

Effectiveness of the “Understand Teens” Training Program on Capability of Caretakers and Teachers to Understand Adolescents in Family and in School

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ABSTRACT

Background: The adolescent period is a time of remarkable physical growth and sexual maturation. Emotional development is also significant during this period of life. The increase in various hormones during puberty can cause a temporary chemical imbalance which can account for unstable emotions such as irritability, anger, and moodiness. It is important for adults to understand and help adolescents transition to adulthood with health and well-being.

Objectives:

To examine the effectiveness of the “Understand Teens” training program on capability of caretakers and teachers to understand adolescents in family and in school

Methodology: This study was a pre-experimental design (one-group pretest-posttest design). One hundred and eighty-six parents and twenty-five teachers were recruited to participate in the “Understand Teens” training program implemented during the academic year of 2008. Data were collected employing self-administered questionnaire. Descriptive statistics, Paired-*t*-test and Wilcoxon Signed Ranks Test were used to analyze data.

Results: The majority of adolescent’s caretakers were parents (83.8%). It was found that after participating in the program, caretakers’ and teacher’s understanding as to adolescents’ changes, problems, and how to provide care to adolescents was significantly higher than that before participating in the program ($t = -14.06, p < .01$ and $z = -3.97, p < .01$ respectively). Furthermore, after participating in the program, caretakers’ and teacher’s confidence and intention to understand and provide good care to adolescents were significantly higher than those before participating in the program ($t = -15.25, p < .01$ and $z = -4.12, p < .01$ respectively).

Conclusion: The “Understand Teens” training program should be promoted among adolescents’ caretakers and teachers in middle and high schools to enhance their capability to properly approach adolescents with love and understanding.

Keywords: Adolescents, Training program, Understanding

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