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Research Article

A STUDY ON QUALITY OF LIFE AMONG JAWADHI TRIBAL ADOLESCENCE

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ABSTRACT

Happiness depends on the quality of life people live. This study focuses on quality of life among tribal adolescences of Jawadhi Hills. The study discusses about quality of life with its dimensions. There are four dimensions that constitute the quality of life for this particular study. The dimensions are physical well-being, psychological well-being, social relationship and environment in which people live. It describes the facts on life quality of Jawadhi Tribal adolescences. It also describes that in which dimensions, the respondents have better quality life and in which dimensions, they have poor quality life. It is the unique contribution of this study to the existing body of knowledge on quality of life. Further it provides suggestions to improve the quality of life among the adolescence of Jawadhi Hills.

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INTRODUCTION

Quality of life is the general status about well-being of an individual life. It is also often related to concepts such as freedom, human rights and happiness. It reflects difference among hopes, expectations and present experience of a person. It may differ according to physical and psychological well-being, income, social status, and personal satisfaction with cultural or intellectual conditions in which people live. It is also known as individuals' perception of their position in the context of culture and value system in which they live. It also differs person to person, place to place and environment to environment. This present study focuses and describes the life quality of adolescence who are living in Jawadhi Hills.

Problem of the Study

The focus on adolescence life has been increased in recent years. In specifically, more importance has been given for tribal people. Adolescence is a stage that bridges the childhood and adulthood stage. Therefore it is very crucial stage in the development aspects of every individual. The adolescences are also in need to understand the transition stage for which it is need of the hour to provide them with scientific facts and findings for their betterment. The problem of this study is to address the following research questions.

- What is quality of life?
- What are the dimensions for quality of life?
- How is the life quality of Jawadhi Tribal adolescences?
- In which dimensions, they have better quality life?
- In which dimensions, they have poor quality life?
- What can be done to improve their life quality?

REVIEW OF LITERATURE

Quality of life: There are many definitions existing to understand the quality of life. There are two approaches widely in use to assess the quality of life. Subjective approach deals with life satisfaction, satisfaction with defined needs, happiness, self reliance and growth. Objective approach focus on living conditions, economic and social status of an individual (Ritsner, 2007). It is defined as "individuals' perceptions of their position in life in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards and concerns". According to the definition, quality of life refers to a self evaluation of an individual. It is a perception of an individual about quality of life they live. It is rooted in cultural, social and environmental aspects of an individual (World Health Organization, 1996). The quality of life measures the gap, at a particular time between the hopes and expectations of individuals and present experiences of individuals (Calman, 1984).

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Dimensions for quality of life: there are four domains or dimensions constitute the quality of life. The dimensions are physical health, psychological health, social relationship and environment. Physical health domain incorporates the facts such as Activities of daily living, Dependence on medicinal substances and medical aids, Energy and fatigue, Mobility, Pain and discomfort, Sleep and rest, and Work capacity. Psychological health domain includes Bodily image and appearance, Negative feelings, Positive feelings, Self-esteem, Spirituality / Religion / Personal beliefs, Thinking, learning, memory and concentration. Social relationship domain includes Personal relationships, Social support and Sexual activity. Environment domain includes Financial resources, Freedom, physical safety and security, Health and social care: accessibility and quality, Home environment, Opportunities for acquiring new information and skills, Participation in and opportunities for recreation / leisure activities, Physical environment (pollution / noise / traffic / climate), and Transport (World Health Organization, 1996).

Adolescence: The term adolescence is commonly used to describe the transition stage between childhood and adulthood. There is no universally accepted definition for adolescence based on age boundary. There are some key development occurs during the adolescence stage. It has been experienced by all in their life. Adolescence stage is a transitional period of physical and psychological human development. A thorough understanding of adolescence in the society depends on information from various points of view. It is probably from the view of psychology, biology, history, sociology education, and anthropology (Barbara, 1983).

Adolescence Stage: There are three stages in adolescence. a) Early adolescence which starts from the age of 12 ends at the age of 14. b) Middle adolescence which starts from the age of 15 ends at the age of 16 and c) Late adolescence which starts from the age of 17 ends at the age of 19 (John, 1998).

Adolescent Psychology: Adolescence (13 – 19 years old) is a hard time for children. They are experiencing all kinds of new changes in their bodies and in their feelings. Adolescence has commonly been characterized by issues such as rebellious behavior, lying, cheating, school performance problems, negative attitudes, disobedience and disrespect, sibling rivalry, drug and alcohol abuse, pressures from peers, depression, and issues of sexuality (Daniel Offer, 1984).

Family: Despite of changing family role during adolescence stage, the home environment and parents are still important for the behaviours and choice of adolescents. Adolescents who have a good relationship with their parents are less likely to engage in various risk behaviours, such as smoking, drinking, fighting, and or unprotected sexual intercourse. In addition, parents influence the education of adolescence (Gerald, 1980).

Environment: Psychological change is primarily directed by the environment and can proceed in a variety of directions depending on individual experience within particular homes, schools, communities, and cultures (Laylock, 1970).

Jawadhi Hills: Malayalee, (Mala means Hills and yalee means rulers) rules of Hills is one of the primitive tribes in India living in Jawadhu Hills of Tamil Nadu. Jawadhu Hills are spreaded over Vellore District and Tiruvannamalai District of Tamil

Nadu State of India. Around 80 thousand people are living in Jawadhu block. Out of this population, 98% are from Tribal community and 2% are from other caste, predominantly Dalits and Vanniyars. There are 11 panchayats and 229 hamlets within the radius of 150 square kilometers. The mean age at marriage for boys is 15 age and for the girls is age 13. More than 70% of the Adult men and women have venereal diseases. Reproductive tract infection is one of the major health problems for women. 80% of the children are malnourished. Infant mortality rate and maternal mortality rate is around 5 times higher than the national average. The children have to walk for around 5 kms to reach the elementary school. Because of this, drop out from the schools are very high. Female education is neglected. Agriculture is their major occupation the people. Rain water cultivation is possible. The rain water is not harvested due to the land shape. So, six months, they stay in a tribal area and for other six months they migrate to Kerala, Karnataka and Andhra Pradesh States for their livelihood. Human rights violation exists among the Tribal community. Tribal people are not aware of Acts such as Prevention of atrocities against SC/ST, Rights to get information under information Act, Minimum wage Act, Child labour prevention Act, Abuse of women at the working spot, Domestic / social offence against women, Freedom of expression / freedom of religion, Right to education, right to livelihood and minimum needs attainment, Acts on environment and forest development (People Organization for Planning and Organization, 2017).

Objectives

- To know the overall life quality of Jawadhi Tribal Adolescence
- To understand physical well-being of the respondents
- To describe the psychological well-being of the respondents
- To find the social relationship of the respondents
- To describe environment related well-being of the respondents
- To provide suggestions to improve the life quality of the respondents

METHODOLOGY

The study followed the descriptive design. There are 100 adolescences (age from 16-18 years) chosen for the study through convenient sampling technique. These respondents are the students of higher secondary schools in Jamunamarathur block. They are studying eleventh standard. Samples include male and female. All samples are Tribe of Jawadhi Hills. Interview schedule was prepared with the help of WHOQOL-100 (World Health Organization Quality of Life) as an assessment tool to this particular study. Direct personal interview technique is used to collect data from the respondents.

Main Findings

Overall Life Quality: it is included the physical and psychological well-being, social relationship and environmental in which they live. 36% of the respondents have high level of life quality. 44% of the respondents have moderate level of life quality and 20% of the respondents have low level of life quality. More one third of the population has high life quality among them. It is more than the low level life

quality adolescence. It could be understood that two third of the respondents are not having high quality of life.

Physical well-being: one fourth (25%) of the respondents have good physical health. 37% of the respondents expressed that they are not doing good in their physical health. 38% of the respondents said that they have moderate physical health condition. 63% of the respondents are physically active and 52% of the respondents felt with full of energy always.

Psychological Well-Being: more than two fifth (42%) of the respondents expressed that psychologically they are good. Nearly half (48%) of the respondents felt that moderately they are doing well on psychological aspects. One tenth (10%) of the respondents expressed that they are not doing well psychologically. 49% of the respondents said that they are enjoying their life. 69% of the respondents are happy to live. 65% of the respondents said that most of the times they are in good mood. 36% of the respondents make fun on peers often. 9% of the respondents always feel lonely. More than one third (36%) of the respondents worry often about the appearance. Half (50%) of the respondents feels jealous on the appearance of other girls and boy. 77% of the respondents never like to improve their appearance. 32% of the respondents has high level of self-perception.

Social Relationship: More than one third (41%) of the respondents have good social relationship. More than one tenth (12%) of the respondents have poor social relationship. Nearly half (47%) of the respondents have moderate level of social relationship. More than half (65%) of the respondents meet their friends often. More than one third (35%) of the respondents said that they are maintaining good relationship among girls and boys. More than three fifth (63%) of the respondents have fun with their friends. 74% of the respondents said that they are helped by their friends. More than three fourth (78%) of the respondents expressed that they have good relationship with their neighbors. All respondents said that inter caste and inter religion marriage is not allowed. If people are going for such activities, they will be excommunicated from community. All respondents expressed that they do not have any division within the community. 75% of the respondents said that they do not reach the government facilities and offers. All respondents said that they are able to access all resources within the community.

Environment: more than one third (35%) of the respondents have good environment. 44% of the respondents have moderate environment. Less than one fourth (21%) of the respondents have poor environment. 68% of the parents of the respondents understood their children very well. 75% of the respondents expressed that they are loved by their parents. More than half (57%) of the respondents feel happy for being at home. Less than half (47%) of respondents said that their parents spend time with them. Two third (69%) of the respondents are able to talk to parents when they want. 58% of the respondents expressed that they have good home environment. More than three fourth (79%) of the respondents are happy at school always. More than four fifth (84%) of the respondents are satisfied with the school atmosphere. More than half (62%) of the respondents are able to pay attention in the school. Nearly all (95%) of the respondents enjoy for going school. More than

half (69%) of the respondents are doing well with their teachers.

Suggestions for Better Quality of Life

Giving an awareness programme on need of good quality of life, activities to increase literacy rate, providing financial support, enhancing parent support, and facilitating for good environment could increase quality of life. Economic condition of the respondents blocks to have quality of life in major way. Respondents also expressed that they are good in physical and psychological well being. Therefore they can be facilitated with part time employment which can help them to meet their finance needs. Respondents who have low level of life quality, they can be given special care and motivations. The education institution, parents, peers could come forward to address the needs and problems of the respondents. Respondents need to find time for sharing of their thoughts and needs with their parents, teachers, friends, etc., The parents should make their home environment friendly to their children. School management and teachers could establish and improve the school environment friendly to their students. They are the professionals in bringing up good citizen for nation. Most of the parents of the respondents also are not educated beyond the schooling. Therefore it could be the sole responsibility of the teachers in developing the good personality among their students. It would help directly or indirectly to the adolescent in defining their life and quality.

CONCLUSION

The quality of people' life is concern of almost all the countries of the world. It is the living standard of a person. In one hand, quality of life includes the overall standard of the nation. On the other hand, it represents the standard of different classes like high, low, medium, old, children, male and female etc . Human life cannot be successful without the quality of living standard. The present study has brought out the life standard of the respondents. The study helped to understand what quality of life is and what constitutes the quality for life from the existing literatures. It has brought out the overall quality of life and dimensions wise quality of the tribal adolescence from Jawadhi Hills. It is one of the unique contributions of this study to the existing body of knowledge on quality of life. This particular study also recommends some suggestions for the respondents to have better quality of life.

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