

Social Care and Well Being for Adolescent Girls: Need of the Hour

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Abstract

Social well-being is a state where people are free from wants of basic needs and are able coexist peacefully in communities with opportunities for advancement. Adolescent girls are in need of all kinds of support since it is the transition period from girlhood to womanhood where a social and emotional well-being reflect in their behaviour, thoughts, feelings, and abilities. Women are considered as a population at risk not only because of their limited access to resources, but also opportunities, and systematic avoidance from the process of decision making, which constitutes the basis for the analysis of social care and social well-being that an adolescent girl gets in her budding stage. This conceptual paper aims to review the policies and programmes as set out by the government exists in the nation for the well-being of adolescent girls, and analyzes the need of proper social care and support to girls in the adolescent age group for their better emotional as well as social functioning. Based on the review of literature, it is observed that despite the remarkable steps in improving overall well-being of adolescents, progress is slow in key areas of adolescent girls' vulnerability. Thus, lack of benefit was found among adolescents, and as result, social and emotional well-being at risk, since the well-being of adolescents is associated with individual as well as contextual factors. When it comes to adolescent girls, body dissatisfaction is highly prevalent and it leads to lower self-esteem, and decreased psychological well-being. Strengthening and utilizing the economic potential of adolescent girls is the need of the hour, and it is highly important that to ensure that girls are provided resources for their aspirational futures to make them capable of contributing as equal members of society. The review reiterates that adolescence is a critical period of formative growth, which affects well-being across the life course, and adolescent well-being is shaped by each sector of the society.

Keywords: Adolescent Girls, Social Care, Social Well Being, Emotional Well Being, Policies, Welfare Programmes

1. Introduction

Adolescence is the period of an individual's life, which always seeks attention from the world around. Human life composes of various stages, and in which this particular period marks the most critical pathway. Adolescence is a term evolved from Latin meaning 'growing up'. The World Health Organization (WHO) has a description on adolescence as the period in human growth and development that usually occurs between the ages of 10 and 19. Regarding the age period, there are various opinions and the most accepted agreement is that adolescence