

**KNOWLEDGE AND OPINION OF ADOLESCENTS GIRLS OF HSS  
TOWARDS REPRODUCTIVE AND SEXUAL  
HEALTH IN DHARAN**

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### RECOMMENDATION

The thesis entitled "KNOWLEDGE AND OPINION OF ADOLESCENTs GIRLS OF HSS TOWARDS REPRODUCTIVE AND SEXUAL HEALTH IN DHARAN" carried out by Umesh Guraign (T.U.Reg. no. 1548-89, Exam Roll no, 2140252) for the fulfillment of master's degree in education (Health Education) course no. Ed. 598 has been completed under my supervision.

I recommended it for the examination and approval.

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This thesis entitled **“Knowledge and Opinion of Adolescent girls of HSS Towards Reproductive and Sexual Health in Dharan”** submitted by Umesh Guragain in partial fulfillment of the requirements for the Master's Degree in Health Education has been approved.

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Umesh Guragain  
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## ABSTRACT

The thesis entitled " Knowledge and opinion of Adolescents girls of HSS Towards Reproductive and Sexual Health in Dharan." was carried out in order to assess the different RH and SH issues that are under operation in determining knowledge and opinion of girls of Dharan. The specific objectives of the study were:

- (i) To assess the knowledge and opinion towards reproductive and sexual health among adolescents' girls.
- (ii) To identify the opinion of ideal age of marriage and family size.
- (iii) To identify the perceived knowledge about ASRH Education.

The study was qualitative and quantitative in its nature. Data were collected mainly with primary source. For this all girls' students of class 9, 10, 11 & 12 from three H.S.S. of Dharan were selected as respondents. The objective of this study was to find out knowledge and opinion of Adolescence girls in higher Secondary school in Dharan. Simple random sampling technique was used for this study. A total of 227 adolescent school girls were included in the final analysis of surveyed data. The questionnaire was directly administered and distributed to the girls of grade 9-12 who were randomly selected. In the data collection process female school teachers and other staffs were used.

While selecting respondents, the researcher was concerned as selecting the respondents representing different class., Out of the total respondents representing different class. Out of 78 of 13-15 years and 149 in the age of 16-19 years.

Higher proportion of the respondents had correct knowledge about female reproductive organs. Respondent had the correct knowledge about bodily changes during adolescent. They had knowledge of right age of menarche and had the knowledge of high risk for pregnancy in this period. The chosen age 20-25 years for right age of marriage and bearing child. Large number of respondents about family planning methods and desired number of children could be limited by the use of family methods.

The study concluded that most respondents had to face with SRH problems due to change took place in adolescence. It was due to social taboo, lack of pre- knowledge on adolescents. So, girls had to encounter with menstruation problems, problems of teasing in school, inferiority complex, lack of guidance. All respondents responded school as a reliable place to provide SRH. They said that it helped to address ASRH problems. Most of the respondents answered that existing curriculum was not sufficient to provide ASRH information.

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REFERENCE

APPENDIX A



## Acronyms

AIDS	: Acquired immune Deficiency Syndrome
ASRH	: Adolescents" Sexual & Reproductive Health.
CDPS	: Central Department of Population Studies
FP	: Family Planning
HIV	: Human Immune Deficiency Virus
HPPE	: Health, Physical and Population Education
HSS	: Higher Secondary School
IPPE	: International planned parenthood Federation
ICPD	: International Conference on Population and Development
IMR	: Infant Mortality Rate
NFHS	: National Family Health Survey
NHRC	: National Health Research Council
RH	: Reproductive Health
RTI	: Reproductive Tract Information
PRB	: Population Reference Bureau
TFR	: Total Fertility Rate
STD	: Sexual Transmitted Disease
TT	: Tetanus Toxid
TV	: Television
UNICEF	: United Nations Children Fund
UN	: United Nation
UNFPA	: United Nations Population Fund
US AID	: United States Agency for International Development
WHO	: World Health Organization