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RESEARCH ARTICLE

Psychosocial Problems of Adolescent Girls in Trichy District: A Comprehensive Review

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ABSTRACT

Adolescent girls from the Trichy district of Tamil Nadu encounter various types of psychosocial problems that do not allow them to develop holistically and psychologically and hinder their future progress (Balamurugan et al., 2024; Rajkumar et al., 2022). This review article assesses the current state of literature on the psychosocial problems of young girls aged 10–19 years in this specific area. They are related to discrimination, stress at school, early marriage, body image issues, mental illness stigma, bullying, and cyberbullying. Through the utilization of sociocultural, ecological, and feminist theoretical frameworks, the origins, symptoms, and consequences of these problems are analyzed in relation to the unique sociodemographic situation in the Trichy district.

Keywords*: psychosocial problems, adolescent girls, Trichy District, Tamil Nadu, mental health, gender, social determinants*

INTRODUCTION

The teenage years are challenging because of the physical, psychological, and emotional changes that occur during this period. However, for teenage girls, there is one more aspect that complicates their lives even more from the perspective of societal expectations. To be a teenager in the Indian city of Trichy, Tamil Nadu, India, means to face the challenges connected to the following factors. First, being girls they are brought up in a traditional environment; second, they learn about the new values of life. Thus, it results in a situation where they must reconcile their desire for freedom and independence with their respect for their culture.

Tiruchirappalli, as a historically significant and economically significant place, has a population of 2.7 million belonging to different strata of socio-economic groups. Different categories–urban, peri-urban, and rural communities, consisting of populations of different socio-economic strata–form the region. Although there have been advancements in terms of education and the economy, traditional patriarchal norms, caste hierarchy, and social stratifications affect adolescent girls and form paradoxes where adolescents grow up in a society encouraging their development through education, though implicitly discriminated against.

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Granted that some of a girl's "problems" may not be ones of an emotional nature, and in fact their futures are complicated and burdened by the various situations occurring in the world. They are experiencing their bouts of depression, low self-esteem, anxiety, and in many cases, added pressures coming to them in the guise of gender inequality, poverty, societal pressures, and the burden they carry in the family home. It is also reported that assertiveness is greatly determined by socioeconomic correlates, such as parents' monthly income and though a lesser effect on girl's self-esteem, still plays some role. The psychological pressures the girl feels trying to be good girls, following all the prescribed ways they should, is exhausting.

Sociodemographic Scenario of the District of Trichy

To be aware of the psychosocial milieu of adolescent girls in Trichy, one should have a view of the sociodemographic traits of the Trichy district. 80% of the district population was found to be literate, and the percentage of female literacy was only 75% of the total literates, which is less than the literacy rate of the entire state. There had been significant progress regarding the increase of female enrolment at various levels, but still the high percentage of girls dropping out at secondary and higher secondary stages especially the SC, ST, OBC girls need concern

BHEL, many ancillary and smaller industries based on the BHEL, are a primary aspect of the economy, besides Agriculture and Trade, and a burgeoning service sector, in and around. Cities have quite developed hospitals and schools; however, there is a great discrepancy in the standard of living among rural inhabitants and periphery suburbs like Thuraiyur, Lalgudi, Manachanallur, Musiri, and Manapparai. Most of the population in these areas is destitute and lacks quite in having proper hospitals and has conservative thinking, which leads to teenage girls not being able to live properly with quality education and living standards.

Approximately 18 percent of the population in our zone are teens. 18 percent from female teenagers face much more trouble, it's all because of the nature of a society which we have created. In our region boys are good at getting educated, do all kinds of work and anything whatever they want. But female children have nothing to do about that and just bound to the social expectations. Especially if girls are of lowest class or certain castes in the rural area. They suffer more. They have too tough to live with cause of caste, class and gender as like big proportion of female teenagers belong to low caste, poor families in rural side, bearing more than one have also proved it when in the research of Toro et al. (2025) found that female adolescents suffered from higher proportions of mental health and suicidality concerns than average.

a) Gender-Based Discrimination and Patriarchal Oppression

It is observed in Trichy district that there is an inequality exists among the male and female. This is a daily fact in the district and one of the many traumas that girls face in terms of their mental health and self-esteem due to the prejudice of male dominance towards females. As this matter exists, boys and male children receive better attention and have proper nutritious diet, medicine facilities, and more education, when girls face numerous problems like not permitted to go out, undergo hardship from their childhood days, made to stay quiet and silent, and are asked to be obedient, restricting to play in their surroundings, instead serve their mothers doing housework keeping the ambition of getting married and settling at home at stake disappoints them of getting treated well with equality.

When the abuse that the girls endure has damaging emotional and psychological consequences, it will make them come to believe they are pessimistic about themselves and arrive at hatred against different young girls for explanations due to the way other people consider girls should behave. Around the nearby communities in places where there are rigid rules regarding male versus female societies, which at times assume that men should have an even larger position in gender, can also lead to changing the perspectives of young ladies' views of their self. These views can even lead women to believe that they can never fulfill their targets or enjoy themselves because they question themselves.

The girl has come up to take some matter toward us through here from we want to give consideration toward ladies from seeing with regard to the girl that they cherish in our minds. By hearing how girls feel about themselves, they want to grow into good persons throughout their journey and not turn out to be denied everything and let the women meet the life goals in this journey. Let us create a fair treatment method and behavior toward young women.

There is still a desire for boys in some parts of Trichy, particularly among poorer rural communities, but this mentality is slowly receding towards cities; however, this has adversely affected rural Trichy. Girls being neglected as second-grade citizens feel timid and unsure about being a burden

for their families, especially when they must get married and carry along the dowry burden. This has created insecurities in teenage girls.

b) Family Environment, Parental Monitoring, and Social Support

For adolescent girls in Tiruchirappalli, the family is usually their first and most effective context for learning confidence, social skills, safety, decision making and more. It's when family interactions are such that a girl feels loved, heard, respected and supported in her education and life aspirations. If parents talk regularly and thoughtfully about girl's worries about homework, friendships, their health, or their digital lives then she's less likely to feel stressed or unable to cope, and more likely to feel secure. Family fights, verbal aggression, restricted access based on sex of the child, or lack of communication make stress higher for girls and reduce the likelihood that she'll come forward for help. Parental monitoring isn't controlling, but rather trusting them enough to be privy to whom their daughter's friends are, where she's going to school, and what she's looking up online while being responsive when she comes to them with worries about friendships, school, her health, or her online safety. When girl's feel able to go to their parents for answers and help, rather than fear punishment, their ability to problem-solve rises. Low level of monitoring has often been linked to the highest rates of adolescent risk behaviour, while supportive monitoring strengthens the parent-girl relationship, child's safety, and social support opportunities (Dishion et al., 2025). Finally, social support of various kinds – from family members (parents or siblings); peers and schoolmates; teacher and other adults whom the girl knows well and can trust- the girl's ability to access coping resources when confronted by the stresses of academics, family tensions, teasing and bullying, and online risks of all kinds- that can serve as a resource. The existence of a girl having even one such person can cushion a shock or prevent breakdown in many instances. Social support is robustly associated with resilience, self-esteem and good mental health among adolescents (Liu et al., 2021; Wu et al., 2021).

c) Academic Pressure and Educational Inequity

However, educating girls in Trichy has both a lot of potential as well as a lot of pressure and anxiety. The government initiated the Samacheer Kalvi (same education as other board) and Free Lunch at government schools, but many girls from poorer backgrounds have no choice but to attend poorly equipped government schools, and there is no help from teachers and counselors for emotional stability and stress in life. The problems faced by low-income girls from the Trichy district are that there is a lack of proper schools and teachers, and so we need to improve this. There should be no pressure on these girls, and we should provide these children with all they want so that they reach their full potential and overcome the poverty they were born into. This would make them responsible girls to work for Trichy's betterment. The school pressure on girls in this era has a full schedule including with her studies or with other family members or the factors which we may find or considering the varying factors pressure of life not going easy at all A student who is more stressed due to city lifestyle, who is always trying to give perfect shot always facing challenge by school teachers, his/her parents, tuition classes too for perfection at tests, by proving perfect student, leading to extreme level stress or burnout or even with insomnia Other aspect comes into play by the student living in suburbs or rural areas it has become difficult for student to prove themselves to her parents, to establish herself that how helpful or good she is. The pressure of helping family members, young sibling, or aiding mother with domestic tasks or any other work Pressure could also create difficulty for student for balancing their attention, a family should know the amount useful she can bring if the student achieves good position. Ultimately, for whichever region, her position may be in the school or home, it is inevitable for girls to remain pressured by schools, society, and homes to perform well; her basic responsibility is to maintain society's expectations, fulfilling the criteria to prove her success level by proving how much she is capable of satisfying the societal requirements for a perfect being. Therefore, the girls must remain pressured; therefore, it becomes the responsibility of our community or world to come together to provide these girls with an opportunity of life to work hard, to grow their abilities and potential so they could become confident within themselves without any obligation of convincing and having challenges against judgements of the society as girls are also striving to set their roles. The study made by Rajeswari et al (2023) indicated that the low status of life skills on girls as compared to boy is because of the parental pressure from home to manage all domestic work. And the boys are not put back in the matter to learn life skills. They added by that only few of them were permitted to attend extracurricular training.

However, most teenage girls who face the examination would often go through the stage of fearing the exam results, the cause of which impacts not just them and their family but the entire society.

These newspaper headlines reveal that many students commit suicide during examinations due to severe fear and pressure, and failures can put such girls in a pit of despair. These exams put such heavy responsibility on the shoulders of young teenage girls that they go to the extreme of committing suicide.

d) Early Marriage and School Dropout

Although the Prohibition of Child Marriage Act (2006) restricts and prevents child marriage, this prevalent social practice is reported to occur in some villages of the Trichy District, with a concentration in rural and tribal villages. Teenage marriage– usually defined as marriage before 18– impacts severely with numerous long-range psychosocial implications on adolescent girls and boys. Early marriage cuts short their studies, limits their social circles and make them take on adult roles of marriage and maternity, which neither have been equipped nor ripen to do so.

Early weddings can have extremely adverse effects on a woman's mind and emotions, causing feelings of depression, anxiety, and solitude, loss of connections, and lack of capability to make personal choices. In some cases, wedding ceremonies are coupled with domestic violence. As the ladies transform her mindset and character to get accustomed to becoming a wedded lady can turn into traumatizing experiences, when ladies should accept early on life, responsibilities, sex education in addition to childbirth. All of this tends to get much the lady to overcome. Girl in most of the situation is going to face too many things – it means to be in depression, get involved in bad affairs, harassment and what more after the drop out a girl is going to get too much free time without the support to guide her for doing anything worthwhile activities. Physical and sexual violence exposure, maladaptive life events, the perception of neighborhoods safety significantly predicts the depression which can be minimized with greater social support, acting as a buffer through beneficial psychic activities (Wado et al, 2022). The Trichy district's health data reported positive trends around maternal mortality rate (MMR) and infant mortality rate (IMR). The prevalence of teenage pregnancies, however continues to remain an alarming concern. According to data obtained by the Times of India (TOI) in 2026, the region had 834 reported cases of teen pregnancies during the time frame of April to November (Srivatsal, 2026.)

e) Body Image, Puberty, and Reproductive Health Concerns

A girl loses her virginity and here the concept refers to when a girl first experiences her menstruation. In Trichy, India and other regions globally with societal and familial conventions in menstruation. Generally, girls are isolated, confined to performing tasks and advised to strict food habits. Such guidelines, despite having cultural significance for some can lead young girls to feel shame, social stigma as well as carry the weight of pure and un-dirty blood. It tends to make them feel that their bodies are shameful and should be avoided rather than being a life force which should be celebrated. Diet practices which often determine one's class status and appearance also plays an equally important role; poor choice of diet such as junk food leads to many deteriorating Health conditions amongst adolescent girls in urban regions. Many young girls in rural settings suffer from anemia as a direct cause of poor financial means in obtaining wholesome meals. Although many of those girls recognize the advantages of supplements provided by the Government and do consume them. The urban counterparts have yet to effectively benefit from this support. The prospect of first menstruation in a girl's life can be an intimidating and terrifying experience and can be quite hard for them to comprehend and grasp. Very few would really recognize the knowhow and approach the situation and have their menstruation periods. Girls would seldom have a chance to get access to essentials like restrooms in school or to sanitary pads. This causes extreme distress for girls to the extent that they take days off from school during these periods. For instance, many girls are missing out of school in Tamil Nadu on account of the menstruation in this scenario impacts not only the grades but also their friendships in the world. This is a subject of utter importance that must be addressed and stopped. Girls should feel secure and unhindered by their menstruation which prevents them from making a high grade in their academic activities, schooling, Friends and overall Life. From the findings stated by Rajeswari et al (2013),48% of the respondents have high level of physical and health problem among female adolescents. Hence it is proved that there is a health problem of female as far as physical health is concerned.

Another example of psychological suffering may be body image issues. In Trichy where the lives of adolescent girls are influenced by messages from media and society which promote conflicting standards of feminine ideals: For women/girls, according to many, beauty comes naturally with standards for skin color, slender physique and decency whereas the new images presented via media for girlhood is similarly strict and

challenging. With continued media representations of such skin whitening campaigns across Tamil local media, colorism or color consciousness among girls in Trichy has increased giving rise to self-depreciating outlook. While these issues have not attracted substantial attention by Trichy research centres, disordered eating behavior remains of a growing concern among adolescent girls in Trichy. Studies by Govindan et al (2023) show that malnutrition, stunting and thinness were all significantly related with low diversity in food, households suffering from food insecurity and limited access to nutrition and adolescents in Trichy district,137 (71.7%), indicated low calorie intake using food intake recorded during the past 24 hours; among which the study subjects include: 138 (72.3%)- normal BMI 2 (1%) - overweight, 29(15.2%)-thin, and 22(11.5%) very thin.

f) Mental Health Stigma and Emotional Distress

Consistent results across studies revealed high rates of mental health problems like depression, anxiety, and psychosocial distress among teenage girls. One of the most ignored and simultaneously most stigmatizing aspects of well-being among teenagers is the area of Mental Health in Trichy District. Even as more public interest is building up regarding the role of mental health nationwide, the communities in Trichy District often look at asking the service of the mental health professional as that of an exposed showing how weak a person is, or in many perspectives that of the "insane", thus girls/parents avoid acknowledging, seeking intervention, and creating a huge space between detection and the start of effective treatment.

The large mental health crisis that affects girls in their adolescent stage of life in Tamil Nadu is a huge public health burden, and a terribly alarming one too. A subset of them seem to experience depression and anxiety without any capacity to express it. This is a lot more noticeable in Trichy where several girls will complain about headaches, diffuse bodily pains and so forth. That could perhaps be because of cultural factors in which experiencing physical pain is perceived as being of a certain socially legitimate, of greater value or weight, more normal to articulate, compared to one's pain and emotional suffering, and the girls' expressions may therefore be misinterpreted. Girls suffering emotionally may also therefore be at more risk of receiving less, and poor-quality mental healthcare and Maheswari (2023) found that less than half of the adolescents (46%) have moderate level of acceptance of their physical appearance. In fact, it's because many loving adults and friends can't ascertain the true cause of suffering for the girls and they will find it hard to express their emotional needs and to advocate for their well-being, which is why many go untreated. There is therefore an immense need to create a linguistically sound channel that girls in Trichy might access to express their feelings and pain, without their words being automatically discounted or perceived as purely somatized or physical. A language of emotions, one not reliant on bodily sensations to be valid, will certainly cause these girls to feel more, less alone and alienated, and more empowered. A culturally appropriate emotional language may also perhaps provide girls with a scope to communicate and retrieve desired help in coping with what is experienced. Disrupted sleep-wake cycles and disturbances in study habits were significantly associated with problems concerning psychological health (Mangal et al., 2020). At times, even care givers struggle to make sense of the underlying feeling out of a mere verbal one. Acknowledging that would allow them a relief of feeling seen and heard. What is desperately needed, therefore, are spaces which create the right climate for expressing emotions to foster and to provide girls, support groups in Trichy where they can engage with fellow travelers who understand. This issue is one society needs to focus on and find ways to address it. Otherwise, a great deal of mental agony is allowed to proliferate untreated, and girls deprived of a caring community for their growth at a stage that demands it immensely. Had girls possessed a vehicle, a language and some tools, through which they were allowed to express those concerns that shape them mentally, and to develop themselves more robustly, the individual girls will see more fulfilling life experiences and have that carried through into community, in general. Providing this via a culturally fitting emotional language could be the answer to seeing girls thrive. Again, the same thing noted in the similar study by Martin and Maheswari (2023) which reported that in Madurai district, slightly higher than 50% cases (52.0%) had severely to extremely elevated level of depression and more than half of respondents had (56%) low level of behavior control and more than half of respondents had (54.6 %) low level of mental health.

What's happening in Tamil Nadu is outrageous and painful, to see the kind of young girls are ending their own lives and ending up killing themselves. While there is no statistic that says there is something specific happening to Trichy District, it really looks like young adolescent girls across Tamil Nadu are being devastated by the setbacks in life which comes due to failing exams, quarrels with siblings or friends, breakups. This is why the lack of school counselors, counselors, and the availability

of mental health services are posing significant concern for the district. What this essentially means is much of the time it is very likely the poor adolescents in the district do not have any proper help from mental health professionals and they are left to handle and cope up with their personal issues along with their peers and friends. It is up to us to lend ear and be the dependable sound board to all issues and sentiments faced by these girls, along with timely intervention of caring adults to help these girls chart out their future course of hope. These girls must be given support to get out of the depression, they cannot be allowed to undergo that all alone, and that is our moral responsibility.

g) Peer Victimization, Bullying, and Social Pressure

It is an established fact that the peers or their social circle plays an extremely important role in shaping up the children and their self-appraisal. Some of the perennial problem faced by girl students, not just in Trichy but in any school and vicinity in the area is bullying and their resulting behaviour, that negatively impacts their mental well-being and emotional balance. Adverse behaviour such as rumor mongering, defamation, teasing, ridiculing or even ostracization severely affects a girl, making her feel lost, worthless, unloved and alienated

It is heartbreaking to learn about the ordeals faced by low caste girls in the district of Trichy who suffer from peer harassment. Childhood harassment based on caste for students belonging to low castes is practiced by their classmates of higher castes resulting in stereotyping among them. This can be both overt and covert in form. Such attitude of the higher caste classmates of lower castes girls causes a detrimental social and a negative environment for them. It is observed that schools hardly have a proper mechanism for redressed of grievance and its effective implementation that leads to the damage to their social and mental well-being and that consequently affect their learning career, self-confidence, career development and eventually their future. Absence of school system and appropriate framework for handling issues related to low caste girls is another cause for escalation of such problems at schools. We endeavor to strengthen social inclusion for all student at school on equal terms and through awareness generation and developing holistic approach including age appropriate and gender respectful behavior in schools in general with special focus on addressing gender based social discrimination and peer harassment issues to meet the challenged face by low castes girls in schools towards their successful completion of education. So let's transform all schools into space of Empowerment, Encouragement and Inclusion for ensuring for all the students security, fundamental right of every girl toward attaining goal and dreams. Girls also experience significant peer pressure, about conforming to norms on clothing, mannerisms, and even to participate in a modern dating scenario that transgress traditional values some families uphold. In some cities like Trichy, some youngsters have begun practicing a more modernized dating style but to remain compliant to family's norms, the adolescent girls often indulge in secret dating in order to avoid guilt and societal censure,

h) Digital Technology, social media, and Cyber vulnerability

As with the explosion of the Internet and the spread of Smartphones, a new dimension of psychosocial risk has opened for adolescent girls in Trichy. Social media like Whatsapp, Instagram, Youtube etc, has been introduced into the adolescent's network to allow them to express themselves, to socialize and to entertain themselves. Social media plays an important part but it also exposes girls to many psychosocial risks on the internet such as; cyberbullying, non-consensual image sharing, online sexual harassments and access to damaging contents. Rajeswari and Maheswari (2026) reported that 59% adolescents exhibited high dependency on mobile with the majority of them spending > 5 hours/day on mobile with primary purposes for gaming, leading to disruptions in their routine of academic performance, interference with sleeping patterns, anxiety, vision related issues, body aches. However, mobile dependency was not related with sex, place of residence, education and psychological health. They justify the exploitation of online activities as another opportunity to harass, blackmail girls, and sabotage their character. If a girl Posts a photo or expresses comments on online sites it is more probable than not that her photo or her statements are going to be victim of organized cyberbullying, her reputation is likely to be destroyed and this will ruin the girl's social life. Tripathi and Farooqi (2023) identified that the highest mean level in passive aggressive behavior was related significantly to mean level social media usage, and social media usage was not significantly related with empathy and impulsiveness. Young adults revealed higher level social media usage compared to 40 years of age, there were not significant main effect of age to relationship between social media usage and empathy.

Many girls live in fear that they will become victims of harassment and ridicule. It does silence the girls and prevent them from voicing their rights and

opinions in the virtual world too. Not to be able to express oneself is a violation, an invasion of liberty. Girls hide inside of themselves in fear of becoming an easy target. Such behavior damages self-image and overall expression. Overuse of social media is hazardous for adolescent's girls because it gives to birth, body image dissatisfaction and comparative thinking leading to depression. Girls prevail to think they need to look some sort of way when compared to others on social media which can affect their self –confidence and cause unhappiness. Training girls how to make use of social medias critically to enjoy healthy effects can avoid the negative outcomes. Higher life satisfaction and better mental well-being (enhanced by social support) were associated with reduced risky behaviors in the adolescents, suggesting that favorable overall psychosocial environments contributed to positive health behaviors (Yuanyi et al., 2024).

LIFE SKILLS, DIGITAL LITERACY, RESILIENCE, AND SCHOOL-BASED COUNSELLING SUPPORT

Life Skills are required for adolescents who need to cope and deal effectively and positively to daily challenges. Some of the life skills are: decision making, problem-solving, communication, critical thinking, emotional management, self-awareness, empathy and support seeking skills. In a typical set of circumstances like in Tiruchirappalli, life skills may be quite beneficial in: academics, interpersonal relationships, family relationships, issues related to menarche, health concerns, and aspirations for career, as well as, managing unpleasant exposure to the internet. These life skills would enable the girls to communicate their views assertively and maintain boundaries to keep themselves safe from harmful situation. Within the mental health intervention programs at schools across India life skills training has proved itself effective among the adolescents in terms of the psychosocial outcome (Malik et al. 2022). In addition to digital literacy, skills will increasingly come to be an inherent component of the life of every girl not just for her now and again access, access of a mobile, application with an instant message, or an acquaintance of a web page. This literacy implies access of factual information and data from reliable sources, knowledge regarding privacy settings, ways to keep away fake News, keeping strong passwords, coping with on line threats, developing software or application with a view to make use of in their future career and studies, etc. Albeit, majority girls make use of the Internet, but for women rights of the equal, privacy as well as their effective digital literacy, capacity building, online harassment, cyber security etc. are not uniform. Studies about low income and rural girls of Tamil-Nadu reflected not only their eagerness to participate in the cyber arena but also many hindrances for them to integrate with it (Nair & Chandrasekhar, 2020). Therefore, digital-literacy skills programmes should address the goal of safe, critical and goal directed use of technologies and not the mere access alone. Resilience is the ability of a girl to bounce back from adversity, change and traumatizing events. Resilience doesn't mean every challenge comes with its solution and only women manage everything, instead it happens as result of support, care and existence of caring families, friends, schools, organizations, life skill Education and existence of protected environments and institutions. Evidence from India suggest, structured resilience development programmes among adolescent girls enhanced the emotional resilience, self-efficacy, social-emotional strengths and psychologival well-being of adolescent girls (Leventhal et al., 2015; Leventhal et al., 2016). However, girls' access to a safety network of support services can be boosted through schools based counselling services. A girl's confidential meeting can occur with the help of a school counsellor, health and wellness ambassador, teachers (trained) or a safe adult in her school to talk about issues including anxiety, school related stress, bullying, family disputes, sexual harassment, use of cyber communication and other personal concerns. RKSK program of India identifies adolescent (10-19 years) as priority segment where program components promote counselling for adolescents, peer counseling, adolescent friendly health care services, including sensitized parents (Ministry of Health and Family Welfare, 2015). This needs to reach girls who will not resort to it if the stigma attached to utilization or lack of privacy/awareness on how to reach the support services prevents them. Hence it is important to determine the association between availability of safe, private, gender friendly school counselling services and effective help-seeking and higher resilient behaviour among school-going adolescents in Tiruchirappalli.

Social Work Intervention and Coping Mechanisms

As we look into the struggles girls of Trichy face, we must also look into what keeps them moving. It is not just the negative we're considering but what helps them cope and remain positive in difficult times. For many girls, family's emotional stability and the parental influence are a support mechanism. A loving and supporting parents with active participation of children's education will

indeed create a support system. Parents support helps girls overcome with their mental and physical challenges. A well-set family framework in girls also fosters self-confidence in her and help her to achieve the heights.

Simply knowing you have someone close to you can bring around a vast difference at times of trouble. Even one good friend a girl can chat to, talk to, depend on, is a great relief. Support offered by friends helps during difficult times and are more likely to confide in than anyone else. The influence spirituality may have on Trichy girls needs to be pointed out as its religious nature and temple-filled streets help girls feel strong and close to their parents. Relying on gods and the positive feelings these instill will have the impact required and make facing adversity much easier. People they trust will support them in inner strength building, more so if they respect religion and the cultural structure within their families. Finding support in any manner possible will benefit girls throughout their lives – whether relying on their trusted friends, self-belief, belief in divine power or visiting a temple for emotional support.

Collaboration by playing sport, taking part in clubs and culture, girls are encouraged to grow in confidence and fulfill their potential so they may lead fulfilling and dream driven lives. Sports clubs and activities provide a forum where girls learn how to bond together, to establish sisterhood, acquire new skills and establish an identity away from school. Indeed, this strength which comes from women working in union can be seen here in Kudumbashree and NULM programmes in Tamil Nadu, Role Models, like school teachers, local community heroes and successful working professionals motivate the girls. In having role models that they respect who demonstrate how they, their peers are and have managed to gain success helps young girls set benchmarks of their own, whereby in working alongside their team mates, they learn the use of their skills in a collaborative environment and through encouragement and team spirit take risks that may hold the key to their future success. Given that all of the above have worked for this population based on successful programs and initiatives reported for similar situations, interventions that use economic support, more caregiver involvements, a mental health screen, school programs, and the necessary cultural competence would be highly successful for this area (Stoner et al., 2021 Mangal et al., 2020, Dsilva et al., 2026).

Existing Government Interventions and Policy Framework

Many programs in Trichy District and in Tamil Nadu are aimed at supporting the emotional and mental well-being of adolescent girls. The national health program for adolescents (Rashtriya Kishor Swasthya Karyakram) in the state provides training to adolescent girls on topics ranging from menstrual hygiene to managing stress. In addition, special teen health clinics are being established in selected schools and institutions, including several in Trichy, which can become resources for girls in Trichy in understanding and coping with adolescent issues. Although some teens in Trichy can access this program through such clinics and awareness centers it is not accessible to all adolescent girls. The SABLA (Rajiv Gandhi Scheme for Empowerment of Adolescent Girls) programme targets 11-18 year olds by imparting skills including life skills through Aanganwadi centres and offers nutrition and health assistance and skills-based vocational training to adolescent girls. While there is some anecdotal evidence of this programme empowering adolescent girls by boosting their self-awareness and confidence, implementation issues including non-receipt of scheduled class and poorly trained Anganwadi workers have rendered its effectiveness limited. The Tamil Nadu Government's Girl Child Protection Scheme and the Movalur Ramamirtham Ammaiyar Memorial Marriage Assistance Scheme provides financial support to help girls avoid child marriage and attend school instead.

Programs run by organizations like the Rural Institute for Development Education in areas such as Chennai and Trichy also reach out to girls. The approach is friendly – they combine learning through storytelling, theatre, and also impart life skills to the girls. Furthermore, the state government in Tamil Nadu has implemented a program where schools have appointed counselors to look after students. But in this case also there is a shortage as the ratio between a counselor and a student is as bad as one counselor to a 100 students. Therefore, many girls may not receive their needed counseling. Hence community-based initiatives such as these become the only hope as girls with these initiatives are taught not just important skills for their life but also how to face and deal with their various hardships and difficulties.

Suggestions:

Based on this review, the following suggestions are offered to address the psychosocial problems of adolescent girls in Trichy District:

It's important for the schools to possess facilities for mentoring its trainees for psychological support. That should be ample in number of counselors, not

solely within the trainee. They need to even train teachers how one can take care of youngsters disturbed of their temper. Secondly, faculties should try and be responsive for tackling cultural sensitivity for discussing delicate problems and topics, and may present tools for training knowledgeable folks to train these youngsters and analyze their environment and situation.

With the availability of this assist, a college ought to have the capability to handle youngsters disturbed emotionally by coaching them with counsel expertise. If we are saying that schools are capable to take care of students troubled with psychological issue through appropriate guidance with assist of counsel technique, then schools can help those struggling children with efficient coaching and counsel talent.

There is a must to change the mind set of group through discussion forum involving not solely parents but in addition a variety of community leaders, other group members, and group/associations of spiritual nature to eradicate perception of any malicious concepts which is fostering the damaging mental health for lady with regards to her gender, power to accomplish. Folktales, Folklores, folk dance and music, community's influential persons, local authorities' members, shall take pains for conveying messages to complete community in accordance with cultural and local preferences, such that it turns into pleasant, interesting and simply acceptable for all community members.

Educating their peers to train different kids about psychosocial, sexual violence or coping issues can work well; this will foster the peer coping with children, particularly for dealing with any psychosocial trauma at all, within the safe environment of the school with proper guidelines.

Kishori Shakti Yojana has already paved the path for such a training, which provides for peer education and psycho-social counseling for socio-economically backward young girls. Self- help groups facilitate self-care via sharing and self-direction and in addition management for young individuals of body image, peer group members and in addition peer pressure, sexual relationships, gender discrimination, and domestic violence, for promoting confidence by proactive steps towards achievement of abilities & talents of the women and safety of online resources used, schools can conduct workshops or counselling for safe usage of the net. There's a need for the creation of programs that can truly foster positive alter by creating a deep sense of comprehension for the challenges they face from mental health concerns.

CONCLUSION

The problems of teenage girl of trichy district falling prey to social prejudice, safety fears, their internet issues, as well as stigma relating to mental health should not be let as is but become a proactive fight. The convergence of these various issues-prejudice, hardship of a student's life, threat of online dangers and personal battles-need our response. Nevertheless, these teen girls carry within them tremendous strength, skill and capability to tackle all those odds. As community, to give an organized response, first we have to comprehend as to why such odds and challenges appear in the life of these girls. And second, we have to comprehend as to what protects the teen girls from succumbing to the odds, what enables them to bloom against these obstacles. Now is the time that we community should take cognitive role and work out concrete solutions-including overcoming the economic disparities, social challenges, the gaps in access-by formulating meaningful interventions in community. Proper resources are what it takes to make our teen girls bloom, make them be change agents and make them be recognised for their well-being. To invest in the mental and emotional health of our teen girls is significant both for themselves and for our society's tomorrow, the future of whole mankind. Investing on them means doing judicious financial investment towards mental health efforts, holistically supportive education, an active grassroots level movement of community education, most of all on our teen girls. Investing to build capacity and support system; investing to recognize and value them-that's our role to play! They have the spark for real change and transformation. To invest in dreams is an expression of equity, equality and progress-a positive ripple effect impacting families, neighbourhoods, villages, district at large. It's about making sure every teenager of Trichy District lives fearlessly and cheerfully.

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