

# Difficulties Faced by VIII<sup>th</sup> Standard Students during Puberty

Mrs. Charu Singh and Dr. Swati Sharma

Assistant Professor

Nirmala Memorial Foundation College of Education, Mumbai, Maharashtra, India

**Abstract:** *The purpose of this research is to explore the difficulties faced by students during puberty and understand how these difficulties affect their academic performance, mental health, and overall well being. This research will provide insights into the challenges that students face during this period and help identify strategies that can be used to support them. It will also contribute to the existing literature on puberty, which is critical for promoting healthy development and preventing negative*

**Keywords:** Puberty, adolescents

## I. INTRODUCTION

Puberty is a normal biological process that occurs between childhood and adolescence. During this period, young people experience significant physical, emotional, and social changes that can affect their academic performance, mental health, and overall well-being. While some students may breeze through puberty with little difficulty, others may face a range of challenges that can have long-lasting consequences.

The difficulties faced by students during puberty can manifest themselves in many ways. Physical changes, such as growth spurts, hormonal changes, and acne, can be challenging for students to manage, especially when they affect their appearance. Emotional changes, such as mood swings, anxiety, and depression, can impact students' ability to concentrate and perform well in school. Social changes, such as peer pressure, romantic relationships, and family relationships, can cause stress and lead to feelings of isolation or rejection.

Understanding the difficulties that students face during puberty is crucial for educators, parents, and health professionals. It can help them identify students who may be struggling and provide appropriate support and resources to help them navigate this challenging period. By addressing the difficulties faced by students during puberty, we can promote positive outcomes and foster healthy development. The purpose of this research is to explore the difficulties faced by students during puberty and understand how these difficulties affect their academic performance, mental health, and overall well being. This research will provide insights into the challenges that students face during this period and help identify strategies that can be used to support them. It will also contribute to the existing literature on puberty, which is critical for promoting healthy development and preventing negative outcomes.

Overall, this research aims to shed light on the difficulties faced by students during puberty and provide insights into how we can support them through this challenging period. By addressing the challenges of puberty, we can promote positive outcomes and help students thrive academically, socially, and emotionally.

1. Puberty is a crucial period of physical, emotional, and social changes in young people's lives. This natural transition from childhood to adolescence is an important part of human development, but it can also be a challenging time for students. During this phase, young people experience significant hormonal changes that lead to physical changes, such as growth spurts, changes in body shape, and the onset of sexual characteristics. These changes can have an impact on the mental health and academic performance of students. Additionally, the social changes that students experience during puberty, such as developing new relationships and navigating peer pressure, can add to the stress and difficulties of this time.
2. The difficulties faced by students during puberty can have a long-term impact on their well being, with potential consequences for their academic, professional, and social lives. It is therefore essential to understand the challenges that students face during this time and develop strategies to support them effectively.

3. One of the most significant challenges that students face during puberty is managing the physical changes that occur. The changes in body shape and the onset of sexual characteristics can affect students' self-esteem and body image. This can lead to feelings of insecurity, anxiety, and depression, which can have a significant impact on their academic performance and overall well-being. Students may also face challenges such as acne, excessive sweating, and body odor, which can further impact their confidence and self-esteem.
4. In addition to physical changes, students also experience emotional changes during puberty. Adolescents are more prone to mood swings, and hormonal changes can lead to feelings of irritability, anxiety, and depression. These emotional changes can impact students' ability to concentrate and learn, leading to poor academic performance. Additionally, students may feel overwhelmed by the intensity of their emotions and struggle to manage them effectively.
5. Given the importance of puberty for young people's development and the potential difficulties they may face during this period; it is essential to understand these challenges and develop strategies to support students effectively. One approach to understanding and addressing these difficulties is through research.

### 1.1 Research Questions

In this research, there are several questions that need to be focused on:

- 1) What are the measures taken by Thakur VidyaMandir High school to make students aware of puberty?
- 2) Is counseling facility available for students in Thakur VidyaMandir High school? 3) How can schools and parents work together to promote positive outcomes for students during puberty and foster their overall well-being?
- 4) What are the social challenges faced by students during puberty?

Since there is minimal published data on difficulties faced by 8<sup>th</sup> standard students during puberty, the present study helps to identify the problems faced by the students during puberty in Thakur VidyaMandir High School.

### 1.2 Objectives of the Study:

1. To identify the physical changes that occur during puberty and examine the impact on students' mental health and academic performance.
2. To explore the emotional changes that students experience during puberty and examine their impact on students' mental health and academic performance.
3. To identify the risk factors for negative outcomes, such as poor academic performance or mental health problems, during puberty.
4. To assess the impact of puberty on the social relationships of the students.
5. To explore the strategies that can be used to support students during puberty, including interventions and programs that can promote positive outcomes and mitigate negative consequences.
6. To explore the knowledge and awareness of students regarding puberty and its associated changes.
7. To provide recommendations for educators, parents, and health professionals on how to best support students during puberty, based on the findings of the study.

The design or methodology of the research conducted is a descriptive survey method. The method adopted by the researcher includes a questionnaire developed by the researcher. The sample is composed of 31 students, both male and female from Thakur VidyaMandir High School. Random sampling method is used for the collection of data in this project. It seeks to obtain precise information concerning the school environment and previous knowledge of students and to draw valid and general conclusions.

The researcher discussed and decided the sample, method and tool with the help of their guidance teacher.

The researcher prepared a questionnaire for the action research topic, and decided the format for the rating scale. The questionnaire was checked and approved by the guide.

The researcher selected one School – Thakur Vidya Mandir High School, Kandivali East, for survey.

The researcher then formed a Google survey form as a research tool. Questionnaire link (Questionnaire given in Appendix B) consisted of following instructions for the students. Each statement must be read carefully.

- i. There are no right or wrong answers.
- ii. Questions have to be answered sincerely, honestly and freely.

iii. Identities of students will not be revealed.

Name of the School and count of Respondent is given in the table below:

Name of the School	No. of Respondent
Thakur Vidya Mandir High School, Kandivali (E)	31

After collection of data, the tabulated data needs to be analyzed scientifically. Since the survey is short to make work easy the researcher proceeded with percentage analysis. The data was represented graphically using a pie chart. The scoring pattern which was used for the research includes the score of 0, 1, 2 where the option of strongly Yes, Sometimes, No, carries scores 2, 1, 0 respectively. The researcher has used a percentage-based technique for analyzing the research. There are many tools which can be used for collection of data. The researcher used the questionnaire as a tool for the data collection where information from school going students is collected. The data was represented using a pie diagram. The researcher has used a descriptive survey method. Descriptive survey method was used to describe characteristics of samples. The statistical measures used were:

- i. Percentage: Percentage out of total was obtained.
- ii. Pie diagram: It is a graphical representation of frequency obtained.

### 1.3 Findings

- 1) This study concludes that in today's time teenagers are aware about these changes happening in them. Puberty is no longer a taboo in society.
- 2) When it comes to these changes in their lives, children are becoming more accepting. Even if they accept the changes, they are still bothered by them.
- 3) The research shows that the emotional and physical aspect is the most challenging part during puberty.
- 4) According to the researcher, the awareness among the students about puberty is because of the internet access provided to them rather than the knowledge provided by the school. • Most of the students are not worried about their body image. They are more concerned with hygiene.
- 5) Since the children's appetite also changes. The researcher concludes that, at this stage children develop different eating habits.
- 6) The study shows that it is hard for most of the students to keep their emotions in check, especially negative emotions.
- 7) Even though the students have knowledge about puberty related issues, most of them don't discuss them with each other.

### REFERENCES

- [1]. <https://www.msmanuals.com/en-gb/home/children-s-health-issues/problems-inadolescents/school-problems-in-adolescents>
- [2]. <https://brainly.in/question/25761714>