

## **An Assessment of Health Status of Adolescent Gujjar Tribal Girls of Jammu District**

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**KEYWORDS** Tribal. Adolescent Girls. Health. Anemia. Malnutrition. Body Mass Index

**ABSTRACT** The present study investigates the health status of Tribal (Gujjar) adolescent girls. The sample for the study comprised of 200 girls in the age group of 13-15 years. Both nomadic and semi-nomadic Gujjars were included. A combination of snowball and random sampling technique was used for the selection of the sample group from various areas of Jammu district of Jammu and Kashmir state. Clinical assessment was conducted to look for the symptoms of various ailments (anemia, malnutrition, hypertension, respiratory rate and other pathological signs). The results of the study revealed that adolescent Gujjar tribal girls enjoy a balanced emotional status along with capacity for strenuous physical activity. The data of the study showed that the body mass index (BMI) of the majority (88.1%) of the subjects was low (less than  $18 \text{ kg/m}^2$ ) indicating the highest prevalence of malnourishment among girls of 13 yrs of age. 96(48%) subjects had systolic blood pressure below 100. The observations for the signs and symptoms of anemia and malnutrition indicated that 90 percent of the subjects had pale cold skin, 89.5 percent had general weakness and 86.5 percent had yellow conjunctiva. Majority (90.5%) of the respondents showed clear cut presence of anemia having hemoglobin less than  $10 \text{ gm/dl}$ . The results hold implications for professionals to introduce health programmes in order to improve the health of adolescent girls in particular.