

Perception about SABLA Scheme among the Parents of Beneficiaries in Ramanathapuram District of Tamilnadu, India

V. Meenakshisundareswari¹, Sumayaa²

¹PhD Scholar, ²Professor and Head,

Department of Home Science and Research Centre, Thassim Beevi College for Women, Kilakarai, Ramanathapuram district, Tamilnadu, India,

Corresponding Author: V. Meenakshisundareswari

ABSTRACT

Introduction: Adolescence, the critical period between 10-19 years and is characterized by rapid growth and development; physiologically, psychologically and socially. This is time of preparation for undertaking greater responsibilities and to ensure healthy all-round development. Understanding the gaps in needs of adolescent girls. Rajiv Gandhi Scheme for Teenage girl empowerment-Sabla was introduced in the 11-18 age group as a holistic intervention for adolescent girls, with an emphasis on out of school girls. The present study was focused on the perception of SABLA scheme by the parents of beneficiaries.

Methods: A cross sectional study was conducted with 100 samples selected from various panchayats of 6 blocks using convenient sampling, at Ramanathapuram district, Tamilnadu. A 10 item questionnaire which were designed to obtain demographic data and multiple choice and multiple response close-ended questions about parents view on SABLA scheme. Data from the survey questionnaire were analyzed using descriptive statistics through frequency distribution and cross tabulation.

Results: 84% of SABLA beneficiaries fall under the age group of 15-18 years old. Majority of the participants, 88% are in nuclear type of family. 54.5 % of population falls under low family income. SABLA scheme improves their registered adolescence girls confidence and health status remarkably by more than 65%. 55% of participants expressed that their responsibility and nutritional awareness of their adolescence girls has improved.

Conclusion: This study shows that most of the parents are satisfied with the SABLA scheme in the aspect of their adolescence girl's health, nutrition supplementation and personal hygiene. Further studies are necessary to correlate the factors associated with the SABLA Scheme.

Keywords: Adolescence girls, SABLA Scheme, IFA supplementation, Nutrition supplementation, hygienic practices.

I. INTRODUCTION

Adolescence, the critical period between 10-19 years and is characterized by rapid growth and development; physiologically, psychologically and socially. This is time of preparation for undertaking greater responsibilities and to ensure healthy holistic development. In India, adolescent health and nutrition did not receive the attention it deserves, especially for girl child. [1] Studies show that millions of today, teenagers do not have access to quality education, basic sexual and reproductive health services, and mental health and disability resources, safety from crime, abuse and exploitation, and active participation. Adolescent girls are a core resource for national growth. [2]

Understanding the gaps in needs of adolescent girls. Rajiv Gandhi Scheme for Empowerment of Adolescent Girls – Sabla has been launched as a comprehensive intervention for Adolescent girls in the age-group of 11-18 years, with a focus on out of

school girls. SABLA is a Federally Funded pilot project of Government of India initiative launched by Ministry of Women and Child Development on April 1, 2011. The present study was focused on the perception of SABLA scheme by the parents of beneficiaries.

II. MATERIAL AND METHODS

A cross-sectional study was conducted during June to December 2015, in the randomly selected 6 blocks includes Bogalur, Kadaladi, Mandapam, Mudukulathur, Rajasingamangalam and Tirupullani of Ramanathapuram district, Tamilnadu among a total of 11 blocks. 100 samples were selected from various panchayats of selected 6 blocks using convenient sampling. The questionnaire was administered to the mother's of SABLA scheme registered adolescence girls. The survey instrument, a 10 item questionnaire was developed in conjunction with the inputs given by the Research Supervisor which was further standardized by pilot testing among 20 parents of girls who registered under SABLA scheme. The questionnaire contained questions related to SABLA scheme beneficiaries' demographic data (age, religion, educational details) and multiple choice and multiple response close-ended questions about parents view on SABLA scheme. The survey questionnaire also meant to know about the knowledge of parents about their adolescence girls on their health status. Data from the survey questionnaire were analyzed using descriptive statistics through frequency distribution and cross tabulation. All the analysis was done using statistical software SPSS version 16.0.

III. RESULTS

In our study shows majority of the SABLA beneficiaries fall under the age group of 11-14 years old (84%). 54 % of the adolescence girls who registered under

SABLA scheme in this study had completed high school. Majority of the participants, 88% are in nuclear type of family. 54.5 % of population falls under low family income and 33% comes under middle family income was tabulated in Table.1.

TABLE: 1. SOCIO DEMOGRAPHIC CHARACTERISTICS

Socio Demographic profile	No. of SABLA beneficiaries in percentage (%)
Age	
11-14	16
15-18	84
Religion	
Hindu	42.5
Christian	24
Muslim	33.5
Education details	
Middle school	2.5
High school	54
Higher secondary school	43.5
Family type	
Joint	12
Nuclear	88
Family Income	
Low Income (2101-4500)	54.5
Middle Income (4501-7500)	33
High Income (>7500)	12.5

The response of parent's perceptual characteristics was presented in table-2. It shows that SABLA scheme improves their registered adolescence girls confidence and health status remarkably by more than 50%. 64.5% of participants expressed that their responsibility and nutritional awareness of their adolescence girls has improved. Most of the mothers show that the right age of marriage for their daughter was after college education (34%) and school education (33%). But 7% of the parents were reported their daughter's marriage was soon after puberty. 80% of parents show that their girls have very good personal hygiene. 64% of SABLA scheme beneficiaries parents reported that their girls are under regular intake of supplementary food provided through anganwadi centers. Unfortunately 63% and 21% of parents stated that their adolescence girls are under nourished and anaemia respectively. 51% of parents have knowledge on their daughters they consume regularly IFA supplement.

TABLE: 2 PARENT'S PERCEPTIONAL CHARACTERISTICS ON SABLA SCHEME

SABLA scheme improves confidence	Strongly Agree Agree Disagree Strongly disagree	56% 34% 6.5% 3.5%
SABLA Scheme Improves Health status	Strongly Agree Agree Disagree Strongly disagree	54.5% 39.5% 4% 2%
Opinion on SABLA scheme	Increase their responsibility Bring nutritional awareness Both No changes	28% 36.5% 26% 9.5%
Purpose of your visit to anganwadi centre	To get nutritious food To bring back their girls To participate in programme	63% 22.5% 14.5%
Knowledge on right age for Marriage and child birth	After school education After College education After getting job Soon after puberty	33% 34% 26% 7%
Knowledge on health status of their daughters	Normal health Under nourished Anemia No idea	0% 63% 21% 16%
Knowledge on IFA intake	Regular intake Irregular intake No idea	51% 27% 22%
Girls life security	Education Job Marriage All	45% 17% 31.5% 6.5%
View on Personal hygiene	Very good Good Average Poor	80% 16% 4% 0%
Right amount of Supplementary food intake daily	Regular Intake Irregular Intake No Idea	64% 36% 0%

IV-DISCUSSION

SABLA scheme for adolescence girls is a unique programme to improve confidence, health status, responsibility and hygienic practices. In this study it reveals that the parents are having good perception about the SABLA scheme in all the above aspects for their adolescence girls. Adolescence health service was satisfactorily with good utilization rates (86.9%), supplementary with SABLA scheme. [3] Research study suggests that most SABLA beneficiaries regularly get benefit from supplementation of IFA and Nutrition. [4] In our study the same has been revealed that getting nutritious supplement and iron folic acid supplement to improve the health status of adolescence girls under SABLA scheme is remarkable. In this study majority of the parents view on SABLA scheme for their beneficiaries shows that it improves their daughters' quality of life in primarily health promotion and hygienic

practices. Another study suggests that with some improvements, that SABLA scheme can empower the lives of adolescence girls. [5]

V.CONCLUSION

This study shows that most of the parents are satisfied with the SABLA scheme in the aspect of their adolescence girl's health and nutrition supplementation. Still few percent of parents in rural areas are having the knowledge of marriage and child birth soon after puberty that should be addressed with educational training and awareness programmes at anganwadi centers. Majority of the parents stated that their adolescence girls maintain very good personal hygiene including proper hand wash, use of sanitary napkins and using chapels. To attain the 100 percent results, need to improve awareness and training programmes at root level. Further studies

are necessary to correlate the factors associated with the SABLA Scheme.

REFERENCES

1. Choudhary S, Mishra CP, Shukla KP. Nutritional status of adolescent girls in rural area of Varanasi. *Indian J Prev Soc Med.*2003; 34(1):53-61).
2. Dasgupta, A., Butt, A., Saha, T.K., Basu, G., Chattopadhyay, A and Mukherjee A. Assessment of malnutrition among adolescents: Can BMI be replaced by MUAC. *Indian Journal of Medicine*, 2010, 35, (2), 276-279.
3. Dilip Kumar Das, Ranadeb Biswas, Nutritional Status Of Adolescent Girls In A Rural Area Of North 24 Parganas District, West Bengal, *Indian journal of Public*

Health, Vol.XXXXIX No.1 Jan - Mar, 2005, page no: 17-21.

4. Divya Rajpurohit, Neena Sareen, Seema Tyagi and Deepali Dhawan, Advantages of 'SABLA' Scheme as Perceived by the Beneficiaries of Bikaner District of Rajasthan, India, *Int.J.Curr. Microbiol. App. Sci* (2018) Special Issue-7: 491-500.
5. Ghai O.P., Gupta P. & Paul Vk: *Essential Paediatrics*; 6th ed. CBS Publishers and Distributors, 2004 : 66-7.

How to cite this article: Meenakshisundareswari V, Sumayaa. Perception about SABLA scheme among the parents of beneficiaries in Ramanathapuram district of Tamilnadu, India. *International Journal of Research and Review.* 2020; 7(2): 344-347.
