
Perceived Parental Relationships and the Awareness Level of Adolescents Regarding Menarche

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ABSTRACT The present study aims to know the perceived relationships and the awareness level of adolescents regarding menarche. The sample consists of 400 adolescent girls in the age group of 10-19 years from both the urban as well as rural areas of Jammu district. Random sampling technique was used to select the sample. Questionnaire and parent child relationship scale (PCRS) was used to collect the data. Chi-square values reveal that there is a significant difference in the awareness level of adolescent girls of urban and rural areas of Jammu, regarding menarche and related issues, but urban adolescent girls have comparatively better knowledge regarding these issues than rural adolescent girls. Urban adolescent girls perceive their parents more protecting, loving and believe in object reward, where as rural adolescent girls perceive their parents to be more symbolically punishing, rejecting, believing in object punishment. The perception of adolescent girls(R/U) towards their mothers varies significantly on dimensions- protecting, demanding, indifferent, symbolically reward, loving, object reward favoring urban mothers whereas, the perceptions for fathers are equally favorable for rural as well as urban on few dimensions. So it seems that perceived relationships of adolescent girls with their mothers play an important role in the transfer of knowledge regarding issues in family life education. Hence, parental involvement for providing proper knowledge should be enhanced during adolescent years as fathers are still not seen as a source of information. Also it was found that Friends/ peers were very important source of information in this regard. So there is a need to teach adolescents about their body organs and their functions since ignorance perpetuates myths and mis- belief. In societies such as ours where parents don't normally discuss such matters with their children, this could be achieved by incorporating family life education/ sex education in school curricula.

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