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The Role of Women in Global Development

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Growth And Development In Puberty

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Introduction:

Adolescence is a transitional phase of growth and development between childhood and adulthood. The World Health Organization defines an adolescent as any person between ages 10 & 19. Adolescence begins at around age 10 & ends around age 21. Adolescence can be broken into three stages early adolescence, middle adolescence and late adolescence. Child it's a stage of human being between birth and puberty. Adolescent it's a stage of human development during the period from puberty to legal adulthood. It can be described as a process of development from birth to puberty to adulthood.

Puberty is the process of physical changes through which a child's body matures into an adult body capable of sexual reproduction. It is initiated by hormonal signals from the brain to gonads the ovaries in a girl, the testes in a boy. Puberty is the period of human development during which physical growth and sexual maturity occurs.

Objectives:

1. To study physical changes in Puberty Period.
2. To study children were under depression during Puberty Period.
3. To study the importance of nutrition during Puberty Period.

Methodology: Secondary data is used for this study.

Result And Discussion:

Puberty varies among individuals. In girls sexual development starts between the ages of 8 & 13 and have a growth spurt between the ages of 10 & 14. In boys sexual development starts between the ages of 10 & 13 and continue to grow until they were around 16. Girls begin puberty at an earlier age compared to past decades. During puberty period physical and emotional changes were found drastically. Timing of puberty varies according to race, ethnicity, biological sex, socio-economic status and social history.

Characteristics of Puberty in Girls:

1. There is an increase in the rate of growth of height.
 2. The size of uterus & vagina increases.
 3. There is an increase in the size of breast.
 4. Pubic hair begins to appear usually within 6 & 12 months after the start of breast development.
 5. The rate of growth in height reaches its peak in about 2 yrs after puberty.
- Once girls start to menstruation, they usually grow about 1 or 2 more inches reaching their final adult height by about age 14 or 15 years.

Characteristics of Puberty in Boys:

1. Increase the size of penis and testicles.
2. Pubic hair appears, followed by under arm & facial hair.
3. The voice deepens & may sometimes crack or break.
4. The larynx cartilage or Adam's apple gets bigger.
5. Testicles begin to produce sperm.

Puberty is the gateway to adult reproductive competence, encompassing a suite of changes resulting from maturation of the brain & neuroendocrine function

Depression:

While social withdrawal, moodiness and other behavioural changes are commonly attributed to this normal developmental stage, researchers are realizing that in some cases, these changes could indicate that puberty is actually contributing to depression. Depression is a mood disorder that causes a persistent feeling of sadness and loss of interest. Also called major depressive disorder or clinical depression, it affects how you feel, think and behave and can lead to a variety of emotional and physical problems. According to American Academy of pediatrics it is estimated that 2% of children under age 10 experience depression. However between the ages of 10 & 14 the average age range of puberty onset depression rates increase from 5% to 8% for children overall. Puberty is a unique time when changes in appearance & behavior are naturally occurring. As such parents, teachers & caregivers need to be especially aware of signs of depression.

Symptoms of Depression:

There are so many symptoms of depression during puberty period that is behavioral problems in friendship, difficulty in self motivation, thoughts of self harm, avoidance of school, academic decline, risk taking behaviours, persistent vague physical complaints, excessive guilt, unexplained crying, feeling misunderstood, loss of interest, clinging to a parent or worrying that a parent may die, sleeping difficulties, weight changes, unexplained fatigue, difficulty concentrating and focusing, lack of self-esteem & suffers from guilt.

Though rates of depression are higher for boys than girls before puberty, the rate for girls becomes double that of boys during puberty. Take signs of depression seriously. Never be dismissive, particularly if your child is expressing thoughts of self harm or suicide.

Importance of Nutrition During Puberty Period:

Nutrition is one of the most important factors affecting pubertal development consuming an adequate & balanced healthy diet during all phases of growth appears necessary both for proper growth and normal pubertal development.

In India 70-80% of children of this age group are suffering with nutritional deficiency syndrome, poor resistance against infection & growth rate below normal or average for their age. Some evidence suggests that obesity can accelerate the onset of puberty in girls & may delay the onset of puberty. Excessive eating of many processed high fat foods may be the cause of this phenomenon. Overweight or obese children are more likely to enter puberty early. Moreover the progression of puberty is affected by nutrition. During puberty changes in lean body mass and protein metabolism are regulated by numerous hormonal mechanisms. Pubertal growth acceleration is largely due to the synergetic effects of increased secretion of gonadal sex steroids, growth hormone and Insulin. Obesity during infancy & childhood is associated with accelerated linear growth and earlier puberty in girls.

In girls no differences were observed in timing & progression of puberty between groups of different birth weights. In boys a relatively delayed onset of puberty was observed in those with low birth weight, with a normally timed progression. Chronic malnutrition during childhood is associated with delayed puberty & compromised pubertal growth spurt. Nutritional status during infancy, childhood & Peri-Pubertal period has a significant effect on pubertal development. A strong association is found between onset of puberty & BMI & body fatness. Not eating a balanced diet or restricting food intake can lead to deficiency of important nutrients in the body this can lead to weight loss. Being underweight can cause health problems. But foods intake rich in fats and sugar are high in calories or eating too many calories can lead to weight gain.

The government of India has a comprehensive package for meeting the multiple health needs of the adolescents. Periodic health check-ups at the village health and nutrition days are conducted to provide services to adolescent girls who can't access the clinic based services. ANM & ASHA had given effective service for to success the programme. This plays a role of selection and training of peer educators at the village level. The school health programme was launched to address the health needs of school going children in the government and government aided schools. This programme is to focus on address the health needs of children both physical & mental, nutrition interventions, promotes physical activities & counseling.

Selection of foods, meal timing and table manners create problem between parents & child. All this often makes child to escape meals, child becomes unhappy in home as well as in school. Overall effect of all this adversely affect the nutritional status of children. At this growing & developing stage child may get infected or suffer from nutritional deficiency diseases.

Some parent worry that their child is not eating enough, Nutrition is important to normal growth process. A healthy breakfast is an important part of a balanced diet & provides some of the vitamins & minerals required for good health. Fruits & vegetables are the sources of vitamins & minerals which is essential for the body. Foods such as whole meal bread, beans, wholegrain breakfast cereals, fruits & vegetables. Such kind of foods are high in fiber are bulky & help us feel full for longer time. Drink daily at least six to eight glasses of water & fluids.

Adequate nutritious & balanced diets along with maintenance of health are the chief requirements in a society. Nutrition education is an important measure to improve dietary habits and food choices of the children. A child's need for calories rises during times of rapid growth, gradually increasing as she moves through middle childhood into puberty. During puberty period most of the children take fast foods in the diet. So fast food should be avoided because it is harmful to their health in the diet.

Conclusion:

Puberty is a highly individualized process. Parents should take an effort to ensure their child consumes well balanced diet. Children need parental emotional support in puberty period. Children also need to exercise regularly to ensure normal physical development.

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