



Changes in primary and intermediate outcomes among Role Model & Peer Girls under Sphoorthi Programme:

Key findings

Sphoorthi Project

“Aims to improve the quality of life of adolescent girls from disadvantaged households in Koppal District, Karnataka by enhancing education, health, and nutritional status.”



Why Sphoorthi??

Impact

Improved quality of life of adolescent girls by enhancing education, health, and nutritional status

Increased secondary school attainment rates among RM & Peer AGs

Delayed marriage among RM & Peer girls

Increased nutritional status among RMAGS

Problem

Inequitable gender norms and traditional restrictions that limit female aspirations, expressions, and liberty affects multi-dimensional aspects of quality of life among disadvantaged adolescent girls in Koppal district, Karnataka

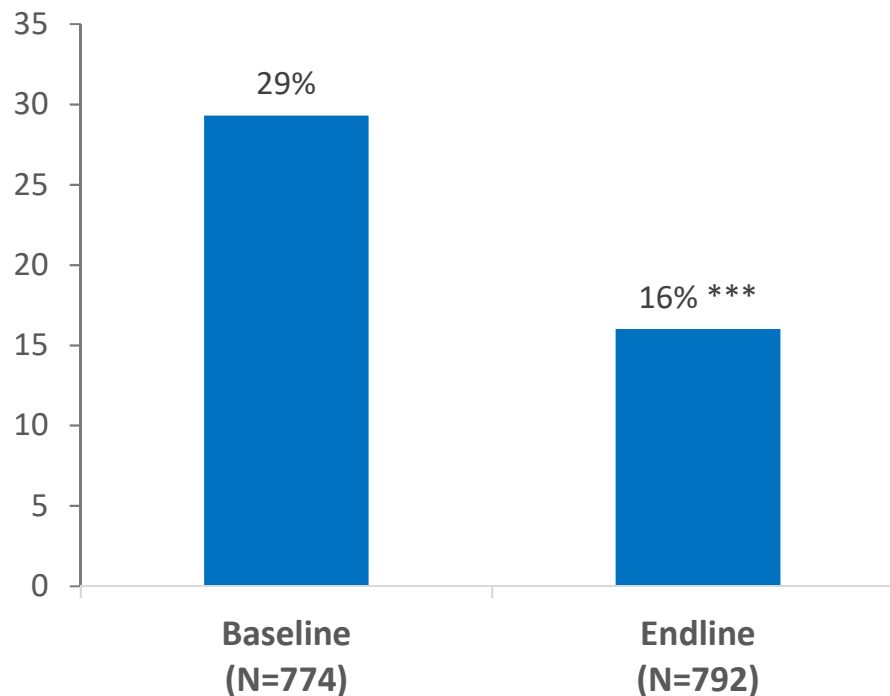
Key findings

Profile of adolescent girls

- ✓ **Period of survey:** Baseline – July 2016, Endline – April-May 2019
- ✓ **Number of girls participated in the survey:** Baseline – 1037, endline - 1045
 - Role model girls (RMAGs) : Baseline – 257, Endline – 248
 - Peer girls (PGs): Baseline – 780, Endline – 797
- ✓ Additionally, 120 girls were interviewed from Non-Sphoorthi villages at the endline
- ✓ **Mean age of the girls:**
 - RMAGs: Baseline – 13.8 years, Endline – 16.4 years
 - PGs: Baseline – 14.7 years, Endline – 14.6 years

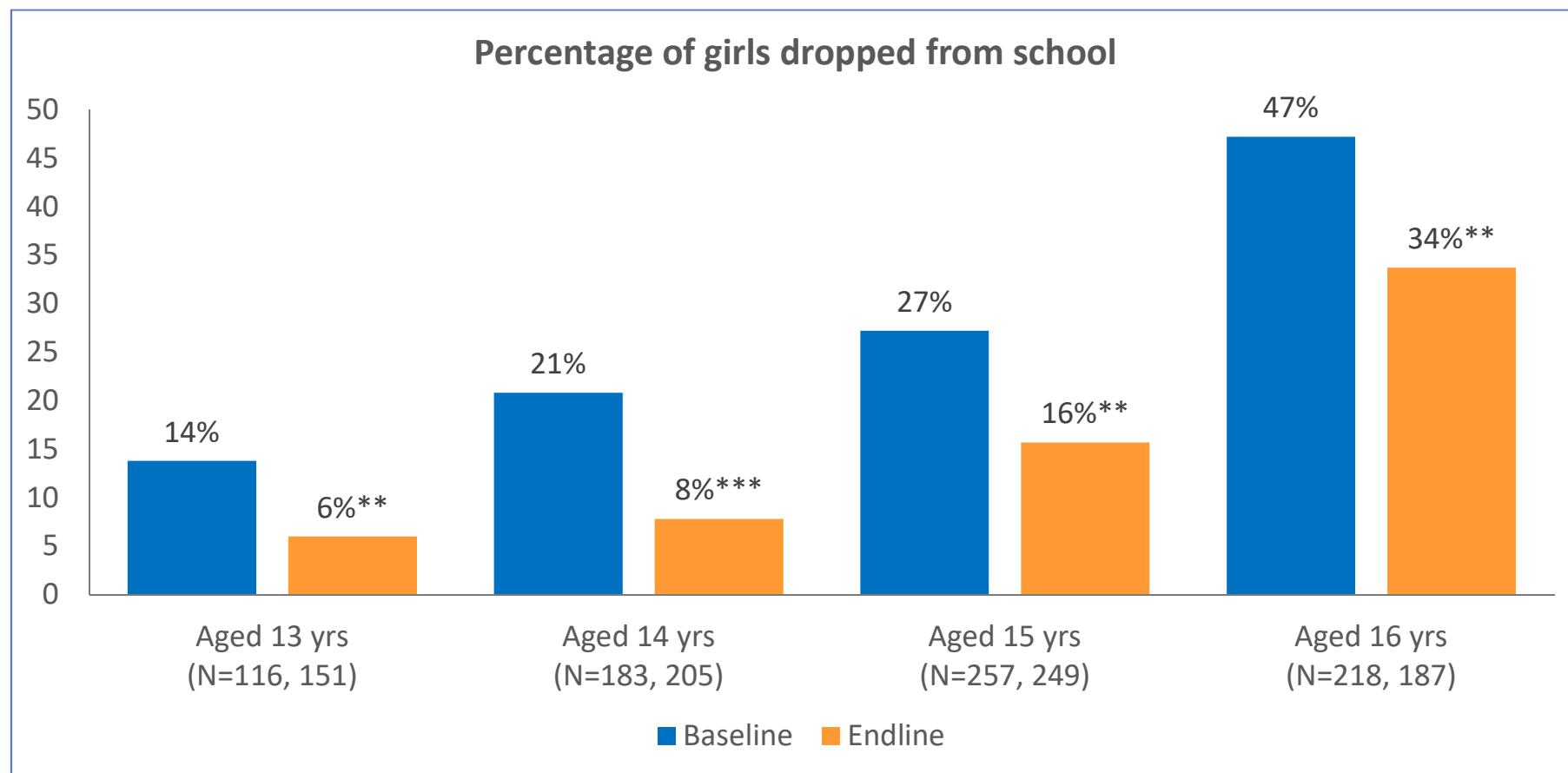
Reduced school dropout among peer girls aged 13-16 year

Percentage of girls dropped from school



- Significant reduction in the school dropout among girls aged 13-16 years in the Sphoorthi villages at the endline (16%) compared to baseline (29%).

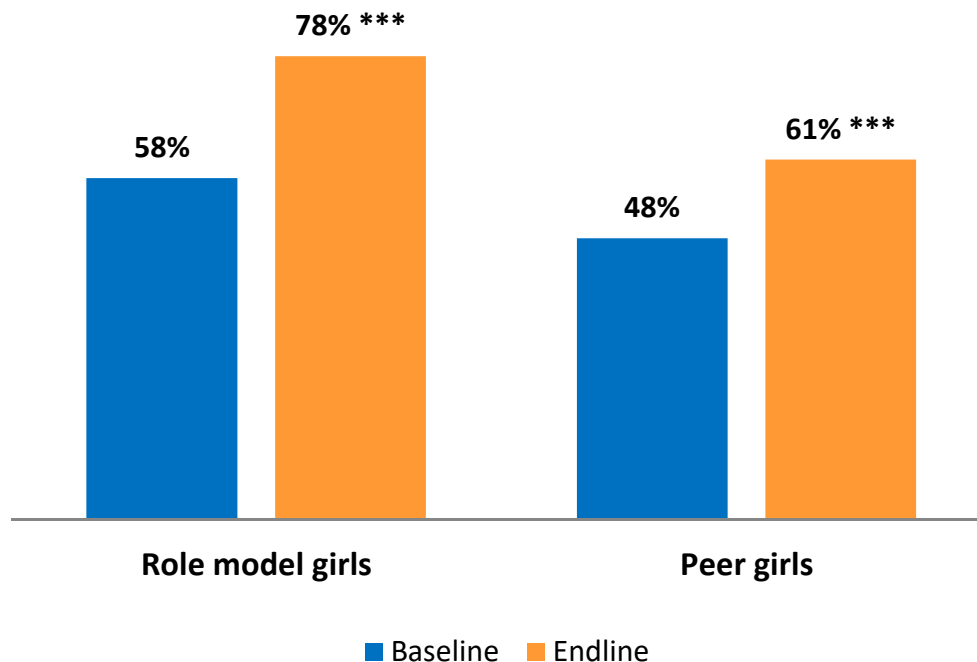
Reduced school dropout among girls of all the ages



Significant reduction in the school dropout at the endline compared to baseline in all the age group of girls.

Improved aspiration on schooling

Girls aspire to complete graduation and above



Aspiration of completing schooling of graduation or above increased among girls from baseline to endline

Changes in the level of intermediate outcomes



Intermediate Outcomes

Increased self-esteem among adolescent girls

Enhanced social and communication skills among role model and peer girls

Greater participation of role model girls in decision making processes

Increased value attached to academic continuation, better performance and extra curriculum activities among girls

Improved hygiene practices among girls

Increased uptake of nutrition services among girls

Improved understanding of parents on equitable gender roles among children

Increased recognition of and support to role model girls from family

Improved parent-daughter relationship

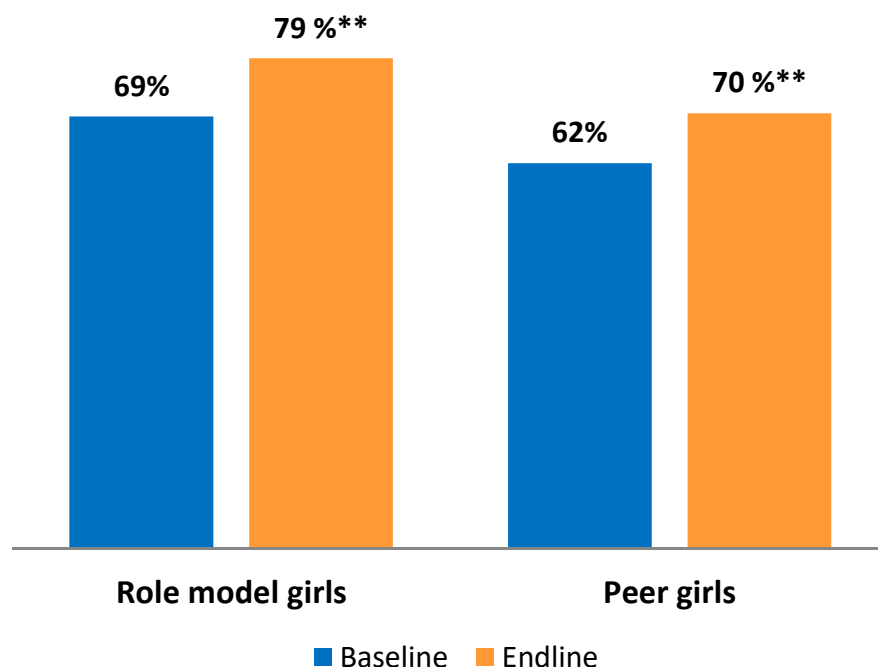
Increased support from parents for girl's education and overall well being

Increased recognition of and support to role model girls from boys

Increased recognition of and support to role model girls from community leaders

Improved level of interaction with both the parents among girls

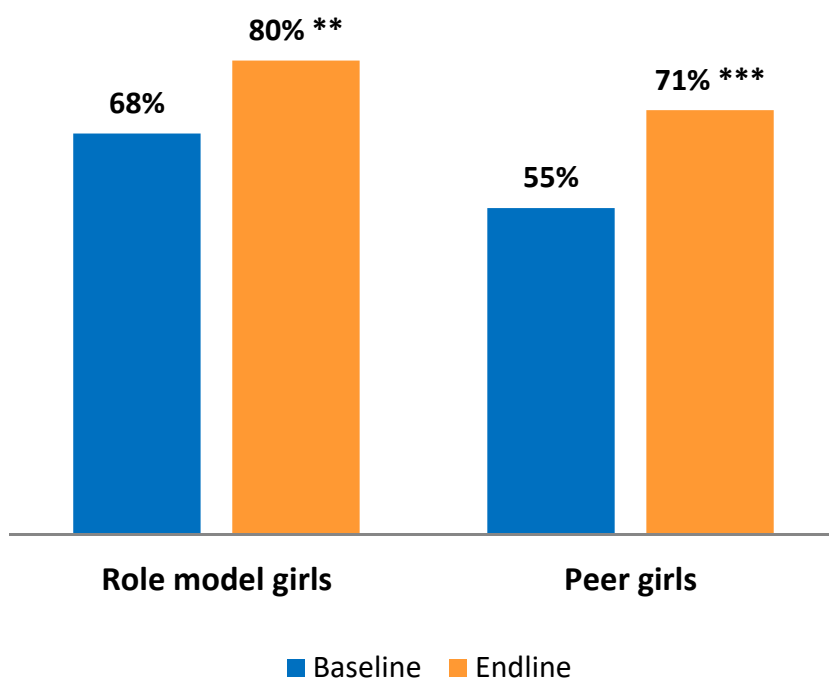
Girls with high lever of interaction



- Significant increase in interaction with both the parents among girls from baseline to endline.
- Interaction with both the parents increased with respect to growing-up issues and teasing/bullying among *RMAGs*, and with respect to talk/play/fun and teasing/bullying among *Peer Girls* from baseline to endline.

Improved Parent Daughter Relationship (PDR)

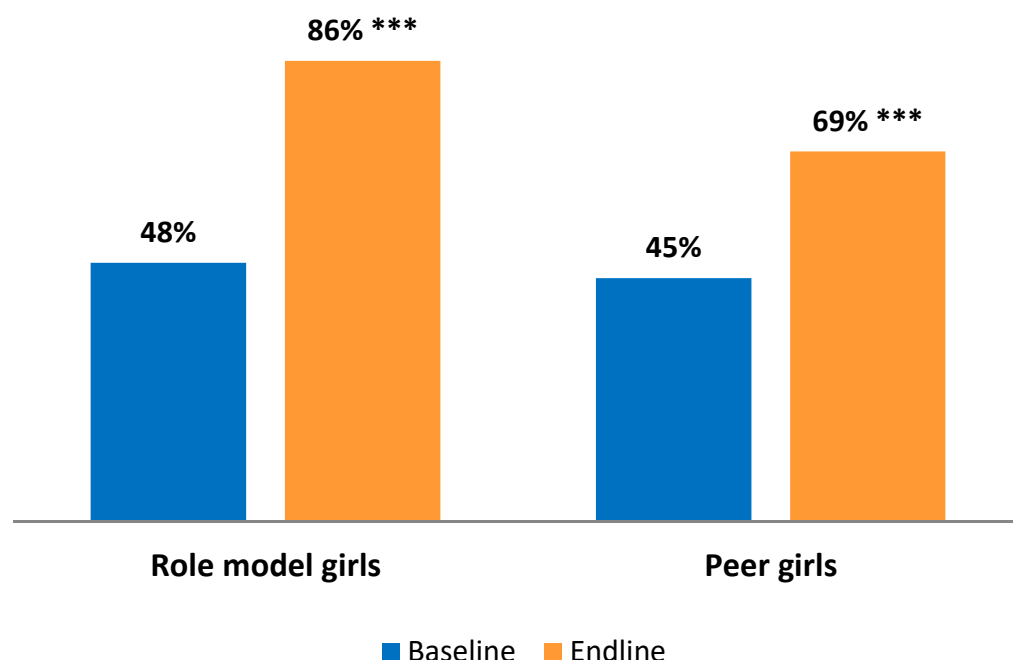
Girls with high level of PDR



Significant improvement in the *parent daughter relationship* in terms of interaction, communication and support to girls by both the parents among **RMAGs** and **Peer Girls** from baseline to endline.

Improved participation of girls in the decision making

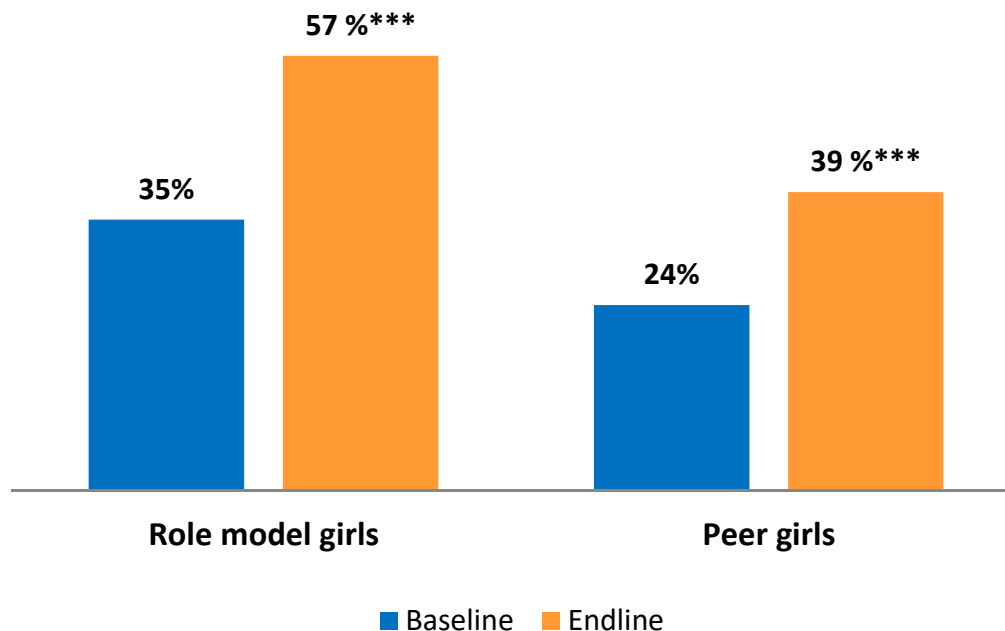
Girls with high level of involvement in decision making



Significant increase in the girls' participation in the decision making with respect to marriage, mobility, schooling and work from baseline to endline.

Increased level of empowerment among girls

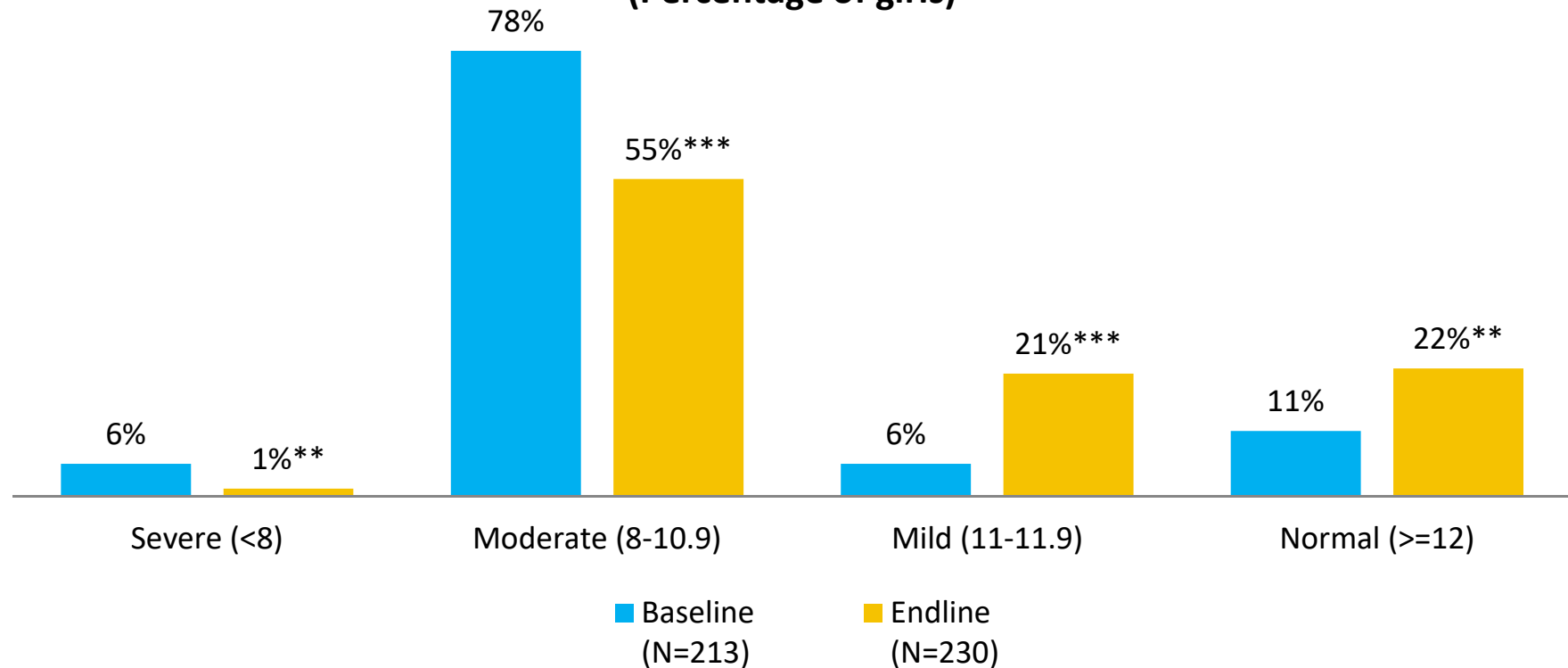
Percentage of girls with high level of empowerment



Increase level empowerment in terms of self-esteem, self-efficacy and individual agency among girls from baseline to endline.

Increased nutrition status among role model girls

**Anaemia level among RMAG (Hb g/dL#)
(Percentage of girls)**



Significant increase in the mean Hb level among RMAGs in the endline (10.8 Hb g/dL) compared to baseline (9.7 Hb g/dL).





Thank You

