of child care practices. The results indicated that quite a significant proportion of the adolescent girls belonging to Chamba district of H.P. did not know enough as expected about prenatal, dietary and medical care, physiological changes taking place during pregnancy in comparison to post natal care of children.

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