

ACCESSING YUVA CLINIC IN PATNA: FROM THE PERSPECTIVE OF COMMUNITY



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Introduction

Adolescence literally means “to emerge” or “to attain identity”. Adolescents are people belonging to the age group 10 – 19 years. Adolescents in India are facing the problems of:

- Sexually Transmitted Infections
- Dysmenorrhea
- Tobacco and alcohol use
- Depressive problems
- Physical fights
- Worry
- Loneliness
- Oral Health Problems.

Keeping in mind the special requirements of this age group, the government has taken up the initiative under the RKSK (Rashtriya Kishore Swasthya Karyakram) programme.

.For this it has established – Adolescent Friendly Health Service Clinics, which in Bihar is known by the name – “Yuva Clinic”. It has focused on adolescent friendly approach and works to build the skills and capacities of adolescent girls and boys to resolve their health concerns. The Programme has identified six strategic priority areas for intervention:

1. Nutrition
2. Sexual and Reproductive Health
3. Non Communicable Diseases
4. Substance Misuse
5. Injuries and violence (including Gender Based Violence)
6. Mental Health

Objectives

·To access health seeking behavior about adolescent health issues among community in the city of Patna.

Methodology

Study design: Qualitative study

Study setting: Study has been conducted in Slum, Nalanda Medical College and Hospital and School, in the city- Patna.

Study Duration: 2 months.

Study participants : Adolescents, Mothers of adolescents, Doctors and Nurse.

Sample size: The study was conducted with 15 adolescent girls, 15 adolescent boys, 15 Mothers of adolescents, 4 doctors and 1 nurse.

Sampling: Convenience sampling.

Study Tool: Focused Group Discussion guide and In Depth Interview guide.

Data collection: I have approached the community through Peripheral Health Workers and Doctors. I did 3 FGDs , one with the mothers of adolescents, second with the adolescent girls and third with the adolescent boys. In depth interview was conducted with 4 Doctors and 1 Nurse at the YUVA Clinic.

Findings

Findings of adolescent girls:

- Girls share their problems with the mother or elder sister.
- They share their secrets with their elder sister and friends.
- They stay more at home, do household works.
- All the girls were very expressive except one. She was 11 years old, she said “*mummy-papa k pas time nahi hai, mai ghar ka kaam krti hoon, ham kabhi sath nahi baithte aur film bhi nahi dekhte*”.
- In slums girls are married at an early age and they had to leave their study after and sometimes before that. Most of them were having 2-3 children when they are just 19 -21 years of age.
- They are not aware of incentives (Rs. 150/-) which should be given to them, once a year by the Education Department under RKSK Programme.
- They are unaware of YUVA clinic.



Findings of adolescent boys:

- Age group **10-14 years** is comfortable with their parents.
- They have fun and spend time with them. But they share their secrets with their friends.

- Age **15-19 years** is spending less time with their parents.
- They felt a detachment from their parents when they were in class 7th or 8th.
- The conversation between them and their parents is confined to only studies and their career.
- Their mind is mostly occupied with only studies.
- They do not go out to play, they talk very less to their friends too.
- Parents just want them to perform well.
- They are unaware of YUVA clinic.

Findings of mothers of adolescents:

- They know about the issues, but are not sensitive that their child is more prone to these issues.
- They do not feel it important to spend time with them.
- They feel that cooking food for their children is the most important thing they should do and father is there to take care of financial issues.
- They are unaware of YUVA clinic.

Findings from Doctors at YUVA Clinic:

•At the Yuva Clinic, counselling services on the following issues are available:

- i. IPC on Nutrition
- ii. Sexual and Reproductive Health
- iii. Mental Health
- iv. Gender Based Violence

•They provide:

- i. Free IFA (Iron and Folic Acid) tablets and Albendazole.
- ii. Sanitary napkins at subsidized rate.
- iii. Antispasmodic,
- iv. General Health checkup including B.P, pulse, weight, BMI.
- v. There is a separate waiting area for adolescents.

- Registration of patients is not done .
- They do not do counsel for non-communicable diseases and substance misuse.

- Per day OPD is 0-1 patient.
- A maximum number of patients come with mental health issues and issues related to substance misuse, who are sent to the de-addiction department.
- Doctors say that people are aware but not sensitive.
- According to them, female patients are, more comfortable with female doctors and vice versa.
- There are more number of male patients coming to the clinic than Female patients.

According to Nurse:

She said that now people are becoming aware but they are not sensitive



Results

- No awareness regarding YUVA Clinic in the community.
- For mothers of adolescents, it is not a priority to talk to their children. They say “ *agar hamara khana ban jaye to hum unhe waqt dete hain, par pehle khana banana zaruri hai.*”
- Adolescents never discuss their personal feelings with their parents. Mothers said “ *school me, hume pata hai ke affairs wagarah hote hain ,par humse aake kabhi bolta nahi hai, doston mein bolta hoga.*” On asking why do they not share with them? “*Shayad darte hai.*”
- An 18 year old boy said “ *papa ghar ate hain par humlog baat nahi krte hain, wo alag hi room me rehte hain.*” On asking why? He said “ *unko respect dete hain.*”
- Boys of age group 15-19 years seem to be more suffering. An 18 year old boy said “ *jitni batein maine apse share ki, aaj tak kisi se nahi ki thi, kisi ne kabhi pucha hi nahi.*”
- Girls in slum areas leave their study at a very early age because of marriage. They said “ *pachma me shadi ho gi phir padhai thode ho pata, chor diye.*”
- A 17 year old boy said, “*bohat bar man kiya ke baat karein mummy ya papa se par kr ni paye, ab doston se v utni dosti ni hai jitni 10th tak thi.*”

Conclusion

- No awareness regarding YUVA Clinic.
- Mothers do not feel it a priority to talk to their kids.
- Adolescents never discuss their personal feelings with their parents, whereas they discuss that with their friends.
- Adolescents wants to share with their parents but are not able to confront them.
- Girls in slum areas are married before 18 years and they have to leave study for that.

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