

**FINAL
REPORT**

Evaluation of Adolescent Sexual and Reproductive Health Newsletter *Jigyasa*

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ABBREVIATIONS AND ACRONYMS

AIDS	Acquired Immune Deficiency Syndrome
AMK	Aamaa Milan Kendra
ASRH	Adolescent Sexual and Reproductive Health
BPMHF	BP Memorial Health Foundation
CREHPA	Center for Research on Environment Health and Population Activities
EC	European Commission
EHDAG	Environment, Health and Development Advisory Group
FGD	Focus Group Discussion
FPAN	Family Planning Association of Nepal
GOs	Government Organizations
HIV	Human Immunodeficiency Virus
MSI	Marie Stopes International
NGO	Non-Governmental Organization
NJRC	Nepal Junior Red Cross Circle
phect-NEPAL	Public Health Concern Trust, Nepal
RH	Reproductive Health
RHI	Reproductive Health Initiative
SPN	Sunaulo Pariwar Nepal
SRH	Sexual and Reproductive Health
STDs	Sexual Transmitted Diseases
TV	Television
UNFPA	United Nations Population Fund
UP	Umbrella Project
VDC	Village Development Committee

Contents

Acknowledgements
Study Team
Abbreviations and Acronyms
Executive Summary

	<u>Page No</u>
Chapter 1 Introduction.....	1
1.1 Background	1
1.2 Evaluation Objectives and Indicators	1
1.3 Sites Covered for the Evaluation Study	3
1.4 Methodology	3
1.5 Ethical Issues	9
1.6 Research Team, Training and Fieldwork.....	9
1.7 Data Management and Analysis	10
1.8 Limitations of the Study.....	10
Chapter 2 Distribution and Availability of the Newsletter	11
2.1 Distribution Channels	11
2.2 Adequacy of the Supply	12
2.3 Monitoring and Follow-up	13
2.4 Awareness and Availability	13
2.5 Sharing	16
2.6 Conclusion.....	17
Chapter 3 Usage and Appropriateness of the Newsletter.....	18
3.1 Relevancy to School Curriculum.....	18
3.2 Usage.....	18
3.3 Perceived Influence.....	20
3.4 Appropriateness	21
3.5 Conclusion.....	24
Chapter 4 Prospect of the Newsletter.....	25
4.1 Recommendation for Continuity	25
4.2 Willingness to Pay	26
4.3 Conclusion.....	27
Chapter 5 Suggestion for Improvement of the Newsletter.....	28
5.1 Content and Layout.....	28
5.2 Distribution.....	30
5.3 Conclusion.....	33

Annex: Guidelines and questionnaires

Executive Summary

The Reproductive Health Initiative (RHI) Umbrella Project for Nepal began producing an adolescent sexual and reproductive health newsletter, *Jigyasa* (Curiosity) in September 2000. By August 2002, a total of four editions of the newsletter were published and distributed among adolescents residing in the project areas of five RHI and some non-RHI partner NGOs. Realizing the importance of assessing the appropriateness and usefulness of the newsletter among its users, an evaluation study was conducted during the last quarter of 2002. Information was collected using multiple approaches such as focus group discussions with adolescents, structured interviews with literate adolescents, semi-structured interviews with concerned officials of recipient organizations, and informal group meetings with parents. Furthermore, pre-test and post-test results, and management information compiled at RHI Umbrella Project office were reviewed.

The partner NGOs were the direct recipients of the newsletter, through which it was distributed to local institutions, groups or individuals in their project areas. The partner NGOs had used multiple outlets and networks to distribute the newsletter to target beneficiaries. However, limitation in circulation of the newsletter was evident in all the study sites. Moreover, the study revealed that readership of multiple issues was low. For example, of the literate adolescents who had ever read *Jigyasa*, only about one-fourth had read at least two of the four issues, and less than one-tenth had read all the first four issues.

Sharing of the newsletter among the adolescents was common, provided that the newsletter had reached them. In some instances, the adolescents read the newsletter turn by turn, as it was available in a limited quantity. Moreover, sharing of the newsletter was not limited to adolescents only. The adolescents had sometimes passed it on to adults and vice versa. Not surprisingly, those adolescents who had read one or more copies of *Jigyasa* generally rated its availability as high. However, data revealed that distribution of newsletter was limited and that the newsletter did not fully reach the intended target adolescents.

The study did not directly document the views of the adolescents never exposed to *Jigyasa*. However, available information indicates that ignorance about the source of obtaining the newsletter and about its publication could be the limiting factors to its access. Reliance on NGO/CBO channels only seems to be a limiting factor for wider distribution and publicity of the newsletter.

It was encouraging to find that the newsletter was considered quite relevant to school students as a complementary to the health education provided through the normal school curriculum. The newsletter was utilized by the adolescents themselves as well as by NGOs' staff as a reference material during training and meetings.

Adolescents, parents and stakeholders indicated that the newsletter has contributed to bring about changes in adolescent's attitudes and behavior such as reducing shyness while talking about SRH issues, maintaining personal hygiene during menstruation, and avoiding sexually offensive remarks or acts. However, as the study was cross-sectional in nature, it was difficult to ascertain whether and to what extent the newsletter contributed to the indicated changes in behavior or attitudes of the adolescents.

Overall, the content and layout of the first four issues of *Jigyasa* were found satisfactory to the adolescents. They expressed satisfaction over color combination, shape and size, font size, and clarity of the messages. The most liked items were comic stories, doctor's advice, lead articles and other articles. Although the adolescents sometimes indicated a need to increase the proportion of illustrations, articles were rated as one of the most preferred items of the newsletter. This supports the continuity of the balanced approach (between text and illustrations) adopted in the newsletter.

The informants suggested increasing the number of pages and making the cover page strong and thick. Incorporating news on health from within and outside the country and activities of the partner NGOs were also recommended. The adolescents indicated that coverage of news items on health could help them to learn about recent developments in health. Incorporating local news including activities of partner NGOs could help strengthen feeling of ownership of the newsletter at the local level.

All respondents/informants recommended the continuity of the production of the newsletter. Appealing and comprehensive presentation of a wide range of reproductive and sexual health issues has made the newsletter attractive to the adolescents. There is positive attitude towards utilization of both the non-commercial and commercial networks for distribution of the newsletter. Apart from supplying the newsletter to the libraries, local institution and groups, the respondents suggested conducting promotional activities and selling the newsletter through bookshops or stationery shops. Literate adolescents and teachers emphasized the need to keep the newsletter at the school libraries, while illiterate adolescents recommended using other local institutions such as VDC offices or health facilities.

The adolescents as well as stakeholders including parents indicated their willingness to pay for the newsletter. The commonly recommended market price was Rs. 10 per copy. This price is comparable with that of other commercial magazines targeted at adolescents. In the context of willingness of the adolescents and stakeholders to pay for the newsletter, it seems reasonable to recommend utilization of commercial outlets to expand access to the newsletter.

Chapter 1

INTRODUCTION

1.1 Background

The European Commission (EC) and United Nations Population Fund (UNFPA) supported Reproductive Health Initiatives (RHI) Umbrella Project for Nepal has developed an adolescent sexual and reproductive health (ASRH) newsletter, entitled *Jigyasa*, to provide appropriate sexual and reproductive health information to adolescents. Production of the newsletter began with a social research on adolescent sexual and reproductive health information needs and information gaps. The *Jigyasa* was first published in September 2000. A total of four editions of newsletter were published and distributed by August 2002.

The first four issues of the newsletter were distributed to target adolescents residing in the project areas of the five RHI and some non-RHI partner NGOs. Realizing the importance of assessing the appropriateness and usefulness of the newsletter among the users, the RHI Umbrella Project for Nepal commissioned the Center for Research on Environment Health and Population Activities (CREHPA) to conduct an evaluation research of the first four issues. The evaluation was also expected to assess the distribution systems used and to identify measures to improve its circulation in the future. The study was further expected to help decide and plan for the forthcoming issues of the newsletter in an appropriate way.

As the newsletter considered adolescents aged 12-16 years as the primary beneficiaries, and its distribution was limited to mainly the adolescents residing in the project areas of the partner NGOs, the evaluation was designed to focus on the adolescents in those areas. However, in view of the involvement of stakeholders, including parents, from the planning phase to the production of the newsletter, the study also attempted to solicit their feedback and recommendations regarding the newsletter.

1.2 Evaluation Objectives and Indicators

1.2.1 Evaluation objectives

The overall goal of this evaluation research was to examine the distribution system used and the availability, usage, and appropriateness of the **first four issues** of the ASRH newsletter *Jigyasa*. The evaluation specifically focused on the following issues:

- Appropriateness and usage of the newsletter, with specific focus on appropriateness and effectiveness to primary beneficiaries (adolescents aged 12-16 years)
- Feedback and recommendations on the first four issues of the newsletter from the secondary beneficiaries and stakeholders (parents, health service providers, community leaders, teachers and managers and coordinators of NGOs/CBOs)
- Assessment of distribution systems used and recommendations for its improvements
- Assessment of interest in the continuation of the production of the newsletter

1.2.2 Evaluation Indicators

The following indicators were used:

A. Distribution System

- steps and channels used for distribution
- quantity demanded and supplied
- time taken for supply
- distribution to individuals vs. groups
- monitoring/follow-up of the distribution

B. Usage

- awareness about the newsletter
- availability
- sharing among adolescents
- relevance to the school curriculum
- use by neo-literate and illiterate
- use in non-formal literacy classes, RH training sessions, meetings
- use by teachers/parents/health service providers
- perceived ability to influence attitudes and behaviors

C. Appropriateness

C.1 Layout

- adequacy of illustration
- color combination
- shape/size
- paper quality
- font size

C.2 Content

- clarity of the messages
- ease to read and comprehend
- length of the content/write-up
- diversity in the items
- rating of items

D. Recommendations for Improvements

- content
- layout
- production
- distribution
- willingness to pay & price range

1.3 Sites Covered for the Evaluation Study

As stipulated in the Terms of Reference (TOR), the evaluation of the ASRH newsletter *Jigyasa* was carried out in the project areas of RHI and non-RHI partner NGOs who had received the newsletter. The sites included urban, peri-urban and rural sites in the hill, and rural sites in the Terai.

The sites covered during the evaluation study were:

RHI areas

Urban	2 sites	Kirtipur, with pfect-NEPAL Kathmandu, with EHDAG
Rural Hill	2 sites	Lalitpur, with AMK Kavre, with FPAN
Rural Terai	1 site	Banke, with SPN

Non-RHI areas

Urban	1 site	Kathmandu, with BPMHF
Urban	1 site	Bhaktapur, with NRCS

The evaluation team also visited Kailali (Dhangadi) to assess how the newsletter was used in the Save the Children-US (SC-US) project areas in Kailai. However, the staff of the SC-US in the district was unaware of the supply of *Jigyasa* for their use, although the SC-US office in Kathmandu indicated that copies were provided to the Kailali Branch. The FPAN branch office in the district had received copies of *Jigyasa* from their central office.

1.4 Methodology

Qualitative and quantitative research components were employed for the evaluation study. The qualitative component included focus group discussions, semi-structured interviews and informal group meetings. Besides, data were also drawn from the pretest results, and information maintained or collected by the RHI UP office on distribution of the newsletter. Under the quantitative component, individual interviews were taken with adolescents using short structured questionnaires.

1.4.1 Qualitative Components

Focus Group Discussions

Adolescents with exposure to any of the first four issues of the newsletter were invited to participate in the focus group discussions. For the purpose of this study, a person was defined as having been exposed to the newsletter if he/she had either seen or read the newsletter individually or in a group. However, he/she might not have gone through all the contents and illustrations of the newsletter.

Altogether 37 FGDs were conducted with adolescents aged 12-19 years from the project areas of the RHI and non-RHI partner NGOs (Table 1.1). Initially, a total of 24 FGDs were envisaged from four sites. More focus group discussions were conducted later to increase the coverage in terms of sites and age (17-19 years).

The adolescents were divided into different groups on the basis of their age, sex and education. Separate group discussions were organized with girls and boys. They were split into three age groups, namely, 12-13, 14-16 and 17-19 years. In view of the prior experience during the social research, pre-testing and post-testing of the newsletter, semiliterate/illiterate adolescents aged 12 to 16 years were included in a single group.

Adolescent Girls' Groups:

- Literate girls aged 12-13 years;
- Literate girls aged 14-16 years;
- Literate girls aged 17-19 years;
- Semiliterate/illiterate girls aged 12-16 years.

Adolescent Boys' Groups:

- Literate boys aged 12-13 years;
- Literate boys aged 14-16 years;
- Literate boys aged 17-19 years;
- Semiliterate/illiterate boys aged 12-16 years.

For the functional purpose of the study the literacy level was defined as follows:

Semi-literate/Illiterate: Those who have obtained non-formal education or less than five years of education; and

Literate: those who have completed five years of education or more.

Table 1.1 Number of focus group discussions conducted during the evaluation study

Sites (and partner NGO)	Literate								Illiterate/ semiliterate	
	Boys				Girls				Boys	Girls
	12-13	14-16	17-19	Total	12-13	14-16	17-19	Total	12-16	12-16
Kavre (FPAN)	1	1	1	3	1	1	1	3	-	1
Lalitpur (AMK)	1	1	1	3	1	1	-	2	1	1
Kirtipur (plect-NEPAL)	1	1	1	3	1	1	1	3	-	-
Kohalpur, Banke (SPN)	1	1	1	3	1	1	1	3	-	1
Kathmandu (EHDAG)	-	-	-	1*	-	-	-	1*	-	-
Kathmandu (BPMHF)	1	1	1	3	1	1	1	3	1	1
All sites				16				15	2	4

* The boys group included six boys and the girls group included six girls aged 12-19 years.

Semi-structured Interviews

Semi-structured interviews were conducted with managers or coordinators of NGOs and CBOs, community leaders, health service providers, and teachers who received or supposed to have received the newsletter (Table 1.2).

Table 1.2 Distribution of semi-structured interviewees

NGO/CBO (and site)	Managers/coordinator of recipient organizations	School Teachers	Peer Educators	Health Service Providers
FPAN	5	3	1	1
FPAN, Kavre	(2)			
FPAN, Kailali	(1)			
Youth Information Center, Kavre	(2)			
AMK, Lalitpur	3	3	1	-
AMK, Lalitpur	(1)			
Step Nepal, Lalitpur	(1)			
Youth Information Center, Lalitpur	(1)			
phect-NEPAL, Kirtipur	4	4	-	2
phect-NEPAL, Kirtipur	(2)			
Panga Shikhsa Kendra, Kirtipur	(1)			
Abiba Yuba Club, Kirtipur	(1)			
SPN/MSI, Kohalpur, Banke	4	3	-	-
SPN/MSI, Kohalpur, Banke	(3)			
Mahila Upakar Munch, Kohalpur	(1)			
EHDAG, Kathmandu	1	-	-	-
NRCS, Bhaktpur	2	-	-	-
NRCS, Kathmandu	(1)			
NRCS, Bhaktpur	(1)			
BPMHF, Kathmandu	1	1	-	1
Total	20	14	2	4

Note: Figures in parenthesis indicate breakdown.

Semi-structured Interviews with Managers/Coordinators of recipients NGOs/CBOs

A total of 20 respondents, 13 from NGO partners who were the direct recipients of the newsletter and seven from CBOs were interviewed to solicit information about the supply of the newsletter, its usage, its distribution system, willingness to pay, and to obtain suggestions for effective distributions. These informants represent RHI and non-RHI partner NGOs, and CBOs.

The RHI UP office provided a list of partner NGOs to the research team. Senior staff, usually identified as managers or coordinators of the partner NGOs and associated with *Jigyasa*, was contacted for interview. The partner NGOs provided information on CBOs working in their project areas who had received the newsletter. The most senior staff or heads of the CBOs were contacted for interview.

Semi-structured Interviews with Teachers and Peer Educators

Altogether, 14 teachers from 12 different schools and two peer educators were interviewed to obtain information about the accessibility of the newsletter, usage, relevancy to the school curriculum, sharing, their willingness to pay and to obtain suggestions for improving the ways of distribution. They were approached for interview at their schools and sometimes at their homes depending on the time available.

The schools were identified through the partner NGOs. Two schools were selected from each study site, except in Kavre where three schools were covered because of wider focus on school students in this site. The research team contacted the schools and held informal conversations with the headmaster/principal or other teachers. They were asked whether they had received *Jigyasa*. Informal conversations helped identify the teachers familiar with *Jigyasa*. One or two teachers with exposure to *Jigyasa* were then interviewed from each of the selected schools. Usually the teachers teaching health and population were selected for interview.

Semi-structured Interviews with Health Service Providers

Interviews with one or two health service providers working at the local health facilities in the study sites were initially planned. Accordingly, a total of nine health facilities were visited during the evaluation study. Of these, eight facilities had a staff present at the facility at the time of visit but only four had seen or read *Jigyasa*. These four health service providers from four health facilities were interviewed: two from Kirtipur, one from Kavre and one from Kathmandu (BPMHF's project area). They were asked about the accessibility of the newsletter, its usage and their willingness to pay for the newsletter and to provide suggestions for effective ways of distribution.

Informal Group Meetings with Parents

A total of four group meetings were conducted with parents (both sexes) in Kirtipur, Kavre, Banke and Lalitpur with the assistance of RHI partner NGOs in the respective sites. The participants were invited by the staff/volunteers of the partner NGOs. Most of the invitees had exposure to *Jigyasa*. Parents without exposure to *Jigyasa* were also present (although few in number) in the meetings but they practically did not make any comments or reactions. The meetings were facilitated by one of the researchers introducing the research team and briefing the group about the objectives of the meeting. Thereafter, each participant introduced himself/herself. The meetings then started with some ice-breaking question such as requesting comments on the weather or sharing humorous matters. The participants were encouraged to present their experiences and opinions about availability, appropriateness, users, and their willingness to pay for or give money to their children to buy *Jigyasa*.

1.4.2 Quantitative Component

Individual interviews were taken to obtain quantitative information from adolescents on various issues related to the newsletter. A short structured questionnaire was administered to the sampled adolescents to obtain the information about accessibility of the newsletter, appropriateness, sharing, and willingness to pay.

Attempts were made to interview 120 literate adolescents (60 boys and 60 girls) and 40 illiterate/semiliterate adolescents (20 boys and 20 girls) from sites of each the RHI partner NGOs. Initially, a list of the schools, which had received or supposed to have received the newsletter was sought from the respective partner NGOs. Then, the research team randomly sampled the schools and visited them to get permission for interviewing the students. It should be noted that some of the partner NGOs did not have any plan (or focus) to distribute the newsletter in schools (Table 1.3).

Table 1.3 Number of schools visited and exposure to *Jigyasa*

Site (and partner NGO)	No. of schools in project area	No. of schools visited	No. of schools where students had exposure to <i>Jigyasa</i>	Remarks
Lalitpur (AMK)	NA	NA	NA	No plan to distribute in schools
Kirtipur (pheet-NEPAL)	8	7	7	Interviews taken from six schools
Kavre (FPAN)	12	5	5	Interviews taken from two schools
Kohalpur (SPN)	15	6	5	Interviews taken from two schools
Kathmandu (BPMHF)	Not known	5	5	-Only FGDs were conducted
EHDAG	NA	NA	NA	No plan to distribute in schools
NRCS	50	Not visited	Not visited	-

NA = Not applicable

The initial plan was to take interview from a sample of students from seven through nine grades. Students at these grades were assumed to fall in the primary target group (that is, 12-16 years). The evaluation team approached the students at the classrooms and asked whether they had heard about *Jigyasa*. In most instances, the majority of students present in the classroom were unaware of it. In total, only about one-fifth of the students were reportedly aware of the newsletter. Accordingly, there was no option left for sampling. Of the total students (1968) present in the classroom on the day of survey, the interviewers contacted 363 adolescents (who identified themselves as having heard about *Jigyasa*). Of them, 332 had ever seen *Jigyasa* and 274 had ever read it (Table 1.4). The proposed sample of illiterate/semiliterate adolescents (with exposure to *Jigyasa*) could not be accomplished. As the required information on the newsletter was to be obtained from adolescents who had read it, only those students were interviewed. Further analysis presented in the subsequent chapters is based on the informants who had ever read the newsletter ($n=274$).

Table 1.4 Distribution of total students and those with exposure to *Jigyasa*

Name of the School	Grade	Total students		Ever Seen		Ever Read	
		Male	Female	Male	Female	Male	Female
Bal Adarsha, Kavre FPAN	7	38	25	8	7	4	4
	8	39	37	9	11	4	9
	9	25	30	7	10	7	10
Shreekhandapur, Karve FPAN	7	32	28	9	10	2	10
	8	35	35	10	10	9	6
	9	36	18	10	10	3	8
Gyankunja, Kohalpur, Banke SPN	7	33	31	9	9	5	8
	8	25	30	10	10	10	10
	9	40	57	6	10	4	8
Tribhuvan Kohalpur, Banke SPN	7	96	79	3	7	3	3
	8	94	95	11	9	9	6
	9	120	93	10	5	7	3
Biswa Rastria, Kirtipur pfect-NEPAL	6	13	24	4	3	4	3
	7	15	24	4	0	4	0
	8	12	14	7	0	7	0
Mangal, Kirtipur, pfect-NEPAL	9	9	20	3	3	3	3
	6	25	25	0	9	0	9
	7	20	34	3	2	3	2
BalKumari, Kirtipur, pfect-NEPAL	8	32	14	1	0	1	0
	7	19	24	0	0	0	0
	8	28	20	8	7	8	7
Baisnawi, Kirtipur, pfect-NEPAL	9	28	20	3	0	3	0
	6	12	22	2	2	2	2
	7	18	10	4	5	4	5
Jansewa, Kirtipur, pfect-NEPAL	8	14	10	5	7	5	7
	7	25	32	3	0	3	0
	8	25	25	1	0	1	0
Gorakhanath, Kirtipur, pfect-NEPAL	9	37	27	1	0	1	0
	10	21	32	4	6	4	6
	6	4	13	0	7	0	7
Total (Both sex)	7	3	13	0	4	0	4
	8	4	15	3	3	3	3
	9	5	10	6	2	6	2
		982	986	164	168	129	145
		(1968)		(332)		(274)	

Table 1.5 summarizes the background characteristics of the interviewed literate adolescents who had an opportunity to read the newsletter. Equal numbers of such adolescents were interviewed in Kavre (76) and Banke (76), but a slightly higher number in Kirtipur (122). No adolescents could be interviewed in Lalitpur (AMK) and other sites, despite the original plan to do so. Girls and boys were represented in nearly equal proportions. Age of the respondents ranged from 12 to 18 years, with more than two-thirds (69%) aged between 14-16 years. The respondents were attending grades 6 to 10 at the time of interview (completed grade 5 to 9). No remarkable difference was seen in terms of background characteristics of adolescents who had never read and who had ever read *Jigyasa* [not shown in Table].

Table 1.5 Background characteristics of respondents

	Percent	N=274
Site		
Kavre (FPAN)	27.7	76
Kohalpur, Banke (SPN)	27.7	76
Kirtipur (pheet-NEPAL)	44.5	122
Sex		
Girls	52.9	145
Boys	47.1	129
Age group		
12-13 years	27.1	77
14-16 years	68.6	188
17-18 years	3.3	9
Grade Completed		
Grade 5	4.4	12
Grade 6	25.5	70
Grade 7	30.7	84
Grade 8	32.5	89
Grade 9	6.9	19

1.5 Ethical Issues

Informed consent was sought from the participants verbally at the time of selection of the participants and also prior to initiating focus group discussions. The research team informed the participants about the purpose and procedure of the study and also made them aware of the fact that their participation would be voluntary and they had the right to leave the discussion at any time. The research team assured the respondents/participants of the confidentiality of the information and that this would be strictly adhered to.

1.6 Research Team, Training and Fieldwork

The research team consisted of a Study Coordinator (SC), a Team Leader (TL), four Research Assistants (RAs) and eight Field Researchers (FRs) (four males and four females). Two field teams were formed each consisting of three male and two female researchers. The team was provided with a three-day training on conceptual issues regarding sexual and reproductive health of adolescents, background on the production of *Jigyasa*, RHI partners and target readers of *Jigyasa*, evaluation indicators and methodology (qualitative and quantitative components). Besides theoretical sessions, the training included practical sessions such as mock exercises in the classroom and actual field trial at Bungmati, Lalitpur.

The fieldwork for the evaluation began on September 12, 2002. The data collection continued until December 17, 2002. The timing of information gathering had to be made flexible in view of the time constraints of concerned NGO staff, unforeseen circumstances such as *Nepal Bandh*, closure of schools and unavailability of target respondents specifically illiterate/semi-literate adolescents. However, most of the information was gathered during September through November 2002.

The female field researchers conducted FGDs and individual interviews with illiterate/semiliterate and literate adolescent girls and the male field researchers conducted FGDs and individual interviews with male groups or individuals. The Team Leader and the research assistants conducted individual interviews with illiterate/semiliterate and literate adolescents, informal group meetings with parents and semi-structured interviews with program managers, teachers, peer educators and health service providers. In addition to the fieldwork, the RAs were also involved in the compilation and analysis of the qualitative data collected. The entire research team met and shared their experiences, observations and preliminary findings on a regular basis.

1.7 Data Management and Analysis

The qualitative data were compiled and tabulated first in Nepali and then translated into English. Analysis of qualitative data was done manually. Summaries and quotations are presented in this report.

All completed questionnaires from individual interviews with literate adolescents were manually edited and coded. Then, the data was entered into dBase IV computer package. After cleaning and consistency checks, the data file was transferred into SPSS (Statistical Package for Social Science). Frequency tables and cross tables were the main outputs for analysis.

Results from qualitative and quantitative components are integrated. As the study gathered qualitative information from various stakeholders, their views are presented simultaneously on the basis of (common) themes or topics. Conclusions are drawn at the end of each chapter.

1.8 Limitations of the Study

The study has a number of limitations, which needs to be taken into account while interpreting the results.

The quantitative component was confined to the literate adolescents, as sufficient illiterate/semiliterate adolescents with exposure to the newsletter could not be identified. Therefore, the quantitative component only presents the perspectives of literate adolescents. Moreover, the adolescents for individual interviews were sampled from amongst those with some awareness about the newsletter. Therefore, it lacks the views of the adolescents who had no exposure to the newsletter. Due to limited spread of the newsletter, a random sampling frame based on the population who had received the newsletter could not be followed. The identification of potential informants for qualitative component was done through the networks of the recipient organizations. Therefore, bias in the selection of informants cannot be ruled out.

Chapter 2

DISTRIBUTION AND AVAILABILITY OF THE NEWSLETTER

The present chapter discusses the distribution and availability of the first four issues of the newsletter. The quantity of *Jigyasa* produced and supplied to the partner NGOs, the recipients' perspectives on adequacy of supply of the newsletter, distribution channel used, follow-up and monitoring of the distribution, users' perspective on availability of the newsletter and its sharing among the adolescents are analyzed in this chapter. The chapter concludes with a summary of findings on distribution and availability of the newsletter

2.1 Distribution Channels

All the NGO/CBO managers approached for interview were aware of the production and distribution of *Jigyasa*. However not all of them had received it (for example, the SCUS office in Kailali). The RHI partner NGOs received the copies of *Jigyasa* directly from the RHI Umbrella Project for Nepal while other community based organizations (CBOs) and clubs received its copies from the RHI partner NGOs working in their area. Staff or volunteers of the NGOs distributed the newsletter to the target audience (Table 2.1). As reported by the partner NGOs, the newsletter was distributed to a wide range of institutions, groups or individuals in their project areas through field staff and volunteers. The recipients of *Jigyasa* were adolescents, peer-group members, school students, other organizations, teachers and Mothers' Groups. Other places of distribution were clinics, colleges, municipality office, service centers, regional and district offices and libraries of different CBOs and offices. Most of the direct recipients had distributed almost all the copies they received apart from keeping some copies with them for reference in the library. AMK and EHDAG had limited distribution of the newsletter in schools, as students were not part of their specific target groups.

Table 2.2 Quantity of *Jigyasa* distributed to major partner NGOs

NGOs	Quantity of <i>Jigyasa</i>			
	Issue I	Issue II	Issue III	Issue IV
AMK	1,200	2,000	2,000	4,000
FPAN	1,650	4,500	2,500	2,500
FPAN-NEPAL	700	1,000	1,000	1,000
SPN	700	1,000	1,000	1,000
EHDAG	400	300	300	300
BRMII	800	300	300	300
PHCS/RC	500	NA	300	NA
Others	1,325	1,625	1,248	700
Total	12,975	17,925	17,925	22,900

NA = data not available
Source: RHI UP office

Table 2.1 Newsletter distributors and recipients

	AMK	EHDAG	FPAN	phect-NEPAL	SPN
Distributors:	<ul style="list-style-type: none"> ▪ Field workers/Community volunteers/Grassroots volunteer 	<ul style="list-style-type: none"> ▪ Fieldworkers/Community volunteers/grassroots volunteers; ▪ Trainers; ▪ Counselor; ▪ Peer educators 	<ul style="list-style-type: none"> ▪ Youth organisers; ▪ Counsellors; ▪ Peer educators; ▪ Branch managers/supervisor 	<ul style="list-style-type: none"> ▪ Trainers ▪ Counsellors ▪ Fieldworkers/Community volunteers/grass-root volunteers 	<ul style="list-style-type: none"> ▪ Trainers ▪ Counsellors ▪ Fieldworkers/community volunteers/grass root volunteers
Beneficiaries:	<ul style="list-style-type: none"> ▪ Peer Educators; ▪ Illiterate adol./youths; ▪ Field workers/Community volunteers/grass root volunteers; ▪ Out of school literate adolescents/youths 	<ul style="list-style-type: none"> ▪ Parents; ▪ Students; ▪ Health workers; ▪ Teachers; ▪ Peer Educators; ▪ Out of school literate adol/youths ▪ Community leaders; ▪ Members of community groups; ▪ Community volunteers; 	<ul style="list-style-type: none"> ▪ Peer educators; ▪ Parents; ▪ Health workers; ▪ Students; ▪ Community leaders; ▪ Members of community groups; ▪ Fieldworkers/Community volunteers/grassroots volunteers; ▪ Out of school literate adol/youths; ▪ Other NGO partners; ▪ Other FPAN branches & YIC 	<ul style="list-style-type: none"> ▪ Parents ▪ Health workers ▪ Students ▪ Teachers ▪ Community leaders ▪ Member of community groups ▪ Illiterate adolescents/youth ▪ Fieldworkers/community volunteers./grass-root volunteers ▪ Out-of-school literate adolescents/youth 	<ul style="list-style-type: none"> ▪ Parents ▪ Health workers ▪ Students ▪ Teachers ▪ Community leaders ▪ Members of community groups e.g. co-operatives; field workers/community volunteers/grass root volunteers

Source: RHI UP office

2.2 Adequacy of the Supply

Quantity of the newsletter supplied

The RHI UP office produced 10,000 copies of the first edition of *Jigyasa*. The quantities of the three subsequent editions were increased to 15,000 copies each (Table 2.2). Different quantities of the newsletter were supplied to the NGOs as per their request and the quantity varied across the editions. AMK and FPAN were the largest recipients of the newsletter.

Table 2.2 Quantity of *Jigyasa* distributed to major partner NGOs

<i>NGOs</i>	<i>Quantity of Jigyasa</i>			
	<i>Issue I</i>	<i>Issue II</i>	<i>Issue III</i>	<i>Issue IV</i>
AMK	3,200	5,000	4,000	4,000
FPAN	2,650	4,500	2,500	2,500
Phect-NEPAL	700	1,000	1,000	1,000
SPN	700	1,000	1,000	1,000
EHDAG	400	500	500	500
BPMHF	800	500	500	500
NRCS/JRC	200	NA	200	NA
Others	1,335	1,632	1,848	760
Total	9,985	14,132	11,548	10,260
Quantity produced	10,000	15,000	15,000	15,000

NA = data not available

Source: RHI UP office

CBOs (described henceforth as indirect recipients) working in the project areas of the partner NGOs received limited copies of the newsletter through the partner NGOs (described henceforth as direct recipients), ranging from two to fifteen copies. A total of 13 direct recipients and 7 indirect recipients were interviewed.

NGO/CBO perspective:

The majority of the informants (16 out of 20), with 12 direct recipients and 4 indirect recipients, mentioned that there was no difficulty in obtaining *Jigyasa* because the RHI Umbrella Project for Nepal and/or its partner NGOs provided the newsletter. Only a few respondents (4), one direct recipient and three indirect recipients had faced difficulty in obtaining the newsletter because of the distance, limited means of transportation and natural calamities.

Out of 20 NGOs/CBOs managers/coordinators interviewed, 12 respondents of direct recipient organizations but only three respondents of indirect recipient organization had obtained all the four issues of the newsletter while the other respondent (5), one from direct recipient organization and 4 from indirect recipient organization had reportedly received only one or two issues.

Out of the 20 respondents, only 13 (8 direct recipients and 5 indirect recipients) had mentioned that they had sufficient copies of the newsletter. The other 7 respondents (5 direct recipients and 2 indirect recipients) said that they obtained inadequate quantities of the newsletter to distribute among all the target adolescents in their project areas.

2.3 Monitoring and Follow-up

NGO/CBO perspective:

Almost all the respondents (13) of the direct recipient organizations claimed that they monitored and followed-up the distribution of the newsletter. Reportedly, they had sent their supervisors to check whether the distributed quantity of *Jigyasa* was sufficient or not for the target groups and to inspect its use. On the other hand, all indirect recipients reported that they did not do any monitoring and follow-up of the distribution [They, however, had reportedly received limited quantities of the newsletter].

Many of the NGO/CBO staff cited that the users had appreciated *Jigyasa* saying that it was very informative and appropriate for adolescents. However, other respondents' mentioned that they were unaware of the readers' feedback.

2.4 Awareness and Availability

Teacher perspective:

The schoolteachers, one of the proposed secondary beneficiaries of *Jigyasa*, were also interviewed with a short semi-structured questionnaire to get information about the availability of *Jigyasa* and its usage. The data revealed that very few schoolteachers had seen or learnt about *Jigyasa*. Some of them had learnt about it in schools while others during training and

workshops organized by RHI partner NGOs. Most of the schoolteachers who participated in the evaluation study had gone through *Jigyasa* to learn more about sexual and reproductive health issues. Some of them cited that they went through *Jigyasa* to know whether there was any new information about HIV/AIDS and other health related issues. Some of them had curiously read various issues of *Jigyasa* because its content was related to the school curriculum on health and population.

Health service provider perspective:

Of the four health service providers [Kirtipur (2), Kavre (1) and Kathmandu (1)] interviewed, two had seen a copy of *Jigyasa* only once during a pre-test study in which they participated. The other two health service providers had received the first and the second issues of *Jigyasa*.

Parent perspective:

Most of the parents who had exposure to the newsletter had gone through one or two issues. They had gone through it when their children had brought this newsletter home.

Adolescent perspective:

The adolescents had had limited opportunity to read multiple issues of *Jigyasa*. Of the literate adolescent respondents who had ever read *Jigyasa*, only about one-fourth had read at least two of the four issues, ranging from 12% in Banke to 60% in Kirtipur. Less than one-tenth had had the opportunity to read all the first four issues, with almost no one in Banke and Kavre to 20% in Kirtipur. 37% to 45% of the respondents had read only a single issue (Table 2.3).

Table 2.3 Percentage of literate adolescents who had ever read *Jigyasa* according to issues read

Issues of <i>Jigyasa</i> ever read	Site			Sex		Total
	Kavre	Banke	Kirtipur	Girls	Boys	
First	40.8	11.8	50.8	42.8	31.0	37.2
Second	26.3	23.7	63.1	36.6	48.1	42.0
Third	40.8	30.3	55.7	43.4	45.7	44.5
Fourth	28.9	47.4	45.1	49.7	31.8	41.2
At least two issues	28.9	11.8	59.8	40.0	35.7	38.0
All four issues	1.3	-	19.7	11.7	6.2	9.1
N	76	76	122	145	129	274

The majority of the literate adolescents who had ever read *Jigyasa* got the opportunity to read it for the first time at school (62%) in all the three sites covered in the study (Table 2.4). It is, however, to be noted that respondents of the quantitative assessment were school students. Nearly one-fourth of the adolescent respondents took *Jigyasa* home to read (23%), especially in two sites namely Kohalpur (32%) and Kathmandu (29%).

The peer group members and adolescent girls group members got an opportunity to read *Jigyasa* during their classes/peer group meetings. Other reading places mentioned by the adolescents, though small in proportions, were field offices of RHI and non-RHI partner NGOs, government health facility, youth information center/youth clinic, NGO clinic, workshop, club and friend's place.

Information from the FGDs indicated that the newsletter was available to the adolescents at various places. Commonly mentioned places were school library, youth information center, Marie Stopes Center, adolescent girl class, peer groups and field offices of RHI and non-RHI partner NGOs. They had received a copy of *Jigyasa* from the staff and volunteers of the beneficiary NGOs, peer educators and/or schoolteachers. No notable difference was observed between girls and boys, and across the sites.

As most of the NGOs and CBOs have focussed their programs on illiterate/semiliterate adolescents, they have distributed the copies of the newsletter for their target population. Commonly mentioned places were home, youth information center, peer group meeting, adolescent girls group, CBO and NGO offices, and youth clubs.

Table 2.4 Percentage of literate adolescents who had ever read *Jigyasa*, according to sources of obtaining *Jigyasa*

Reading Place	Site			Sex		Total
	Kavre	Banke	Kirtipur	Girls	Boys	
School	59.2	56.6	67.2	59.3	65.1	62.0
At home	5.3	31.6	28.7	26.2	19.4	23.0
NGO Clinic	7.9	6.6	2.5	2.1	8.5	5.1
Peer group/AGG meeting	11.8	3.9	0.8	6.2	3.1	4.7
Youth Information center/Youth clinic	5.3	-	5.7	4.8	3.1	4.0
Shreekhanda Child Club	7.9	-	-	0.7	3.9	2.2
Government health facility	-	-	3.3	0.7	2.3	1.5
Club	-	-	3.3	2.1	0.8	1.5
Workshop	1.3	1.3	0.8	2.1	-	1.1
Child group	2.6	-	-	0.7	0.8	0.7
Friend	-	-	1.6	-	1.6	0.7
ADRA's personnel	1.3	-	-	-	0.8	0.4
Chaukot Youth Club	1.3	-	-	-	0.8	0.4
STEP Nepal	-	1.3	-	-	0.8	0.4
Maiti Nepal	-	1.3	-	0.7	-	0.4
Swawalamban Sanstha'	-	1.3	-	-	0.8	0.4
phect-Nepal	-	-	0.8	-	0.8	0.4
Hotel	-	-	0.8	-	0.8	0.4
VDC	-	-	0.8	0.7	-	0.4
Total	100.0	100.0	100.0	100.0	100.0	100.0
N	76	76	122	145	129	274

As revealed by the quantitative survey, among the adolescents who had read at least one issue of *Jigyasa*, the majority (48%) classified availability of this newsletter as easy (43%) or very easy (15%). Availability of *Jigyasa* was difficult to over one-fourth of these adolescents while this was 37% among the adolescents interviewed in Kirtipur (Table 2.5).

Table 2.5 Percentage distribution of respondents who had read *Jigyasa* according to their rating on ease of availability of *Jigyasa*

Availability of <i>Jigyasa</i>	Site			Sex		Total
	Kavre	Banke	Kirtipur	Girls	Boys	
Very easy	19.7	1.3	19.7	20.7	7.8	14.6
Easy	44.7	65.8	28.7	37.9	49.6	43.4
Somewhat easy	18.4	15.8	14.8	17.9	14.0	16.1
Difficult	17.1	17.1	36.9	23.4	28.7	25.9
Total	100.0	100.0	100.0	100.0	100.0	100.0
N	76	76	122	145	129	274

During FGDs, adolescents mentioned several reasons for difficulties in obtaining *Jigyasa*. The difficulties were mainly related to insufficient knowledge about its source and limited availability:

- Insufficient quantity of *Jigyasa* in school and library (6 groups)
- Ignorance about the source of obtaining it (4 groups)
- Limited copies available, need to read turn by turn (3 groups)
- Limited copies are available and we do not know who takes those (2 groups)
- Need to stand in queue to obtain *Jigyasa* from the library
- *Jigyasa* available only sometime in the library
- Because of the inadequate quantity of *Jigyasa* (Illiterate groups)

2.5 Sharing

Health service provider perspective:

The health service providers gave copies of *Jigyasa* to adolescents as well as mothers of adolescents because they found it very useful and informative. A health service provider was quoted as:

If the mothers of the adolescents understand about the physical and mental problems/changes during adolescence stages, it would be very easy to counsel them about problems/concerns adolescents face.

Adolescent perspective:

Sharing of the newsletter by the adolescents seemed common and expanded beyond their circles. Half of the adolescent respondents had shared the newsletter with their friends. This proportion ranged across sites, being the lowest in Banke (42%) and Kavre (43%) and the highest in Kirtipur (59%). More girls (54%) than boys (46%) reported sharing of *Jigyasa* with their friends. One in five respondents (20%), with as high as 46% in Kavre, returned the newsletter to library after they went through it. Approximately one-fifth of the respondents (19%) shared the newsletter with their brothers or sisters and nearly the same proportion (17%) reported sharing with their family members at home (Table 2.6).

As indicated by the focus group discussions, the majority of the literate adolescents (both boys and girls) shared the newsletter with their school going friends and friends from their community as well. Adolescents who got a chance to go through the newsletter at school libraries or libraries established by other organizations (CBOs, NGOs) cited that they returned it to the library/owner after going through it. Many adolescents shared the newsletter with their family members such as their parents, sister-in-law, brother-in-law, nephews, sisters, brothers and neighbors in the community. Likewise, sharing of the newsletter by the illiterate/semiliterate participants was also common. Similar to the literate groups, the illiterate/semiliterate groups also shared copies of the newsletter with their friends from the community, family members and relatives.

Table 2.6 Percentage distribution of respondents by pattern of sharing of *Jigyasa*

Sharing of <i>Jigyasa</i>	Site			Sex		Total
	Kavre	Banke	Kirtipur	Girls	Boys	
Shared with friends	43.4	42.1	59.0	53.8	45.7	50.0
Returned to library/center	46.1	9.2	10.7	14.5	26.4	20.1
Shared with brothers/sisters	13.2	10.5	27.9	28.3	8.5	19.0
Shared with family members/shared at home	5.2	23.6	20.5	22.7	10.9	17.2
Returned to the person/place providing it	3.9	22.4	7.4	8.3	13.2	10.6
Shared with teachers	-	1.3	4.9	2.1	3.1	2.6
N	76	76	122	145	129	274

Percentage total may exceed 100 due to multiple responses

2.6 Conclusion

The study notes fewer difficulties for the direct recipients than for the indirect recipients to receive copies of *Jigyasa*. The partner NGOs used multiple outlets or networks to distribute the newsletter to target beneficiaries. However, limitation in circulation of the newsletter is evident in all study sites. Distribution systems utilized have generally been unable to reach the target population on a wide scale. As the content of the newsletter is different in the various issues, it would be desirable that a reader gets opportunity to go through all or most of the issues. However, readership of multiple issues seemed low. For example, of the literate adolescents who had ever read *Jigyasa*, only about one-fourth had read at least two of the four issues, and less than one-tenth had read all the first four issues.

It is encouraging to find that sharing was common among the adolescents provided that the newsletter reached them. In some instances, the adolescents had to read the newsletter turn by turn as it was available in a limited quantity. This could certainly be a factor behind the high extent of sharing. Moreover, sharing of the newsletter was not limited to the adolescents only. The adolescents had sometimes passed it on to adults and vice versa. Those adolescents who had read one or more copies of *Jigyasa* generally rated its availability as high. However, data revealed that the newsletter did not fully reach the intended target adolescents. It was noticed that the partner organizations rarely made attempts to obtain feedback from the beneficiaries or they did not formally document the information obtained from the field. However, when they did, positive feedback and appreciation of *Jigyasa* was in general heard. Adequate monitoring of the distribution might have resulted in immediate recognitions of distribution problems and initiation of corrective actions.

The study did not directly document the views of the adolescents never exposed to *Jigyasa*. However, available information indicates that ignorance about the source of obtaining the newsletter and about its publication could have hindered its access. Reliance on NGO/CBO channels only seems to be a limiting factor for wider distribution and publicity of the newsletter.

This chapter analyzes usage and appropriateness of the newsletter from the user's perspective. It particularly examines opinions of teachers and students regarding relevancy of the newsletter to the school curriculum, its usage by NGOs in their project activities, and perceived influence of the newsletter to effect changes in adolescents' attitudes and behaviors. Appropriateness of the newsletter is analyzed by drawing information from the pre-test and post-test results and from interviews with adolescents.

3.1 Relevancy to School Curriculum

Teacher perspective:

Although the newsletter was not explicitly meant to back-up the school curriculum, it has been found quite relevant to school students from the perspective of their curriculum. The teachers interviewed expressed that most of the topics related to health and population education resembled the content of the textbooks of the schools. The topics such as HIV/AIDS, abortion, infertility, pregnancy care, family planning, population, safe motherhood, changes during adolescence period and menstruation are also included in the school curriculum. However, the teachers indicated that the newsletter helped them to better address these sensitive issues in the classroom.

Adolescent perspective:

The majority of the literate adolescents studying in the high school said that the content of *Jigyasa* was similar to the curriculum of health and population education. Most of the issues raised in *Jigyasa* such as HIV/AIDS, STDs, early marriage, family planning methods, other health issues, nutrition, gender discrimination between boys and girls, menstruation, puberty, sanitation and hygiene were also covered in the textbooks. They cited that it was very easy for them to comprehend issues addressed in *Jigyasa* since it was presented as interesting stories and with lots of colorful illustrations.

3.2 Usage

NGO/CBO perspective:

The informants from partner NGOs and local CBOs indicate that the recipient organizations used the newsletter for a number of purposes during training and meetings in formal and non-formal settings (Table 3.1 and 3.2). According to the information compiled by the RHI UP office using a structured checklist, four RHI partner NGOs [only four NGOs had responded] used the newsletter as discussion tool for individuals or groups of adolescents and as health education materials. Some of them also used it as reference or resource materials, teaching materials, or training materials (Table 3.1). Similar information was also provided to the evaluation team during the site visits. The NGO/CBO informants mentioned that their staff used the newsletter as a reference material to impart knowledge to the adolescents about sexual and reproductive health, family planning and HIV/AIDS during training or meetings. Majority

of the managers and coordinators interviewed during the evaluation study mentioned that the newsletter was used by the adolescents in their project areas. Overall, the partner NGOs (both RHI and non-RHI) used the newsletter for more activities than the CBOs. It should, however, be remembered that the partner NGOs had received a higher quantity of the newsletter and that they had more activities ongoing than the CBOs.

Table 3.1 Usage of *Jigyasa* as reported to RHI UP

AMK	EHDAG	FPAN	Phect-NEPAL	SPN
<ul style="list-style-type: none"> • Discussion tool for individual adolescents • Discussion in a group of adolescents • Health education material • Advocacy tool • Reference/resource materials 	<ul style="list-style-type: none"> • Discussion tool for individual adolescents • Discussion in a group of adolescents • Health education material • Advocacy tool • Teaching materials 	<ul style="list-style-type: none"> • Discussion tool for individual adolescents • Discussion in a group of adolescents • Health education material • Advocacy tool • Wall bulletin/notice board • Training material 	<ul style="list-style-type: none"> • Discussion tool for individual adolescents • Discussion in a group of adolescents • Health education material • Reference/resource material • Teaching materials 	<ul style="list-style-type: none"> • Discussion tool for individual adolescents • Discussion in a group of adolescents • Gift and prize • Training material • Reference/resource material • Teaching material • Health education material • Advocacy tool

Source: RHI UP office

Table 3.2 Usage of *Jigyasa* (as reported to the evaluation team)

Informants from direct recipient organizations (n=13)	Informants from indirect recipient organizations (n=7)
Reproductive health training	Reproductive health training (3),
Training of adolescents and peer group members (2),	Training of adolescents and peer group members (4),
HIV/AIDS training	HIV/AIDS training
Mother Group meeting/training	Mother Group meeting/training
Used in peer group meetings	Used in peer group meetings
To give knowledge about family planning methods	To give knowledge about family planning methods
Informal education class (2)	
School-health program for teacher and students (2)	
To give knowledge about extra curricular activities	
Used in different training	
Kept in the counseling room	
Informal meetings of adolescents	
Female volunteers' gathering/meeting	

Teacher perspective:

Most of the teachers interviewed were teaching health and population at the secondary level. Since the material of *Jigyasa* was related with health and population education, they had used it at some stages during teaching. The respondents cited that they used it to elucidate sexual and reproductive health issues. Since the newsletter presented the topics comically with many illustrations, it was very easy to explain and clarify to the students different sexual and reproductive health issues, family planning methods, physical changes and right age of marriage and child bearing.

Mostly, the newsletter was used as a reference material while teaching.

Although it was not used directly, it was often referred to indirectly – A schoolteacher, Banke

Almost all the teachers shared copies of *Jigyasa* with their students and others. They read it and gave it to students. They also passed it on to other teachers, family members, library, friends or their children because they found it very appropriate and interesting.

Health service provider perspective:

Two health service providers had used *Jigyasa* to impart reproductive health knowledge to adolescents. They also used the newsletter to provide information to female volunteers in informal education classes. However, two health workers had just seen the newsletter during pre-test the study and hence had not been able to utilize the newsletter.

Adolescent perspective:

Mostly, the adolescents used *Jigyasa* to obtain reproductive and sexual health information, and to get answers on their queries related to adolescent problems. The literate adolescents also indicated that it was used as a reference material for their school curriculum.

Likewise, semiliterate and illiterate adolescents used the newsletter to obtain sexual and reproductive health related information. They used it to learn about menstruation, family planning methods, consequences of early marriage and child bearing and sexual abuse.

3.3 Perceived Influence

NGO perspective:

The informants were asked whether they know of any changes in attitude and behavior of adolescents because of the newsletter. Almost all the NGO/CBO staff (10 direct recipients and 7 indirect recipients) responded that they felt occurrence of changes in attitude and behavior of adolescents in their community. They said that girls used to be scared about the physical changes when they begin menstruating; but now, they are not. They learnt about good hygiene, and subsequently care about good hygiene during menstruation. The adolescents now talk comfortably about sexual matters. They know that attraction/infatuation is normal between opposite sexes.

It [Jigyasa] definitely helps people change their attitude and behavior.

- An NGO staff, Kailali

Actually, Jigyasa has encouraged adolescents and young people to be aware about reproductive health, and it also has increased their curiosity about reproductive health -An NGO staff, Kathmandu

Health service provider perspective:

According to the health service providers interviewed, the *Jigyasa* influenced the adolescents to bring about changes in their attitude and behavior in many ways. In the past, adolescents used to be scared about the physical changes occurring during adolescence, but now they do not view it anxiously. They are aware of the menstruation cycle and need of sanitation. They conformably talk about sexual and reproductive health issues.

Parent perspective:

The parents said that the newsletter was very appropriate for adolescents because of the information about HIV/AIDS, family planning methods, early marriage consequences, and continuity of education after marriage. Adolescent used the newsletter to learn new things about sexual and reproductive health information. In addition, it could keep children from becoming addicted to bad habits.

Adolescent perspective:

The adolescents recognized that *Jigyasa* helped them reduce their shyness and empowered them to talk more confidently on sexual and reproductive health issues of their concern. Boys came to realize that one should not engage in sexual abuse including teasing to girls, rape and trafficking. Many adolescent girls who participated in the focus group sessions highlighted changes in their own behavior such as taking bath during menstruation and use of clean cloths.

We do not know about others. But for ourselves, our thinking has been changed that we do not need to be afraid of the changes occurring during adolescence.
(Boys 14-16, Kathmandu)

I realize changes in my own behavior. I used to tease girls. Now I gave up this habit. (A boy, Kohalpur)

We used to take bath only once during menses. But, now we take bath everyday during menses. We also use clean and smooth sanitary cloths.
(Girls 12-13, Kirtipur)

3.4 Appropriateness

Adequate information on appropriateness of layout and content of the newsletter was collected during the pre-tests of all the first four issues and the post-test of the first issue of the newsletter, of which a summary is provided in Table 3.3.

However, during the present evaluation study, adolescents were again asked for some additional information on appropriateness. Overall, the content and layout of the first four issues of *Jigyasa* were found to be satisfactory to the adolescents. They expressed satisfaction over color combination, shape and size, font size, and clarity of the messages. In some instances, the informants desired additional illustrations.

Table 3.3 Summary of pre-test and post-test findings on layout and content of *Jigyasa*

Evaluation Indicator	Pre-test Newsletter-I	Post Test Newsletter-I	Pre-test Newsletter-II	Pre-test Newsletter-III	Pre-test Newsletter-IV
Adequacy of Illustration	-Sufficient for girls groups - Most of the Boys groups suggested adding illustrations.	- Only the younger and semi/illiterate groups found the number of illustrations insufficient.	-Not sufficient for most of the girls groups (5 groups) -Sufficient for the boys.	-Girls groups considered it enough - Boys groups suggested adding illustrations	-Enough for the literate groups -More illustration suggested by the semi/illiterate group
Color Combination	- Overall good	-Overall good	-Overall good.	-Overall good	- Overall good
Shape/size	-Overall good	-Overall good. - But some groups (11/23) recommended increasing pages.	-Good	-Good	-Good
Font size	-Appropriate	-Appropriate	-Almost all the groups suggested fonts of the titles to be enlarged.	-Good	-Good
Clarity of messages	-Clear	-Overall clear	-Overall clear	-Overall clear	-Overall clear
Clarity of illustration	-	-	-	- Some illustrations were considered confusing, however these were improved later at the time of publication.	-Some illustrations were considered confusing, however these were improved later at the time of publication.
Ease to read and comprehend	-	-	-	-Few sections were found confusing.	-Few sections were found confusing.
Length of the content/ write-up	-Overall satisfactory.	-Some groups (10 out of 23 mostly girls) indicated that the items were short.	- Overall satisfactory	- Overall satisfactory	- Overall satisfactory

Source: Pre-tests and Post test studies

Information from literate adolescents interviewed in the present evaluation confirms the appropriateness of the newsletter to adolescents. All the respondents found *Jigyasa* informative, appropriate and attractive for them. However, they were asked to categorize the extent of these three items. When asked how informative was the newsletter, nearly three-fourths (74%) of the adolescents expressed that the newsletter was very informative. Likewise, a high majority (79%) of the adolescents found the newsletter to be very appropriate and nearly two-thirds (64%) of the adolescents stated that the newsletter was very attractive. None of the respondents mentioned that *Jigyasa* was uninformative, inappropriate or unattractive for them. When comparing responses provided by sex, more girls than boys ranked the newsletter to be informative (84% vs 63%), appropriate (85% vs 73%) and attractive (77% vs 50%). (Table 3.4)

Table 3.4 Percentage distribution of respondents by their perception about *Jigyasa*

	Site			Sex		Total
	Kavre	Banke	Kirtipur	Female	Male	
Informative						
Very informative	75.0	69.7	76.2	84.1	62.8	74.1
Informative	14.5	25.0	9.0	13.8	16.3	15.0
Somewhat informative	10.5	5.3	14.8	2.1	20.9	10.9
Appropriate						
Very appropriate	84.2	68.4	82.8	84.8	72.9	79.2
Appropriate	10.5	27.6	9.8	13.1	17.1	15.0
Somewhat appropriate	5.3	3.9	7.4	2.1	10.1	5.8
Attractive						
Very attractive	65.8	67.1	62.3	77.2	50.4	64.6
Attractive	22.4	23.7	24.6	17.2	31.0	23.7
Somewhat attractive	11.8	9.2	13.1	5.5	18.6	11.7
N	76	76	122	145	129	274

Most liked items

Overall, the pattern of preference of the items presented in the newsletter was almost similar across sites and between the sexes of the adolescent respondents. The most liked items were comic stories (49%), followed by doctor's advice (34%), lead articles (33%) and other articles (29%). Interestingly, lead article stood first among the most liked items in Kavre. Slightly more boys than girls interviewed showed preference to comic story (54% of boys vs. 46% of girls) and doctor's advice (36% of boys and 31% of girls). Comparatively, articles were liked more by girls than boys. A notable difference was seen regarding the preference of the 'exercise', with one-fourth boys compared to one-tenth girls and 29% of respondents in Kirtipur vs 8% in Kavre and Banke choosing this item as the most liked one. (Table 3.5)

Table 3.5 Percentage distribution of respondents according to the most interested item

Most liked item	Site			Sex		Total
	Kavre	Banke	Kirtipur	Female	Male	
Comic story	35.5	36.8	66.4	46.2	53.5	49.6
Doctor's advice	21.1	14.5	53.3	31.0	36.4	33.6
Lead article	40.8	19.7	36.1	37.2	27.9	32.8
Articles	27.6	26.3	31.1	31.7	25.6	28.8
Exercise	7.9	7.9	28.7	9.7	25.6	17.2
Story by illustration only	6.6	14.5	23.8	14.5	18.6	16.4
Serialized story	13.2	18.4	15.6	18.6	12.4	15.7
Contribution	2.6	13.2	4.1	6.9	5.4	6.2
Message through parrot	2.6	1.3	9.8	6.2	4.7	5.5
N	76	76	122	145	129	274

Percentage total may exceed 100 due to multiple responses

3.5 Conclusion

Although the newsletter was not meant to back-up the school curriculum, it is encouraging to find that it was also considered quite relevant to teachers as well as school students as judged by the schoolteachers and school-going adolescents. In addition to the school curriculum, the newsletter presents the topics in a simple and interesting way. This important feature stimulated interest in the newsletter. The newsletter has been used by the adolescents themselves and by NGOs staff as a reference material.

The narration of the adolescents, parents and stakeholders indicate that the newsletter has contributed to bring about changes in adolescents' attitudes and behavior such as reducing shyness while talking about SRH issues, maintaining personal hygiene during menstruation, and avoiding sexually offensive remarks or acts. However, as the study was cross-sectional in nature, it was difficult to ascertain whether and to what extent the newsletter contributed to the indicated changes in behavior or attitudes of the adolescents.

Overall, the content and layout of the first four issues of *Jigyasa* were found satisfactory to the adolescents. They expressed satisfaction over color combination, shape and size, font size, and clarity of the messages. The most liked items were comic stories, doctor's advice, lead articles and other articles. Although the adolescents sometimes indicated a need to increase the proportion of illustrations, articles were rated as the most preferred items of the newsletter. This supports the continuity of the balanced approach (between text and illustrations) adopted in the newsletter.

Table 3.2 Percentage distribution of respondents according to the most liked item

Total	Sex		Site			Most liked item
	Male	Female	Ward	Barab	Kavre	
49.8	51.1	48.3	50.4	50.8	52.1	Comic story
37.4	36.4	37.9	37.3	34.3	31.1	Doctor's advice
31.3	32.3	30.3	30.1	30.7	30.8	Lead article
28.8	22.0	31.7	31.1	30.3	27.5	Articles
17.5	22.0	9.7	28.7	7.9	7.9	Exercises
16.4	18.0	14.9	22.8	14.9	4.8	Story by illustration only
12.7	12.4	13.0	13.0	18.4	13.1	Question story
8.3	2.4	0.2	4.1	13.3	2.8	Cartoon
3.3	4.7	0.2	0.8	1.3	1.0	Message through picture
274	139	135	122	76	76	N

Chapter 4

PROSPECT OF THE NEWSLETTER

The evaluation has made an attempt to understand whether the beneficiaries and stakeholders recommend continuity of the production of the newsletter. The informants were queried whether they would suggest continuing the production of the newsletter and whether they would be willing to pay for it if it were to be available in the market. The present chapter focuses on two important aspects: informants' opinion on continuity of the newsletter and their willingness to pay for it.

4.1 Recommendation for Continuity

NGO/CBO perspective:

All the respondents highly recommended continuing the production of *Jigyasa*. They said that it was very appropriate for the adolescents because it covered a wide range of issues concerning reproductive and sexual health. They further added that the language and write-up of *Jigyasa* was simple and comprehensive for adolescents and they could catch the gist easily. They expressed that the coverage of a variety of issues related to reproductive and sexual health, the way of presentation of various items and the inclusion of attractive illustrations and pictures furthermore added to making the newsletter appropriate and appealing for the target population.

The NGO officials were also asked whether they would think of any organization as the potential producer of the newsletter. They recommended several GOs, CBOs, NGOs and INGOs working in the field of child welfare, HIV/AIDS and reproductive health of the adolescents as possible candidates for production of *Jigyasa*. The organizations they recommended were FPAN, pfect-NEPAL, RHI Umbrella Project for Nepal, CREHPA, *Gorkha Patra Sansthan*, Ministry of Health (MOH), SPN, USAID, UNICEF, IPPF and some local magazine publishers.

For the production and distribution of the newsletter national level GOs and NGOs can be utilized as an effective channel -NGO Manager, Kirtipur

Teacher perspective:

All the teachers interviewed highly recommended continuation of *Jigyasa*. They expressed that the newsletter was very appropriate for the adolescents as well as for other people in the community. They further said that the content of the newsletter was informative and every article was presented in an attractive and appealing manner.

Health service provider perspective:

All the health providers suggested continuation of the newsletter, as the content of the newsletter was very appropriate, relevant and liked by the adolescents.

Parent perspective:

All participants highly recommended continuation of production of the newsletter. Overall, they liked the items of the newsletter and its contents, and said that it was appropriate and relevant for adolescents.

Adolescent perspective:

While discussing the suggestions for improvement in the newsletter, all the adolescents spontaneously recommended continuing its production. They further added that it was very appropriate for them since it covered a wide range of sexual and reproductive health issues.

4.2 Willingness to Pay

NGO/CBO perspective:

Almost all the organizations showed interest to pay for the newsletter if available in the market. The price they were willing to pay ranged from Rs. 2 to Rs 25. On average, the price they mentioned was Rs. 5. Considering the appropriateness and usefulness of the newsletter, the NGOs suggested making the newsletter widely available in the market.

Teacher perspective:

Almost all the teachers were ready to buy or give money to their son/daughter to buy *Jigyasa*. If they themselves had to buy a copy of *Jigyasa* from the market, they would pay a minimum of Rs. 2 to a maximum of Rs. 20. The average price they mentioned was Rs.10.

Health service provider perspective:

The health service providers expressed their keen interest to pay for *Jigyasa* if it were to be available in the market. The price they mentioned ranged from Rs. 3 to Rs. 25. They recommended a slightly lower price (Rs.3- Rs.20) if they had to buy it themselves.

Parent perspective:

Likewise, the parents also expressed that they liked *Jigyasa* very much. Almost all the parents said that they would buy or provide money to their children to buy *Jigyasa*. The price recommended and suggested by the parents ranged from Rs. 2 to Rs 15.

Adolescent perspective:

Of the literate adolescent respondents who had ever read *Jigyasa*, almost all (97%) expressed willingness to pay for it. Similarly, almost all of them (94%) approved sale of *Jigyasa* through usual market system such as bookshops or stationery shop. Although the range of the recommended price for the newsletter ranged from as low as Rs. 2 to as high as Rs. 50, most of the respondents proposed prices between Rs. 10 and 20, except those in Kirtipur where nearly half of the respondents suggested prices below Rs. 10. Most commonly quoted price was Rs. 10 in all the sites (Table 4.1).

During focus group discussions, almost all the participants expressed a desire to buy *Jigyasa* if it was available in the market for sale. The price they commonly mentioned was Rs. 10 (16 groups of adolescents including 3 illiterate groups). The range of prices recommended was a minimum of Rs 3 to a maximum Rs. 30. No remarkable differences between boys and girls, and between literate and illiterate/semiliterate adolescents were noticed.

Table 4.1 Percentage distribution of interviewed adolescents according to their willingness to pay, recommendation for sale of the newsletter and suggested price

	Site			Sex		Total
	Kavre	Banke	Kirtipur	Female	Male	
Willing to buy						
Yes	100.0	98.7	99.2	100.0	98.4	99.3
No	-	1.3	.8	-	1.6	.7
Recommend for selling						
Yes	93.4	98.7	98.4	99.3	94.6	97.1
No	6.6	1.3	1.6	.7	5.4	2.9
Price						
Rs. <10	26.3	15.8	49.2	27.6	40.3	33.6
Rs. 10-20	55.3	71.1	43.5	59.4	48.9	54.4
Rs. >21	18.4	11.8	6.6	13.1	9.3	11.3
Don't know	-	1.3	.8	-	1.6	.7
Most commonly quoted price in Rs. (modal value)	10.0	10.0	10.0	10.0	10.0	10.0
N	76	76	122	145	129	274

4.3 Conclusion

All respondents/informants recommended the continuity of the production of newsletter. Appealing and comprehensive presentation of a wide range of reproductive and sexual health issues has made the newsletter attractive and informative to adolescents as well as stakeholders. Distribution of the newsletter through the commercial outlets has been recommended. The adolescents as well as stakeholders including their parents are willing to pay for the newsletter. The commonly recommended market price was Rs. 10 per copy. This price is comparable with that of other commercial magazines targeted at adolescents.

Chapter 5

SUGGESTION FOR IMPROVEMENT OF THE NEWSLETTER

The informants were requested to present their opinions regarding improvements on aspects related to the newsletter: content and layout, and distribution system. Based on this information, this chapter presents the beneficiaries' perspective on improvement of the newsletter.

5.1 Content and Layout

NGO/CBO perspective:

The informants provided several suggestions for improvement in the content and layout of the newsletter. They generally urged to increase the contents. They have recommended increasing the number of pages, adding articles on health issues, making illustrations further comprehensible, and adding jokes. Some of the respondents suggested providing a prize to the contestants of the contribution column.

The informants provided the following suggestion regarding content and layout of *Jigyasa*:

- Increase number of pages
- Make the cover page strong and thick
- Make the illustrations more comprehensible
- Provide a prize to the contestant and publish his/her name in the newsletter
- Add some issues/materials for adults
- Publish articles related to social awareness, domestic violence, legal aspect and sexual discrimination
- Add a column to publish the activities of the NGOs working on reproductive health and HIV/AIDS
- Publish more articles about health, sexuality, diseases, and drugs
- Publish news on national and international health issues

Teacher perspective:

At the first hand, almost all the teachers appreciated the newsletter mentioning that it was very appropriate and important for the adolescents as it contained informative and relevant information for them. After probing, the informants provided the following suggestion for the improvement of content and layout of *Jigyasa*:

- Add number of pages
- Make the cover page strong and thick
- Publish additional articles about health, sexuality and diseases
- Publish news on national and international health

Health service provider perspective:

The health service providers made the following suggestions about content and layout:

- Add number of pages
- There should be a big illustration on the cover page of the newsletter
- Make the cover page strong and thick

Parent perspective:

The parents' groups valued *Jigyasa* saying it as an informative and entertaining material for the adolescents. They added that it provided lots of knowledge to the adolescents about reproductive and sexual health. They had suggested adding topics dealing with moral education in relation to the issues such as drugs, girl trafficking, hygiene, sexually transmitted diseases, HIV/AIDS and other health related matters.

Adolescent perspective:

Almost all the adolescents highly appreciated all the first four issues of *Jigyasa* indicating that it helped them learn new information on sexual and reproductive health. They expressed that *Jigyasa* was very appropriate and attractive for adolescents such as themselves. Although the adolescents admired the newsletter, the research team requested them to express their opinions and suggestions regarding what changes they wished to see in the forthcoming issues of *Jigyasa*. They suggested adding more pages, making cover page strong and thick, and reducing the size (length). It was interesting to learn that boys as well as girls expressed their desire to learn more about trafficking and sexual abuse. Illiterate/semiliterate adolescents could not elaborate on topics they wished to see in the forthcoming issues of *Jigyasa*.

The adolescents suggested the following changes in the layout and content of *Jigyasa*:

Literate adolescent boys (16 groups):

- Add number of pages (6 groups)
- Reduce the size (4 groups)
- Make the cover page strong and thick (4 groups)
- Language should be simple and easily comprehensible
- Increase types of topics (3 groups)
- Present real photographs instead of drawings
- Add more topics such as gender discrimination, true stories or social incidents
- Give more information about health related topics such as menstruation, AIDS and STDs (3 groups)
- Give information about the practical problems of life [problem-solving skills]
- Add information on sanitation and hygiene
- Add informative and entertaining items such as general knowledge, poems and jokes
- Give more information about girl trafficking, sexual matters, child abuse and physical changes during adolescence
- Call for contests and establish a prize to award the winner

Literate adolescent girls (15 groups):

- Add number of pages (10 groups)
- Make the cover page strong and thick (8 groups)
- Reduce the size of the newsletter (3 groups)
- Add additional colors to make it more colorful
- Language should be simple and easily comprehensible
- Give more information on health related topics such as menstruation, AIDS and STDs (3 groups)
- Complete the stories in the same issue (3 groups)
- Add number of stories (2 groups)
- Add comic stories (2 groups)
- Add some items for adults
- Add other items such as general knowledge, jokes, proverbs, poems, entertaining items, brain storming exercises
- Give more information about gender discrimination, girl trafficking, sexual matters, child abuse and physical changes during adolescence
- Establish a prize to award the winner
- Give more information about adolescents and their problems

Illiterate adolescents (6 groups):

- Add more about non-formal education
- Give more information about menstruation
- Add other topics [not elaborated]
- Make the cover page strong and thick (2)
- Increase number of pages (2)
- Reduce the size [length]

5.2 Distribution

NGO/CBO perspective:

Questions were also asked to solicit suggestions of NGO/CBO and community leaders to improve the current distribution system so as to enable *Jigyasa* being easily available to the target beneficiaries, that is, adolescents. Most of the informants suggested distributing it directly to the CBOs/Clubs, while some of them urged the provision of *Jigyasa* to groups of adolescents and mothers. Some of the informants suggested making more effective arrangements for distribution, by forming groups at local level and using them as distribution channel. Additional places and persons referred as appropriate recipients of *Jigyasa* were schools or school libraries, peer groups, and field workers or volunteers of NGOs. They further emphasized that copies of *Jigyasa* should be supplied to the Youth Information Centers, stationery shops, non-formal education classes, and health organizations/health post/sub-health posts to make the distribution effective. They also suggested distributing the newsletter in large quantities. Some informants emphasized to sell the newsletter through the market:

It is better to fix a price and make the newsletter available to the target population than to distribute free of cost. People would value the newsletter more if they have to pay for it - An NGO Manager, Kirtipur.

To make the distribution system more effective, groups should be formed at the local level and they should be used as a distribution channel.

-A CBO staff, Kirtipur

Few NGO officials considered the existing distribution system adequate:

Existing process of distribution is appropriate. It has avoided chances of the newsletter being misused – An NGO official, Kathmandu.

The NGO/CBO managers and coordinators provided the following suggestions regarding the distribution system of *Jigyasa*:

- Distribute to the schools
- Keep in the library/health facilities
- Make available in the stationery shops
- Use NGOs/INGOs/VDCs/CBOs as distribution channels
- Provide to adolescents girls' groups/youth information centers
- Form groups at local level and provide the newsletter to them

Teacher perspective:

The teachers interviewed during the study provided the following suggestions for the improvement of the distribution system of *Jigyasa*:

- Distribute to the schools
- Keep in the library/health organizations/VDCs
- Make available in the stationery shops
- Use local NGOs and CBOs as distribution channels
- Provide to youth information centers

*Everyone would get a chance to read the newsletter, if adequate quantities of *Jigyasa* were available in the library –A CBO staff, Lalitpur*

Health service provider perspective:

The health service providers provided the following suggestions regarding the newsletter distribution:

- Distribute to the schools
- Keep in the library/health facilities
- Advertise about *Jigyasa* through television and radio

Parent perspective:

Participants at the parents meetings did not make specific suggestions to improve distribution of the newsletter

Adolescent perspective:

The adolescent informants emphasized the need for wider publicity of the newsletter through electronic and print media. Subsequently they suggested making *Jigyasa* available in the market. Other measures they suggested include keeping the newsletter in offices of local institutions such as VDC offices, health facilities and clubs. Out-of-school adolescents emphasized the need to supply the newsletter to their groups and local institutions.

The adolescents participating in the focus groups provided the following suggestions for improving the distribution of *Jigyasa*:

Literate adolescent boys (16 groups):

- Advertise through Radio, TV and newspapers (7)
- Make available in the stationery and bookshops (6)
- Make available in the schools (6)
- Keep in the library, clubs and VDCs (5)
- Keep in health posts (4)
- Distribute through health related organizations
- Distribute through mobile health camps
- Provide to child groups and clubs
- Distribute through school teachers
- Distribute in the rural villages and schools
- Keep in PCO [public call office]
- Form adolescent groups and distribute through them

Literate adolescent girls (15 groups):

- Keep in school library and other libraries (15)
- Keep in bookshops and stationery shops (10)
- Provide to CBOs (10)
- Advertise more about *Jigyasa* through newspapers, TV, FM (8)
- Distribute to groups (3)
- Distribute through clubs/health post (3)
- Keep in VDC office (2)
- Provide training about *Jigyasa*
- Keep in college library
- Distribute door to door
- Distribute through peer educator (AGG class)
- Distribute in the rural villages and schools
- Conduct community level advertisements

Illiterate adolescents (6 groups):

- Keep in the health posts (2)
- Keep in VDC office (2)
- Distribute through BPMHF
- Advertise about *Jigyasa*
- Distribute through CBOs
- Make available in the AGG class
- Distribute through teachers [peer educators]
- Make available in the bookshops, CBOs and stationery shops
- Distribute through volunteers
- Keep in the youth information center
- Distribute to each individual (hand to hand) at village level

5.3 Conclusion

Several changes were suggested to improve layout and content of the newsletter. The changes suggested included increasing the number of pages and making the cover page strong and thick. Incorporating news on health from within and outside the country and the activities of the partner NGOs was also recommended. Coverage of health issues could help update the adolescents about developments on health, while incorporating local news including activities of partner NGOs could help strengthen local ownership of the newsletter.

The informants also suggested some valuable measures to improve the circulation of the newsletter. The suggested measures included utilization of both the non-commercial and commercial networks. Apart from supplying the newsletter to libraries, local institution and groups, they suggested conducting promotional activities and selling the newsletter through bookshops and stationery shops. Literate adolescents and teachers emphasized the need to keep the newsletter at the school libraries, while illiterate adolescents recommended using other local institutions such as VDC offices or health facilities. In addition to supplying the newsletter to libraries, the literate adolescents recommended selling the newsletter through the stationery or bookshops to strengthen the distribution. In the context of the indicated willingness of the adolescents and stakeholders to pay for the newsletter, it seems reasonable to recommend utilization of commercial outlets to expand access to the newsletter.

ANNEX

ID

EVALUATION OF ADOLESCENT SEXUAL AND REPRODUCTIVE HEALTH NEWSLETTER 'JIGYASA'
RHI UMBRELLA PROJECT NEPAL/CREHPA
September 2002

A short questionnaire for individual interview with literate/illiterate/semiliterate adolescents 12-16 years

[Note for Interviewer: Please check if the respondent can read a sentence from the card. If he/she can read a sentence only then start the interview]

Reading ability..... 1. Reads easily 2. Reads Slowly 3. Reads hardly

Section A: Background Information

A.1	Name of the Respondent:	
A.2	Site:	<input type="checkbox"/>
	Ward:.....	<input type="checkbox"/>
	VDC:.....	<input type="checkbox"/>
	District:.....	<input type="checkbox"/>
A.3	Schooling: ... 1. Currently in school 2. Dropped out 3. Never been to school 4. Non-formal Education.....	<input type="checkbox"/>
A.4	If attending school, name of school:	
A.5	Grade completed:	<input type="checkbox"/>
A.6	Sex of the respondent.....1 Female 2 Male	<input type="checkbox"/>
A.7	Age of the respondent	<input type="text"/> <input type="text"/>
A.8	Name of the Interviewer..... Date.....	
A.9	Name of Field Supervisor..... Date of Field Editing.....	

Section b: Awareness, availability, sharing and usage of Jigyasa

S.N.	Questions	Code	Skip
B.1	Have you ever seen <i>Jigyasa</i> ?	Yes..... 1 No..... 2	→ Terminate interview
B.2	Have you ever read/gone through <i>Jigyasa</i> ?	Yes..... 1 No..... 2	
B.3	Why didn't you go through the Newsletter?	No time..... 1 Not provided..... 2 Not interested..... 3 Others (specify).....	
B.4	Which issues did you read/go through? [display the cover page and verify the response] (Multiple answers possible)	First 1 Second 2 Third..... 3 Fourth 4	
B.5	Where did you read/go through the <i>Jigyasa</i> ? (Multiple answer possible)	Government health facility.... 1 Youth Information centre/youth clinic..... 2 NGO Clinic..... 3 School..... 4 Peer group/AGG meeting..... 5 Workshop..... 6 Others (specify).....	
B.6	After going through the newsletter, what did you do with <i>Jigyasa</i> ? (Multiple answers possible)	Share with friend..... 1 Share with brother/sister..... 2 Share with family member..... 3 Share with teachers..... 4 Return to person/owner..... 5 Return to library/centre..... 6 Others (specify).....	
B.7	How easily is <i>Jigyasa</i> available to you or your friends?	Very easily..... 1 Easily..... 2 Difficult..... 3	

B.8	What types of item did you find the most interesting? (Multiple answers possible)	Article (note title)..... 1 Exercise..... 2 Comic story..... 3 Lead article..... 4 Contribution..... 5 Story by illustration only..... 6 Doctor's advice..... 7 Serialized story..... 8 Message through parrot..... 9 Others (specify).....	
B.9	Did you discuss information from the newsletter with others?	Yes often..... 1 Yes, sometimes..... 2 No..... 3	→ B.11
B.10	With whom did you discuss the information?	Friend..... 1 Brother/sister..... 2 Other family member..... 3 Teachers..... 4 Others (specify).....	
B.11	How informative [janakarimulak] were the issues of <i>Jigyasa</i> ?	Very informative..... 1 Informative..... 2 Somewhat informative..... 3 Not informative..... 4	
B.12	In your opinion, is <i>Jigyasa</i> appropriate for the adolescents?	Very appropriate..... 1 Appropriate..... 2 Somewhat appropriate..... 3 Not appropriate..... 4	
B.13	How attractive is <i>Jigyasa</i> to adolescents like you?	Very attractive..... 1 Attractive..... 2 Somewhat attractive..... 3 Not attractive..... 4	

section C: willingness to pay

S.N.	Questions	Code	Skip
E.1	If the <i>Jigyasa</i> were available in the market, would you be willing to buy the <i>Jigyasa</i> ?	Yes..... 1 No..... 2	
E.2	If yes, how much would be willing to you pay for the <i>Jigyasa</i> ?	Price..... Rs. <input type="text"/>	
E.3	Do you recommend selling this <i>Jigyasa</i> from the shop?	Yes..... 1 No..... 2	

Thank you for your valuable time! This is the end of the interview.

**Evaluation of Adolescents Sexual and Reproductive Health Newsletter (Jigyasa),
September 2002**

RHI Umbrella Project for Nepal / CREHPA
[Guideline for Semi-structured Interview NGO-GO-CBO Managers]

A. Procurement

1. Could you please tell me how did your organisation obtain previous issues of *Jigyasa*? [Probe: steps, channels and procedure]
2. How easy or difficult was it to obtain *Jigyasa*? Why?
3. What quantities of *Jigyasa* did your organizations receive? Was it sufficient?

B. Distribution

4. Who did you distribute/give *Jigyasa* - individuals or institutions or groups? How did you distribute? [Probe to obtain a good idea in distribution systems]
5. What quantities of *Jigyasa* did your organisation distribute?
6. Was there any monitoring/follow-up for the distribution? If yes, what types of monitoring was done? Who did it?
7. What would be the most appropriate approach to obtain and distribute *Jigyasa*? [Probe: process and channels]

C. Usage

8. Who are the usual users of *Jigyasa*? How do they use?
9. How and where your organization or staff used *Jigyasa*? [Probe: whether used in non-formal literacy classes, RH training, meetings for information about health, extra-curricular information and curriculum]
10. How was the feedback from the users? [Probe: feedback from adolescents, parents, other users]
11. Do you think, the *Jigyasa* influence to change the attitudes and behaviours of adolescents or anybody else? Whose? How?

D. Prospect

12. Do you recommend continuing the production of *Jigyasa*? Why?
13. The RHI Umbrella Project for Nepal is planning to handover the production of *Jigyasa* to a capable agency willing to produce it. Do you have suggestions on which organization might be willing to take over the production of *Jigyasa*?
14. Please provide your ideas/ recommendations on how the production and distribution system of *Jigyasa* should be developed?
15. If *Jigyasa* were available in the market, would your organization be willing to pay for it? How much?

E. Improvement

16. Does *Jigyasa* need any improvement? If yes, what? [probe: layout, content, distribution]

**Evaluation of Adolescents Sexual and Reproductive Health Newsletter (*Jigyasa*),
September 2002**

RHI Umbrella Project for Nepal / CREHPA

[Guideline for Semi-structured Interview with Teachers (probably, health/population/ science/social studies teacher) who have seen/read at least one issue of *Jigyasa*]

A. Availability

1. How and where did you learn about *Jigyasa*?
2. Did you go through *Jigyasa*? If yes, why? If no, why?
3. How many issues of *Jigyasa* did you go through/see? Why only.....? (probe: for the number if he/she had not gone through all)
4. From where did you obtain *Jigyasa*? Who gave you *Jigyasa*?
5. How easy or difficult was it for you to obtain *Jigyasa*? Why?

B. Usage

6. How did you use *Jigyasa*? For what purpose? [Probe: in non-formal literacy classes, RH training, meetings for information about health, extra-curricular information and curriculum]
7. How frequently did you use *Jigyasa*?
8. To what extent is the content of *Jigyasa* relevant to the school curriculum? In what aspect of the curriculum, is this more relevant?
9. Did you share the copies of *Jigyasa* with anybody else? Whom? Why?
10. How useful/informative are these to adolescents? What about others? Why?
11. Did *Jigyasa* influence to change the attitudes and behaviours of adolescents or anybody else? Whose? How?
12. Do you have a library in your school? What type of library? Does the library have copies of *Jigyasa*? How many? If no, why? How can documents from the library be obtained?

C. Prospect

13. Do you recommend continuing the production of *Jigyasa*? Why?
14. If the *Jigyasa* were available in the market, how much would it cost?
15. Would you like to buy or give money to your son/daughter to buy *Jigyasa*? How much would you be willing to pay?

D. Improvement

16. Does the *Jigyasa* need any improvements? [Probe: layout, content and distribution]
17. Please provide your recommendations on how to improve the distribution and availability of *Jigyasa*?

**Evaluation of Adolescents Sexual and Reproductive Health Newsletter (Jigyasa),
September 2002**

RHI Umbrella Project for Nepal / CREHPA

**[Guideline for Semi-structured Interview with Health Providers who have seen/read at least
one issue of Jigyasa]**

A. Availability

1. How and where did you learn about *Jigyasa*?
2. Did you go through *Jigyasa*? If yes, why? If no, why?
3. How many issues of *Jigyasa* did you go through/see? Why only.....? (probe: for the number if he/she had not gone through all)
4. From where did you obtain *Jigyasa*? Who gave you *Jigyasa*?
5. How easy or difficult was it for you to obtain *Jigyasa*? Why?

B. Usage

6. How did you use *Jigyasa*? For what purpose? [Probe: in non-formal literacy classes, RH training, meetings for information about health, as IEC material for clients]
7. How frequently did you use *Jigyasa*?
8. Did you share the copies of *Jigyasa* with anybody else? Whom? Why?
9. How useful/informative are these to adolescents? What about others? Why?
10. Did *Jigyasa* influence to change the attitudes and behaviours of adolescents or anybody else? Whose? How?
11. Do you have a library or a collection of IEC materials in your health facility? Does the library have copies of *Jigyasa*? How many? If no, why? How can IEC materials from your health facility be obtained?

C. Prospect

12. Do you recommend continuing the production of *Jigyasa*? Why?
13. If the *Jigyasa* were available in the market, how much would it cost?
14. Would you like to buy or give money to your son/daughter to buy *Jigyasa*? How much would you be willing to pay?

D. Improvement

15. Does the *Jigyasa* need any improvements? [Probe: layout, content and distribution]
16. Please provide your recommendations on how to improve the distribution and availability of *Jigyasa*?

**Evaluation of Adolescents Sexual and Reproductive Health Newsletter (*Jigyasa*),
September 2002**

RHI Umbrella Project for Nepal / CREHPA

[FGD Guideline for illiterate/semiliterate & literate adolescents of aged 12-16 years]

A. Awareness and availability

1. How did you learn about *Jigyasa* for the first time? What did you know about it?
2. How did you get *Jigyasa*? Where did you get it? How many issues of *Jigyasa* did you get?
3. How easy or difficult was it to obtain *Jigyasa*? What made it easy for you to obtain *Jigyasa*? What made difficult for you?

B. Usage & usefulness

4. Considering all the four issues, to what extent the content of *Jigyasa* relevant to your school curriculum?
5. After reading any issue of *Jigyasa*, did you pass it to anybody else? Whom? [Probe: friends family members, others]
6. Considering all the four issues, do you think the contents of *Jigyasa* say something to you? If yes, what does it say?
7. Do you know of any example that *Jigyasa* helped changed someone's thoughts/behaviour? If yes, what?

C. Appropriateness

8. In your opinion, how appropriate is *Jigyasa* for adolescents like you? Why do you say so?
9. How easy was it to you to understand the content of *Jigyasa*?
10. Seeing all these four issues of *Jigyasa*, which items did you like most? Why? Are there any items that you dislike? Why?
11. How is the quality of the paper used in *Jigyasa*?
12. How adequate is the variety of items presented in the *Jigyasa*? Would you suggest adding or removing of any items?
13. How do you rate the four issues of *Jigyasa*? Why?

D. Improvement & willingness to pay

14. Do you have any suggestion for the improvement of the *Jigyasa*? What? [Probe: Layout, content and distribution]
15. Are adolescents like you willing to buy the *Jigyasa*? How much would they pay? [Ask for a range of price]

**Evaluation of Adolescents Sexual and Reproductive Health Newsletter (Jigyasa),
September 2002**

RHI Umbrella Project for Nepal / CREHPA

[Guidelines for Informal Group Meeting with Parents]

A. Availability and usage

1. How and where did you learn about *Jigyasa*? How did you obtain *Jigyasa*?
2. Did you go through *Jigyasa*? How many issues of *Jigyasa* did you go through?

B. Appropriateness

3. How informative is *Jigyasa* to adolescents? What about others? Why?
4. How appropriate is *Jigyasa* to adolescents? Why?

C. Prospect & willingness to pay

5. Do you recommend continuing the production of *Jigyasa*? Why?
6. If issues of *Jigyasa* were available in the market, how much would it cost?
7. Would you like to buy or go to buy *Jigyasa* for your adolescent son/daughter? Or, would you give money to your son/daughter to buy *Jigyasa*? How much would you be willing to pay for *Jigyasa*?

D. Improvement

8. Does *Jigyasa* need any improvements? [Probe: layout and content]
9. Please provide your recommendations on how to improve the distribution and availability of *Jigyasa*?