

REVIEW ARTICLE

Effects of Surrounding Locality and Environment on the Puberty of Child Girls

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Manuscript details:	ABSTRACT
<p>Received: 01 November, 2014 Revised : 11 November, 2014 Revised received: 10 December, 2014 Accepted: 18 December, 2014 Published : 30 December, 2014</p>	<p>Puberty is less like a clock and more like a musical performance, with our bodies as the keyboards and the environment as the hands of pianist. Puberty is a stage of life where an individual exists in between the childhood and the arising adult. The present paper studies the effects caused due to the environment and locality on the puberty of girl childs. The environmental factors may be enlisted as the effect of temperature, lightning, season. Environment can also be the part of the family or also can be defined as the environment in the family, neighborhood, school environment; class performance, etc have an impact on the puberty of the girl Childs that causes early puberty. The surrounding covers basically the residence area, Garden area, society where there is a regular give and take with the people in it. Social environment also creates great variations on the girl child's puberty.</p>
<p>Editor: Dr. Arvind Chavhan</p>	<p>Keywords: Puberty, Environment, Precocious Puberty, Adolescents, Neighborhood environment.</p>
<p>Citation this article as: Dhote Jayashree D and Mohod Chaitali V (2014) Effects of Surrounding Locality and Environment on the Puberty of Child Girls, <i>Int. J. of Life Sciences</i>, 2(4): 403-406.</p>	<p>INTRODUCTION</p>
<p>Copyright: © 2014 Author(s), This is an open access article under the terms of the Creative Commons Attribution-Non-Commercial - No Derivs License, which permits use and distribution in any medium, provided the original work is properly cited, the use is non-commercial and no modifications or adaptations are made.</p>	<p>Puberty is a time of many changes, as both physical and emotional resulting in the growth of the adolescents. Puberty and Gonadarche are symptoms in development. The new research on sexual orientation has provided data that the old model of gonadarche as the sole biological cause of adult forms of sexuality (McClintok and Herdt, 1996). Early Puberty (Precocious) is a process of body changes from the first sign of adolescence to full development brought about by a series of chemical signals (hormones), from brain to the pituitary gland in the head, then from the Pituitary to the sex glands, the ovaries in girls and testis in boys. Normal puberty takes from 4 to 5 years in girls and boys but it takes earlier in girls than boys. (BSPED, 2011). Environmental contaminants have been implicated in altering the timing of natural sexual maturation (Steingraber, 2007). The Environment can be defined as the conditions as the temperature, lightning (as in the normal the exposure of the Fluorescent bulb and the normal light), then the seasons, etc. The shelter where the child girls are surviving</p>

with their family members, condition existing at their houses to the very rare houses, but which is to be found very critical, stressed and unadjustable life situations can also be defined as the environment which may have a cause on their puberty. Likewise, the surrounding at where the child girls are wondering, behaving themselves has a close relation with the environment. Thus, the environment and the Surrounding are having a very close relation with each other and are inter-dependable parallel to each other. If the adolescents are not having a pleasant relaxed environment in their families where an individual seeks to be loved and lots of care and attention be created by the family members ,to their residential area or the locality where it is situated have an impact on their puberty (Every body needs to know, family planning Questionnaire, 2010). Such peaceful conditions of calm environment is not nurturing their adolescence then at such circumstances the environment in their familial surroundings become very problematic, unbearable and results on their Puberty. The origination of the environment may be the in the family and the family members, environment in the joined families, cousins etc. Socialization is a fundamental concept for sociologists in general and is defined as the ways in which an individual become a member of a group and the humanity among the members of the group, as few members going on adding and soon forming a whole society. In the society, having the commitment with each other, the behavior of each other and that to resulting into the peoples thinking and what to be relatively with the parents, linked with the adolescents in the society (Williams, 1991). Socialization begins the moment we are born and continous throughout our lives to the very end, as we constantly learn how to successfully belong to new groups or adjust to changes in the groups, to which we already belong (Puberty-World Health Organisation,). Gender socialization through which individuals learn the gender norms(Masculine and Feminine) of their society and come to develop an integral gender identity (Wiliams, 1991).

MATERIALS AND METHODS

A review have been studied on the research work done by respective authors on puberty and the factors causing an effect on the puberty of child girls as environment and the locality.

RESULTS AND DISCUSSION

Puberty results into hard and complicated phases through certain critical circumstances may include the environment factors as the temperature, seasons, climatic conditions, lightning etc. In our paper we are discussing the effects one of the conditions such as the environment and surrounding locality on the Puberty of the girl child. The environment defining from the family and the family members, a girl from a joined family or a neutral family, parents with the child, both father and mother , the surrounding where the residence is located ,the environment and behaviour from the neighborhood. A girl (Adolescent) becomes insecure when develops learning disabilities in them have (an effect) linked with the Precocious Puberty with PBB among girls exposed during gestation and breast feeding. Endocrine disruption based on the animal studies, the embryo and fetus appears to be at particularly high risk of adverse consequences following exposure to endocrine disruptors, because early exposure to them alter anatomic structures and may influence the subsequent course of endocrine functioning, neurological development ,sexual development (Learning disabilities worldwide-Landrigan FAAP and Sultsky). In India, there are still the practices of early marriages going in some parts of rural areas. Early marriage not only is a violation of girl's human right through its restriction of their education, but also has a negative impact on communities and on the wellbeing of future generation. Early marriage as a cause of school dropout causes some effects on the puberty than to those of the school going girls. In the case study conducted at Ethiopia revealed that the early marriage harms of restricting the normal growth of adolescents, Period of menarche found in girls prolongs (3-8 days) than to the normal schooling going girls (Transforming the lives of girls and young women Case study: Ethiopia, 2013). In a society where there are the practices of the Child abasement leads to a delayed menarche in girls; though they are not finding to be secured themselves (Nsakala *et al.*, 2014). The environmental exposure of some chemicals such as lead delays the growth and pubertal development in girls. (Selevan *et al.*, 2003) The environment factors as mentioned above one of them be the Neighborhood availability of recreational outlets, signals opportunities for increased engagement in physical activity and reduced sedentary activity influences African American girls pubertal timings.

Environmental determinants of Pubertal timings have exhibited methodological limitations. A focus on menarche as an outcome occurs relatively late in the Pubertal transition. From the work of the authors, the results stated as one neighborhood factor (recreation) predicted delayed onset of breast and pubic hair development (Deadroff *et al.*, 2012). The Social problem with the switching of the Child (Adolescent) moving with a variety of Institutional agencies ranging from the School, employment services to settlement houses. The girl child (adolescent) varies from Pre-primary school, intermediate or high school, the child moving in the change in the environment have a delayed effect on the menarche; when reaches to puberty. School is seen as the necessary basis for social and occupational futures. Kindergarten children and first graders mentioned play activities most frequently talked about "getting to work", reading groups and other going right in to Math. The theoretically and empirically most important units (Family, School, law and peers) and elements (attachments, commitment, belief) of socialization are depicted in the causal order of relationships among the adolescents. Surrounding within the family will be affected differentially by Socio-demographic background variables for heuristic purposes out of the direct relationship but may influence the development of attachment to parent, and more directly by the community context. For peerschool childrens, family is the most significant unit of socialization; when a child begins to school in the primary grades, the school becomes an important socializing institution; beginning in Junior high school, the role of peers in socialization increases and becomes even more important as a youngster moves into high school impregnates the puberty an effect on the girl child pre or postponed (Stanhope *et al.*, 1998). The examination conducted in the localities of Ibanesti (62.0%), 46.7% in the Glajarie and 43.6% in the Casva on the Thyroid gland showing variable Goitre frequency. Taking into account that the girls from Ibanesti were older between 12-14 years, the pubertal stage was higher in this group Agbage *et al.* (2013) have reported that increased incidence of grade Ib and II goiter in children with Pubertal onset compared to those being in pubertal stage, as pubertal onset is an important facilitating factor for goiter development. In the "Early Childhood matters Magazines (Bjorklid *et al.*, 1997). One of the Neighborhood factor studied by the author noted that the presence of alcoholics and drug users create anxiety and discomfort in the girls

(Adolescents) that exhibits a stress in them and results into the delayed puberty. The effect of this factor is especially seen in the girl child at their puberty. The negative psychological squealed of early pubertal timing in adolescent girls. If the environment where the adolescents seeks to shelter there is the preponderance of any type of stress related with the family members. The absence of biologic father, involvement of the step father, conflicts with the mother, more rejections from or less closeness to, also the debates with the real brothers and sisters, quarrel between the parents, stress in the joined family (Puberty –Susman: Its role in development). Psychological difficulties and rear child in an environment characterized by chronic stress that ultimately causes early menarche (As the live conditions are not so good in such cases than to the normal environments in the family). Increase in hormones particularly estradiol, during Puberty heighten a girls sensitivity to environmental conditions as (disproportionate increase in negative effect) exchange with the parents or peers (Detrimental Psychological Outcomes associated with the Early Puberty Timing Adolescent girls, 2007). The environment conditions causes related to biological, physiological and anatomical factors affecting the puberty resulting into delay than the normal (Guimaraes *et al.*, 2009). High temperature and individual penning induce a delay in age at puberty 4 to 10 days. Large variations are also observed in the response of confined gilts housed in different condition of intensity and duration of light, temperature and social environment (Prunier *et al.*, 1984). Likewise, the environmental factors temperature delays the pubertal timing as researched in South America (WHO). Environment influences timing of Puberty onset. Seasonal conditions of the early birth to (6 months of age and late 6 to 12 months of age) postnatal periods also influence timing of puberty onset in the girls. Autumn born attains puberty at younger ages than do spring borns and exposure to spring summer temperatures and photoperiods during the second month of life reduces age at puberty regardless of season at birth (Schillo *et al.*, 1992). The environment in the North of the Sudan varies from hot dry weather in summer, rainy and moderate cold in winter. This variation in the environment presumably influences the pubertal characteristics of goat kids born during these seasons (Elsheikh *et al.*, 2013). Lightning is the another environmental factor that influences the onset of

puberty. In excessive darkness early puberty occurs as on the other hand, the normal conditions of light delays the Puberty as seen in the girls (Puberty- World Health Organization). Medical condition also causes a delayed Puberty. Medical conditions such as kidney disease, severe asthma, rheumatoid arthritis etc. Failure of ovaries, failure of the pituitary gland, delayed progression of puberty and menstruation in girls with anorexia nervosa and in some female dancers ,gymnasts and athelets related to weight or energy expenditure. Constitutional delay a common cause of delayed puberty whereby bone age will be delayed. Constitutional delay is a normal variant of Puberty which doesn't require specific treatment, however when delayed puberty associated with a chronic disease or hormone deficiency (Delayed Puberty Dr Byrne, 2000).

CONCLUSION:

From the above study it is to be concluded that there is a need to overview the environment and the locality in which the adolescent child lives originates. Also, measures should be taken to improve and prevent the causes having an impact on the puberty of the girl childs . Medical treatment if required to the child should given according to the need.

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