

SPECIMEN FORMAT FOR THESES OF MONTH

Faculty : **Home Science**

Department : **Human Development**

Branch/ Area: : **Human Development**

Sub Subject Heading: : **Human Development**

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Title of the thesis : **Adolescents of Arunthathiyar population – An
exploratory study**

(i) In Roman Script -

(ii) In roman Script -

Nomenclature of Degree: : **Ph D**

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Designation of Supervisor : **Associate Professor and Head**

**Centre/department/school in
which research was conducted** : **Department of Human Development**

University's Name & Address : **Avinashilingam Institute for Home Science and
Higher Education for Women, Coimbatore .**

Abstract within 300 words:

The research engages with the understanding of the life styles of Arunthathiyars in general and the educational, nutritional and mental health status of Arunthathiyar adolescents in particular. The fact that the community is engaged mostly in conservancy work and are the lowest of all castes, even among dalits itself, makes them desolate. They do not easily attract the researchers, policy makers and even the civil society. However, most studies that were carried out mainly featured their socio - economic status, history, the atrocities faced, and the policies and programmes in general. Never the less the adolescents who are the foundation for societal change, attracted the researcher to find out the present status with relevance to their education, nutrition and mental health status. The various factors influencing those factors were carefully studied and presented to capture the attention of the community, researchers, policy makers, the activists and other stakeholders.

With exploratory research design and the multi stage sampling method as the frame work for the study, four districts of Tamil Nadu was explored to consolidate the socio- economic details. Finally Coimbatore district was selected for an in depth study. Five taluks from this district were chosen to conduct a base line study with 626 adolescents to get a overall picture of socio – economic and cultural life styles, and the problems faced related to education. Out of the five taluks, six villages in one taluk with 494 adolescents was chosen for a detailed study in the three aspects mentioned and that contributed to the adolescents well being. The data was statistically analysed and discussed in detail the various factors that influenced adolescent's education, nutrition and mental health. Above all the intervention programme conducted with 30 adolescents in the study taluk came out with some significant solutions to their problems.

i) Major objectives :

General objective

Explore the key factors influencing the overall wellbeing of adolescents in Arunthathiyar population

Specific objectives

- Assess the socio economic and cultural profile of Arunthathiyar adolescents in the selected district.
- Characterize the personal and family profile of Arunthathiyar adolescents in the selected taluk
- Appraise the academic status and identify the determinants of academic achievement

- Understand the nutritional status and categorize its determinants
- Recognize the mental health status and trace its determinants and
- Implementation of SPSS programme and assess the efficacy of the programme

ii) Hypothesis:

1. The socio-economic factors do not influence the academic achievement of the selected adolescents
2. The socio-economic factors do not influence the nutritional status of the selected adolescents
3. The socio-economic factors do not influence the mental health status of the selected adolescents
4. Academic achievement is not affected by their perception on socio-economic status
5. Nutritional status is not affected by their perception on socio-economic status
6. Mental health is not affected by their perception on socio-economic status and
7. The SPSS intervention programme does not have an impact on the well-being of adolescents.

iii) Methodology :

Community based Cross - Sectional Study using the Exploratory Survey Design as the framework, multistage sampling method was chosen as the population of Arunthathiyars is spread out all over Tamil Nadu. The process involved in the selection of sample went through seven stages. The journey of selection of sample began with selection of four out of 32 districts in Tamil Nadu in the first stage, and concluded by selecting 494 adolescents in the age group 11 – 19 years from six villages in the selected taluk, in the sixth stage. In the seventh stage 30 adolescents were selected from the interior village of the study taluk, and they formed the experimental group for the intervention programme (SPSS - Sensitization to Problems and Seek Solutions)

The study opted for a package of tools, relevant to assess the objectives. Interview schedule was prepared to collect data from 626 adolescents in five taluks as part of base line survey. The detailed survey was conducted in the selected taluk, and data was collected from 494 adolescents using a questionnaire.

The other tools presented to the adolescents in the selected taluk were– The Likert's scale to assess academic achievement, a five point perception scale on socio economic status. As part of assessment of nutritional status, BMI (Body mass Index) was calculated with height and weight measurements. DASS was the standardized tool with 42-item questionnaire which includes three self-report scales designed to measure the negative emotional states of depression, anxiety and stress.

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SPSS (Sensitization to Problems and Seeking Solutions) was the three day intervention programme that was conducted to 30 adolescents in the selected taluk. The programme components were related to strengths in education, personal life and nutrition. In order to assess the efficacy of the

programme a pre and post test questionnaire was developed related to the three components to be evaluated on a five point scale. The pre test was administered to the 30 participants prior to the intervention programme and the same questionnaire was given as post test was after a gap of three weeks to the same participants.

The data was consolidated and statically analysed, the results were presented in seven sections

Examiners

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