

## Impact of Media on adolescent Reproductive Health

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**Abstract:** Adolescents often use media simply for entertainment and an enjoyable diversion from everyday concerns. Adolescents use media to obtain information, especially about topics that their parents may be reluctant to discuss in the home, such as sexuality. The aim of this paper is to correlate the relationship of media and adolescent reproductive health. Random selection of adolescent group were selected from different schools of Ranchi (Jharkhand). Those who wanted to participate were included in the study. Questionnaire method was used to collect data from adolescent that includes questions related to types of social media they spent maximum time with, type of content they watch on internet and the type of movies they like to watch on television. A total of 5.72% male participant who surf internet for more than 2 hrs said that they were able to talk to their family or relatives regarding their sexual problems. Whereas, 25.93% male participant who surf internet for more than 3 hrs said that they were able to talk to their family or relatives regarding their sexual problems. On the other hand large number of participants from both segment of participants (i.e. >2 hrs and >3 hrs) were not able to discuss their sexual problems with their family or relatives. Almost 94.29% boys who surf internet for more than 2 hrs and 74.08% boys who surf internet for more than 3 hrs were not comfortable to discuss their sexual problems at home.

**Keywords:** Adolescent reproductive health, social media and reproductive health ,impact of television on adolescent reproductive health, questionnaires related to adolescent reproductive health, internet surfing and reproductive health.

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### I. Introduction

Adolescents are exposed to world of information and viewing at present. It worries the parents even more that the presence of internet cannot be blocked to the children as it has become part of our integrated system. Therefore, a close monitoring is required by the parents to make sure that adolescents are not watching something which can attract them towards criminal activities. It cannot be claimed that internet only provides vicious and malicious information but it also contains useful information that helps them catch up with the world. What they do is expected to be purposeful and meaningful.

Media content may lead to depression more directly. Cultural messages transmitted through media may affect other behaviors related to mental health such as eating disorders and aggressive behavior, (Becker et al., 2002; Christakis and Zimmerman 2007) and media exposure may similarly contribute to development of depression through reinforcement of depressogenic cognitions. (Lewinsohn et al., 1998) For example, certain electronic media exposures are saturated with highly idealized characters and situations, and constant comparison of one's self with these unattainable images may result in depression. (Lakdawalla et al., 2007; Lewinsohn et al., 1998; Bissell and Zhou, 2004; Van den Bulck, 2000) Related to this, media messages often contain simplistic stereotypical portrayals of socio demographic factors such as sex, race/ethnicity, sexual orientation, and occupation. (Latner et al., 2007; Rich et al., 1998; Signorielli, 1990; Wright et al., 1995; Raley and Lucas, 2006) Because adolescence is an important time of self-definition, exposure to such simplistic portrayals can interfere with normal identity development, potentially producing dysphoria. (Erikson, 1968) Other media exposures are highly negative and anxiety provoking, (Erikson, 1968; Harrison and Cantor, 1999; Strasburger et al., 2008; Kubey and Csikszentmihalyi, 1990) and repeated exposure to these messages may engender a negative and fearful perception of the world, which can also result in depression. (Lakdawalla et al., 2007; Beck, 2005) In addition, media commonly used by adolescents contain multiple references to risky behavior including substance use or abuse, violence, and sex, (Escobar-Chaves et al., 2005; Primack et al., 2008; Primack et al., 2008; Roberts et al., 2002; Roberts et al., 1999; Robinson et al., 1998) and adolescents who engage in these behaviors may come to regret them and become prone to dysphoria. (Eshbaugh and Gute 2008; Fong et al., 2004; Oswalt et al., 2005).

Purpose of this paper is to understand the impact of media on adolescent reproductive health. Media and television shows some aids like condom, undergarments (panty and bra) with exposure of body parts which creates an image and leaves a wrong impact on the mind of adolescent leading to unhealthy sexual practice.

This paper actually shows the impact of television and media which makes divergent mind of adolescent causes anxiety and depression leading to wrong sexual practices.

### II. Materials and Methods

Questionnaire method was used to collect data. Questions were asked to the students in groups and individually, after school and outside school premises. Questions were asked in Hindi and English. Only those candidates were taken into this study who agreed to answer all questions in the questionnaire.

A total of 250 candidates were participated in the study among which were 150 boys and 100 girls from various types of schools. Adolescents in ranchi (Jharkhand) suburbs are very shy to respond to questions which are sexual in nature. Specially, girl participants are very difficult to open up comparing to boys. Therefore, a female interviewer was accompanied to question female participants. An average of 10-15 min were taken for the complete questionnaire. More students from Hindu community supported this survey comparing to other religious community, such as Muslims, Christian, Sikh and Sarna. A total of 187 students of Hindu community were enrolled for this survey, whereas. 22, 23, and 27 were enrolled from Muslim, Christian and other communities, respectively.

### III. Research Design



### IV. Result

A total of 64 boys (42.67%) said that they spend more than 2 hrs viewing television and almost 2/3 of that were those who spend more 3 hrs viewing (i.e. 26 (17.34%)). A total of 70 boys (46.67%) said that they spend more than 2 hrs surfing internet and almost 2/3 of that were those who spend more 3 hrs surfing (i.e. 54 (36%)). Based on duration spend television viewing and surfing, male participants were examined for selected sexual questions (Figure 3.13 and Figure 3.16).

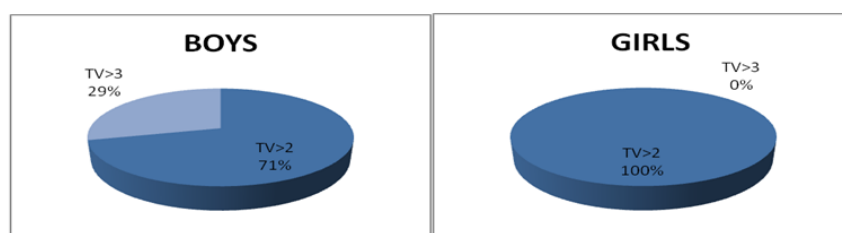


Figure 3.13: Percentage of boys and girls view TV for more than 2 hrs and 3hrs.

For question -Have you noticed any bodily changes in yourself that you do not understand?, answers were taken in ‘YES’ and ‘NO’. A total of 1.57% male participant who viewed TV for more than 2 hrs said ‘YES’ (i.e. they do not completely understand pubertal changes in themselves). Likewise, 30.77% of participant who viewed TV for more than 3 hrs responded with a ‘YES’. Whereas, a total of 98.44% and 69.24% participant who viewed TV for more than 2 hrs and 3 hrs said responded ‘NO’ (i.e. they do completely understand pubertal changes in themselves), respectively.

Similarly, a total of 7.15% male participant who surf internet for more than 2 hrs said ‘YES’ (i.e. they do not completely understand pubertal changes in themselves). Likewise, 14.82% participant who surf internet for more than 3 hrs responded with a ‘YES’. Whereas, a total of 92.86% and 85.19% participant who surf internet for more than 2 hrs and 3 hrs said responded ‘NO’ (i.e. they do completely understand pubertal changes in themselves), respectively.

Have you ever been sexually attracted to a boy? Question number '6' of the section 'C' of sexual questionnaire were given with choices in 'YES' and 'NO'. An aggregate of 11.77% participants, who view TV for more than 2 hrs, reported with a 'YES', that they have been sexually attracted to a boy. On the other hand, 88.24% participants, who view TV for more than 2 hrs, reported, 'NO' that they never been attracted to any boy.

An aggregate of 38.89% participants, who surf internet for more than 2 hrs, reported with a 'YES', that they have been sexually attracted to a boy. Whereas, on the other hand 61.12% participants, who surf internet for more than 2 hrs, reported, 'NO' that they never been attracted to any girl.

For question number '7' which asks that 'Do you know anything about self sex?' choices were provided with 'YES' and 'NO'. A total of 11.77% female participants, who view TV for more than 2 hrs said 'YES' they know about 'self sex'. Subsequently, 88.77% participants, who view TV for more than 2 hrs said 'NO', that they don't know anything about 'self sex', respectively

## V. Conclusion

Our results showed that those participants who watch TV for >2 hrs are more anxious and less depressed. Whereas, those who viewed television for >3 hrs were more depressed and less anxious. Among girls however, who watched TV for more than 2 hrs were both anxious and depressed.

Male participants who were watching TV for more than >2 hrs were more scared of future outcomes and less possible suicidal tendencies. Whereas, those participants who watch TV for more than 3 hrs had more suicidal tendencies than future outcomes. There are ample of information available pointing that TV created anxiety and depression. Evidence increasingly suggests that the media are likely to play a prominent role in the sexual socialization of youth.

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