

ABSTRACT

This research was conducted to identify the problems faced by the Junior Secondary students at school as a result of their physical changes. Apart from that to understand the nature of the physical growth and to find out how the physical change affected the teaching learning process; The problems they face during the co-curricular activities and the social relationships, then to suggest solutions for the above problems.

For this research design survey method was used. The relevant samples were taken from the 3 education divisions of Balangoda, Imbulpe and Weligepola in the Balangoda Zone. Ten schools were selected. The selected school types included 1 school from 1 AB type, 4 schools from 1C type and 5 schools from type 2.

The schools were selected using stratified method. As the sample 10 teachers and 100 Junior Secondary school girls were taken. Interviews, discussions and questionnaire were used to collect data. The data was analyzed and presented in using pie charts, graphs, tables and percentages. The data analysis was done using qualitative and quantitative; under the qualitative analysis content analysis was done.

It was revealed that the "growth in height" was the most noticeable feature in the physical change. The study discovered that the growth in height was prominent due to the fact that the growth of the body fatness was low when compared to the height.

It was also discovered that the girls find it uneasy to maintain the same physical posture until the lessons lasted. It was also found that the girls feel anxious to work with boys in co-curricular activities. In addition to that the girls become nervous when they are asked deliver speeches at meetings.

On the other hand in maintaining social relationships they feel uneasy and worried as they have to wear the same dress for every occasion. It was suggested that "much attention should be given to students" in order to find solutions for the problems they encounter during the teaching-learning process.

Majority of the teachers suggested that the students should be educated on “menstrual cycle” and sanitation and school should provide necessary facilities. The girls suggested that their counterparts must be aware of the physical changes of the girls.

Teachers emphasized that the students should be encouraged to involve in co-curricular activities. To that their skills, abilities and leadership qualities could be developed and due recognition should be given to them.

As a solution for the social relationship issue it was suggested that there should be a sensitive, empathetic school counsellor to listen to the students.

Majority suggested, the students, who have poor social relationships should be encouraged to work in peer groups and motivate them to maintain friendly cordial relationships with others.