THE EFFECTIVENESS OF A PUBERTAL PREPAREDNESS INTERVENTION AMONG ADOLESCENT BOYS: AN INTERVENTION-BASED STUDY

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03-275221-002

A thesis submitted in fulfillment of the

requirements for the award of the degree of

Master of Science (Clinical Psychology)

Institute Of Professional Psychology

BAHRIA UNIVERSITY LAHORE CAMPUS

APRIL, 2024

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DEDICATION

To the Merciful Allah Almighty, Ms. Surraiya, Mr. Khalid Mahmood, and to Mr. Ghulam Sarwar.

Acknowledgement

First and Foremost, I am grateful to the merciful Allah Almighty for the abundant blessings and guidance throughout my research journey and for enabling me to successfully complete this research work.

With deep appreciation, first of all, I would like to express my sincere gratitude to my supervisor Dr. Ayesha Aziz, whose direction, encouragement, and priceless input have been indispensable along this journey. Your guidance, tolerance, and support have always been an inspiration to me.

Additionally, I would like to thank everyone who helped me throughout the journey to complete my thesis. I owe Bahria University Lahore Campus for giving me the resources, spaces, and chances required to carry out my study. The intellectual community and academic setting at Bahria University Lahore Campus have been extremely influential in my development as an intellectual.

I sincerely and gratefully thank my family for their unwavering love, support, and encouragement during this endeavor. My biggest source of inspiration has been your faith in me, and I sincerely appreciate your understanding and sacrifices. I am really thankful to my siblings, Ms. Hafsa Khalid and Mr. Talha Khalid for their support that was required throughout the whole journey to accomplish my goals. My love for you both is infinite.

I also appreciate my friends for their moral support, companionship, and encouragement at trying times. This journey has been more pleasurable and meaningful because of your friendship and companionship. Lastly, I want to thank myself for my hard work, consistency, and determination. I recognize and appreciate the personal development that this thesis project has brought to me. I am pleased with the progress I have made, and my tenacity, endurance, and patience have not gone unnoticed.

Abstract

The aim of the current study was to investigate the efficacy of Pubertal Preparedness Program among adolescent boys using a between-within experimental design, employed on a sample of N=58 adolescent boys by forming two groups of participants. i.e., Experimental and control group. Then, the participants from local school were randomly allocated to either experimental or control group using single blind procedure. On the sample, pre, post and then follow-up assessment was done on quality of life scale (QOLs) for children in puberty to evaluate the changes in quality of life of the participants over time. The intervention consisted of pubertal preparedness program comprised of 6 sessions. The intervention was provided based on pubertal preparedness program which was originally developed on "Adolescent education", "Mera Jism Mera Hai", and "Bachon Ki Hifazat" which were adapted indigenously. The rationale of this intervention was to provide awareness about pubertal changes, teaching the child about appropriate and inappropriate touch and ensuring self-defense in case of impending sexual damage. The intervention sessions were administered over a period of one week on a daily basis, with each session lasting for 45-60 minutes. The experimental group was given pubertal preparedness program, and the control group did not receive any treatment. The descriptive statistics are run to assess such as Means, Standard Deviations, Percentages and Frequencies. Mixed factorial MANCOVA was used to assess between and within group effect. The results indicate that pubertal preparedness programs can be effective at enhancing the overall quality of life of the adolescent boys.

Key words: Pubertal status, Pubertal Changes, Adolescent boys, Pubertal Preparedness Program, Quality of life, Appropriate and Inappropriate Touch, and Self-defense.

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LIST OF ABREVATIONS

QOLs= Quality of life scale for children in puberty

PDS= Pubertal Development Scale

M= Mean

SD= Standard Deviation

UNESCO= United Nations, Educational, Scientific and Cultural Organization

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