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THE SOURCES OF PUBERTAL INFORMATION AND THEIR IMPACT ON STRESS AND ANXIETY AMONG ADOLESCENTS

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Adolescence is known as a period of major hormonal, physical, and psychological changes. Stress and anxiety during adolescence are associated with different factors. The aim of this study is to investigate and examine the associations between stress and anxiety and different sources of information received by adolescent students regarding puberty, as well as evaluating the intensity and degree of puberty's stress and anxiety. Using a cross-sectional method, two groups of students belonging to two different economic family levels were chosen randomly. Spillberger's test for anxiety and stress was applied utilizing a personal-familial data questionnaire. In this research, parents, teachers, friends, and media (books, TV, radio, magazines, internet, and so on) were considered as the major sources for information regarding puberty for the subjects in the groups under investigation. The obtained results have shown a meaningful impact of the pubertal information sources on the intensity and degree of stress and anxiety experienced by the individuals of each investigated group ($p < 0/001$). Hence, characteristics and the types of sources used by adolescents to obtain pubertal information have a significant impact on controlling puberty's stress and anxiety in adolescents.