

Research Paper :

Impact of intervention programme on interpersonal relationships of rural adolescent girls

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ABSTRACT

The study on rural adolescent school going girls was carried out in five villages of Ludhiana district namely, Hassanpur, Bhanaur, Gahaur, Mohie and Mansuran. The sample consisted of 165 girls studying in XI and XII classes in Government Senior Secondary schools. The study was initiated to study the existing levels of interpersonal relationships and to develop intervention packages regarding interpersonal relationships to bring out optimum change in the knowledge of rural adolescent girls. Self-structured checklist was prepared to assess the level of interpersonal relationships. The girls showed improvement in mean scores with successive post testings. It was found that after intervention provided to girls in the form of booklets, packages, lectures, group discussions, girls showed considerable increase in their level regarding interpersonal relationships. Not much change was observed in their behavioral patterns.

Key words : Intervention programme, Interpersonal relationship, Adolescent girls

Interpersonal relationships are dynamic systems that change continuously during their existence. Like living organisms, relationships have a beginning, a lifespan, and an end. They tend to grow and improve gradually, as people get to know each other and become closer emotionally, or they gradually deteriorate as people drift apart and form new relationships with others. A relationship is normally viewed as a connection between two individuals, such as a romantic or intimate relationship, or a parent child relationship. Individuals can also have relationships with groups of people, such as the relation between a pastor and his congregation, an uncle and a family, or a mayor and a town. Finally, groups or even nations may have relations with each other, though this is a much broader domain.

Relationships usually involve some level of interdependence. People in a relationship tend to influence each other, share their thoughts and feelings, and engage in activities together. Because of this interdependence, most things that change or impact one member of the relationship will have some level of impact on the other member.

Interpersonal relationships include kinship and family relations in which people become associated by genetics or consanguinity. These include such roles as father, mother, son, or daughter. Relationships can also be established by marriage, such as husband, wife, father-in-law, mother-in-law, uncle by marriage, or aunt by marriage. They may be formal long term relationships

recognized by law and formalized through public ceremony, such as marriage or civil union. They may also be informal long-term relationships such as loving relationships or romantic relationships with or without living together.

An interpersonal relationship is a relatively long-term association between two or more people. This association may be based on emotions like love and liking, regular business interactions, or some other type of social commitment. Interpersonal relationships take place in a great variety of contexts, such as family, friends, marriage, acquaintances work, clubs, neighborhood and churches. They may be regulated by law, custom, or mutual agreement and are the basis of social groups and society as a whole. Although humans are fundamentally social creatures, interpersonal relationships are not always healthy. Examples of unhealthy relationships include abusive relationships and codependence. Keeping the above factors in mind, the following study was planned to study the interpersonal relationships of rural adolescent school going girls through pre and post testing with the following objectives : To study the existing status of interpersonal relations of rural adolescent girls and to study the impact of intervention on interpersonal relations of girls

METHODOLOGY

Five villages (purposively selected) namely, Hassanpur, Bhanaur, Gahaur, Mohie and Mansuran in