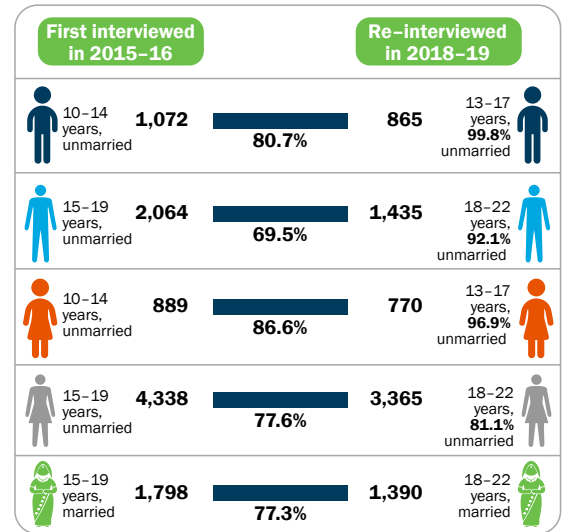


CONTEXT

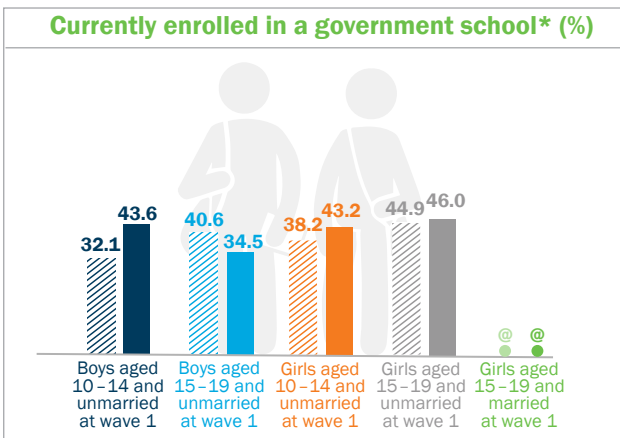
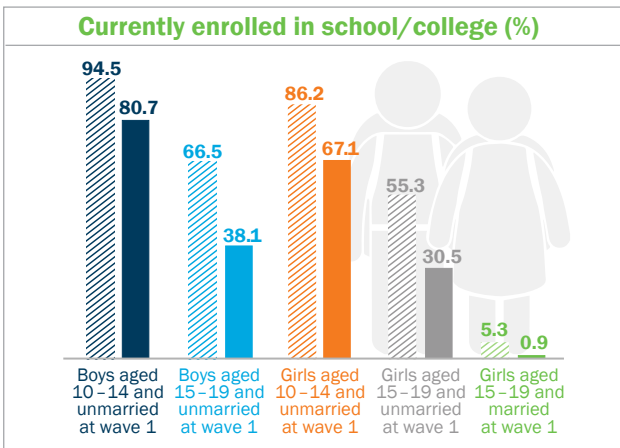
Understanding the lives of adolescents and young adults (UDAYA) is a longitudinal study of adolescents—a rarity among its contemporary cohorts, globally and in India. It is the first ever longitudinal study of adolescents' transition to adulthood in Bihar and Uttar Pradesh. The study, first conducted by the Population Council in 2015–16 for its first wave, had a state representative sample of over 10,161 adolescents in Uttar Pradesh. In 2018–19, during the second wave, 7,825 of these adolescents were re-interviewed, which made it the largest adolescent-centric longitudinal study in the state.

The UDAYA study profiles multiple facets of adolescents' situation at a scale and longitudinal compass that has not been done before—these include adolescents' mental health and the reach of entitlements meant for adolescents, among others. It not only highlights the myriad differences, including gender and socio-economic differences, in transitions to adulthood, but it also presents how family, peer, community, and systems influence choices that adolescents make for their future.

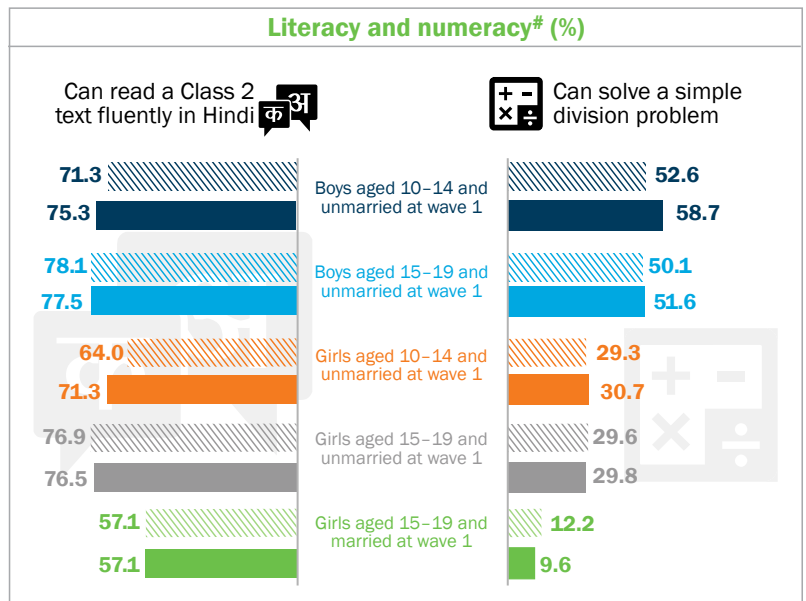
Unlike cross-sectional studies among adolescents, the UDAYA study enables an understanding of the changes that adolescents undergo as they transition from adolescence to adulthood and their determinants. Further, it undertakes a rigorous assessment of the impact of different programme approaches and facilitates evidence-based decisions on the types of programmes worthy of scale-up.



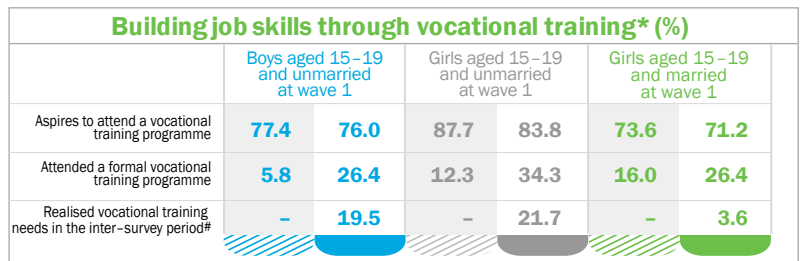
EDUCATION, EMPLOYABILITY AND ECONOMIC INCLUSION



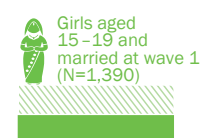
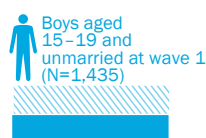
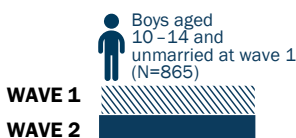
*Of adolescents enrolled in school at each wave
@Percentage not shown, as this was based on fewer than 25 unweighted cases

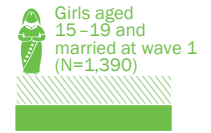
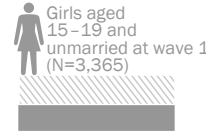
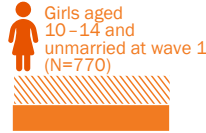
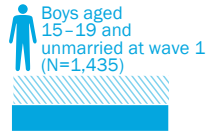
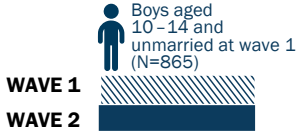


#Of adolescents who had completed Class 5 or above at wave 1 and took literacy and numeracy tests at both waves



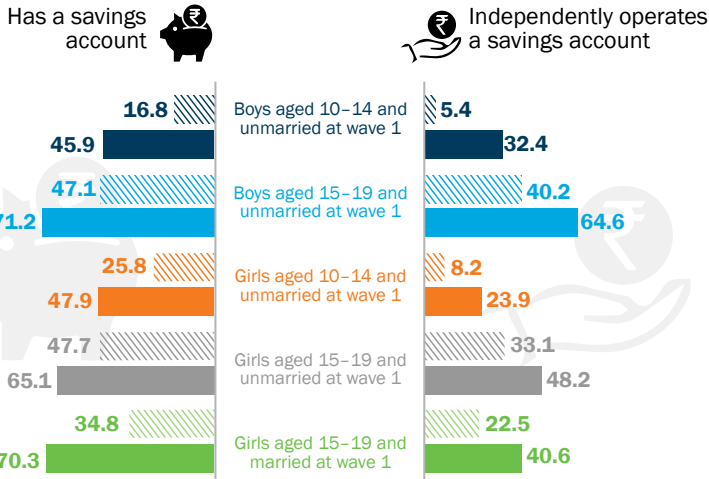
*Of adolescents aged 15 and above at wave 1
#Of those who reported that they were interested in attending a vocational training programme at wave 1





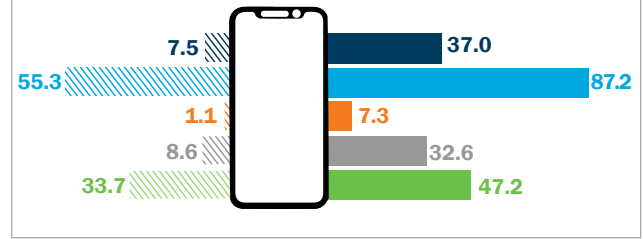
EDUCATION, EMPLOYABILITY AND ECONOMIC INCLUSION

Banking practices (%)

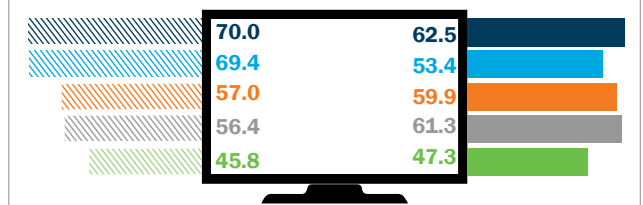


MEDIA AND TECHNOLOGY

Owns a mobile phone (%)



Watches television regularly* (%)



*Regularly includes daily or weekly exposure

Employment (%)

	Boys aged 10-14 and unmarried at wave 1	Boys aged 15-19 and unmarried at wave 1	Girls aged 10-14 and unmarried at wave 1	Girls aged 15-19 and unmarried at wave 1	Girls aged 15-19 and married at wave 1
Engaged in paid work [@]	12.4	24.5	36.0	60.7	9.0
Currently seeking jobs ^{##}	-	-	30.4	49.0	-
Got job in the inter-survey period ^{###}	-	-	-	82.3	-
	21.4	23.2	30.7	11.6	14.1
	-	-	12.3	21.0	9.9
	-	-	-	47.0	-
	-	-	-	-	23.5

@In the last 12 months

& Of adolescents aged 15 and above at wave 1

Of adolescents aged 15 and above who were seeking a job at wave 1

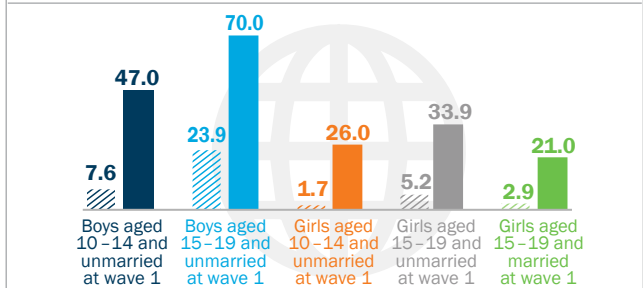
MEDIA AND TECHNOLOGY

Pattern of time use in the 24 hours preceding the interview at wave 2 (%)

	Boys aged 10-14 and unmarried at wave 1	Boys aged 15-19 and unmarried at wave 1	Girls aged 10-14 and unmarried at wave 1	Girls aged 15-19 and unmarried at wave 1	Girls aged 15-19 and married at wave 1
Attending school or vocational training course	2.5	0.6	1.9	0.5	0.0
Doing school homework	1.7	1.1	1.4	0.7	0.0
In transit to school	0.4	0.2	0.3	0.1	0.0
Personal care	2.4	2.5	2.2	2.1	1.9
Domestic duties	1.4	2.0	4.5	5.9	9.0
Social engagements and recreation	2.1	2.1	0.7	0.5	0.4
Engaging in economic activities [^]	1.7	4.1	0.7	1.0	0.3
Spending time with family members and relatives	2.3	2.1	2.8	3.2	2.7
Rest/sleep	9.5	9.4	9.6	9.8	9.7

[^]Self-employment/paid work/unpaid work

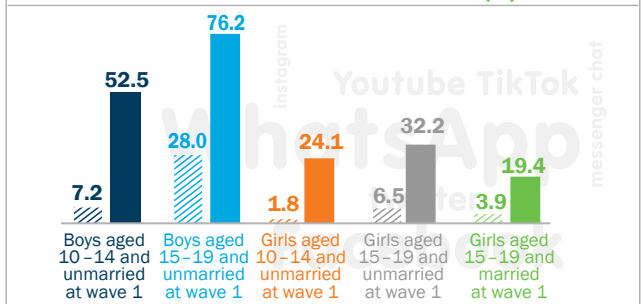
Accesses internet regularly*^{##} (%)



*Regularly includes daily or weekly exposure

^{##}Of adolescents who had five or more years of schooling at wave 1

Ever accessed social media[#](%)



[#]Of adolescents who had five or more years of schooling at wave 1

Activities for which a mobile phone is typically used at wave 2* (%)

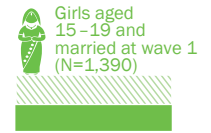
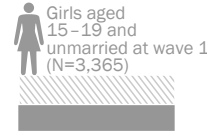
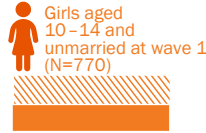
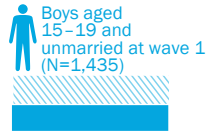
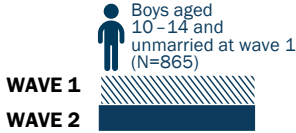
	Boys aged 10-14 and unmarried at wave 1	Boys aged 15-19 and unmarried at wave 1	Girls aged 10-14 and unmarried at wave 1	Girls aged 15-19 and unmarried at wave 1	Girls aged 15-19 and married at wave 1
Communication related	81.5	96.7	94.8	98.5	99.1
Art and entertainment related	73.2	78.5	53.3	53.7	47.4
Economic and education related	8.9	19.5	7.5	7.1	1.4

*Of adolescents who own or have access to a family member's mobile phone

Median time spent on social media at wave 2[#] (minutes)



[#]Of adolescents who had five or more years of schooling at wave 1 and had used social media platforms on the day preceding the interview at wave 2



MEDIA AND TECHNOLOGY

Median time spent on mobile at wave 2* (minutes)



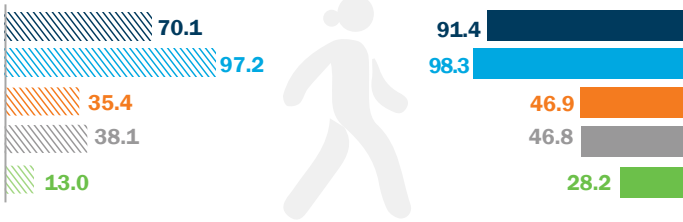
*Of adolescents who used a mobile phone on the day preceding the interview at wave 2

AGENCY, COMMUNITY AND CITIZENSHIP

Participated in decision-making¹ (%)



Allowed to visit selected locations unescorted² (%)

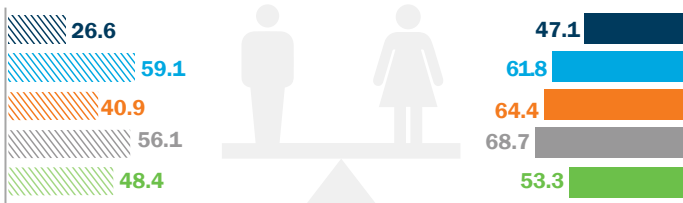


Mixes freely with people of other religions* (%)



*Of adolescents aged 15 and above at wave 1

Displays egalitarian gender role attitudes³ (%)



AGENCY, COMMUNITY AND CITIZENSHIP

Participation in civil society and political life (%)

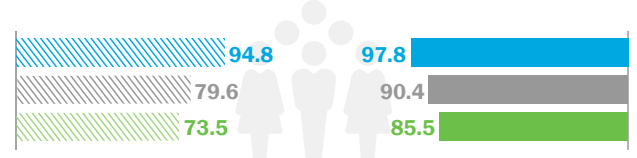
	Boys aged 10-14 and unmarried at wave 1		Boys aged 15-19 and unmarried at wave 1		Girls aged 10-14 and unmarried at wave 1		Girls aged 15-19 and unmarried at wave 1		Girls aged 15-19 and married at wave 1	
Membership in organised groups*	6.6	3.3	10.3	4.0	2.6	2.2	5.5	1.9	4.9	3.5
Ever involved in political activities**	-	-	23.6	42.2	-	-	6.1	11.5	5.2	13.0
Voted in the last election#	-	-	11.7	21.7	-	-	8.7	15.2	29.1	45.3

*Wave 1 % refers to group membership ever in their life and wave 2 % refers to group membership in the three years preceding the wave 2 interview

**Of adolescents aged 15 and above at wave 1

#Of adolescents aged 18 and above at wave 1

Mixes freely with people of other castes* (%)



*Of adolescents aged 15 and above at wave 1

Eats with people of other castes/religions* (%)



*Of adolescents aged 15 and above at wave 1

HEALTH AND NUTRITION

Practices within premarital sexual relationship* (%)

	Boys aged 15-19 and unmarried at wave 1		Girls aged 15-19 and unmarried at wave 1	
Ever had an opposite-sex romantic partner	25.3	56.6	15.3	26.8
Ever had premarital sex	17.3	36.5	5.8	8.7
Used condoms within any premarital relationships**	40.5	44.4	24.8	31.6
Used any contraceptive method within premarital relationships**	-	48.4	-	38.7

*Of adolescents aged 15 and above at wave 1, excluding those who were interviewed over telephone at wave 2

**Of adolescents who reported premarital sex via face-to-face interview

HEALTH AND NUTRITION

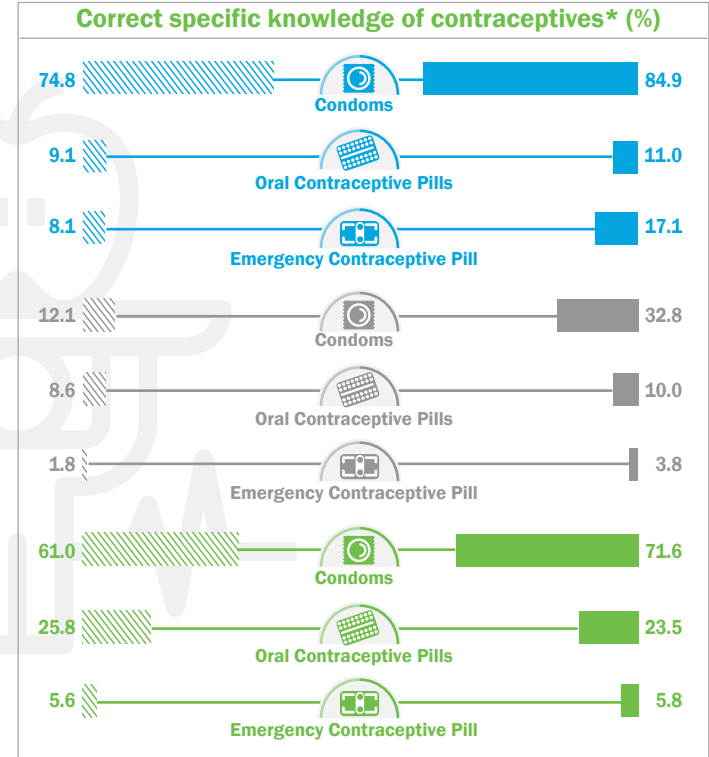
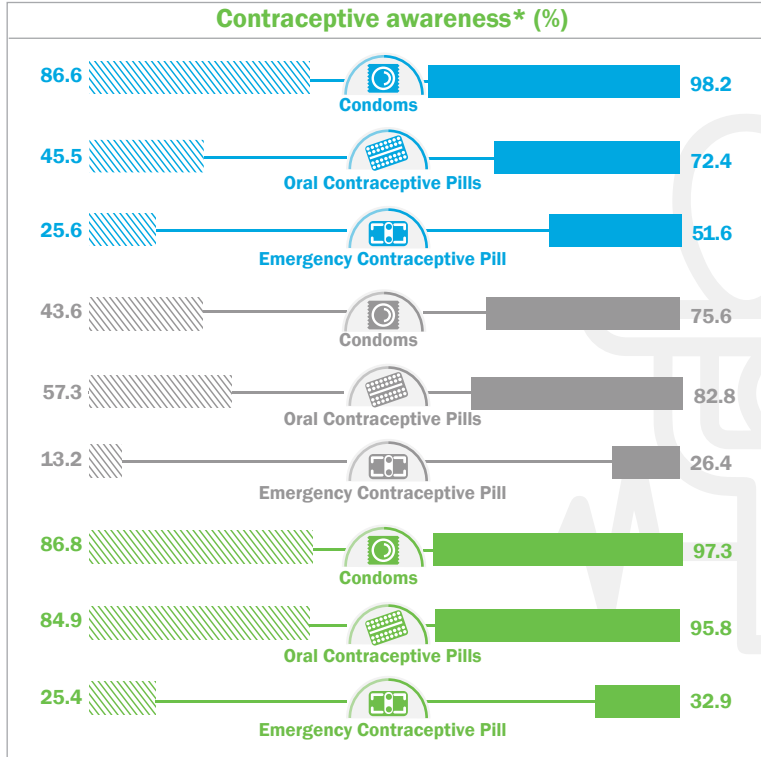
Sexual and reproductive health knowledge, attitudes, and beliefs* (%)

	Boys aged 10-14 and unmarried at wave 1		Boys aged 15-19 and unmarried at wave 1		Girls aged 10-14 and unmarried at wave 1		Girls aged 15-19 and unmarried at wave 1		Girls aged 15-19 and married at wave 1	
Aware of sexually transmitted infections other than HIV/AIDS	-	-	19.3	12.1	-	-	20.2	18.8	37.8	24.1
Aware of HIV/AIDS	10.6	33.3	57.3	75.8	9.1	22.2	37.8	45.7	31.2	36.5
Has comprehensive knowledge of HIV/AIDS ⁴	2.0	10.8	17.0	25.9	2.1	6.6	5.6	6.7	8.0	7.8
Received family life education	-	-	9.7	15.7	-	-	17.6	22.0	11.6	12.6

*Of adolescents aged 15 and above at wave 1

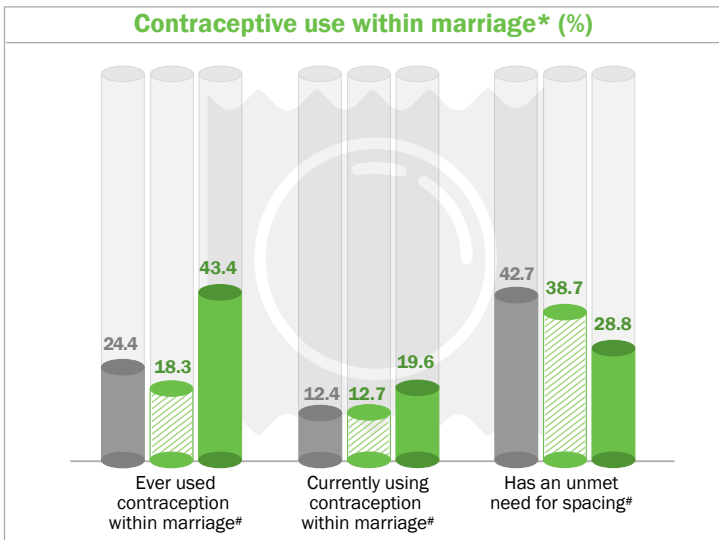


HEALTH AND NUTRITION

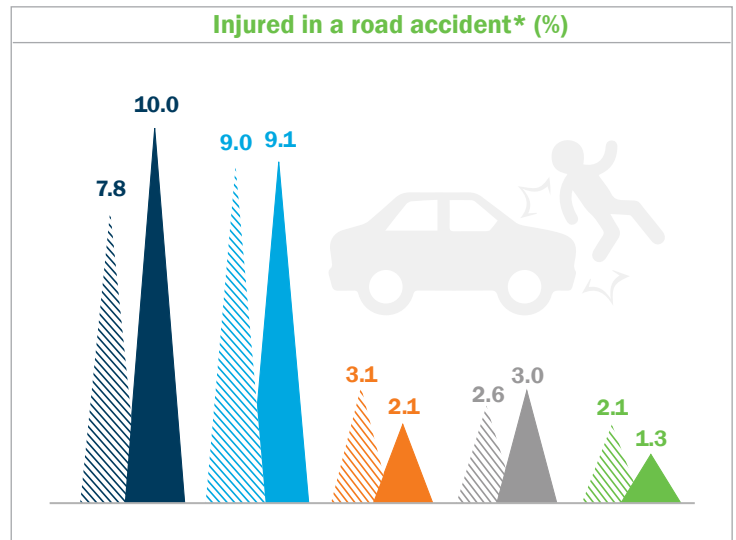


*Of adolescents aged 15 years and above at wave 1

*Of adolescents aged 15 years and above at wave 1



*Of girls currently married at both waves
#Of girls who got married during the inter-survey period and began cohabiting



*In the last three months

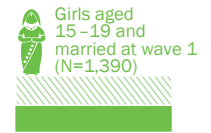
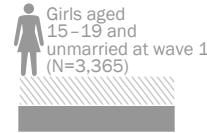
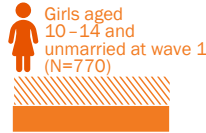
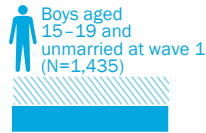
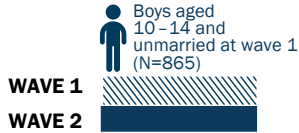
Mental health (%)

	Boys aged 10-14 and unmarried at wave 1		Boys aged 15-19 and unmarried at wave 1		Girls aged 10-14 and unmarried at wave 1		Girls aged 15-19 and unmarried at wave 1		Girls aged 15-19 and married at wave 1	
Displayed symptoms of moderate to severe depression in the last two weeks ⁹	0.1	2.4	1.9	3.6	1.0	3.4	5.0	8.7	8.5	13.5
Contemplated committing suicide in the last 12 months*	1.1	2.1	2.5	3.1	1.7	5.2	4.5	5.6	8.7	10.7

*Of adolescents aged 13 and above at wave 1; excludes those who were interviewed over telephone at wave 2

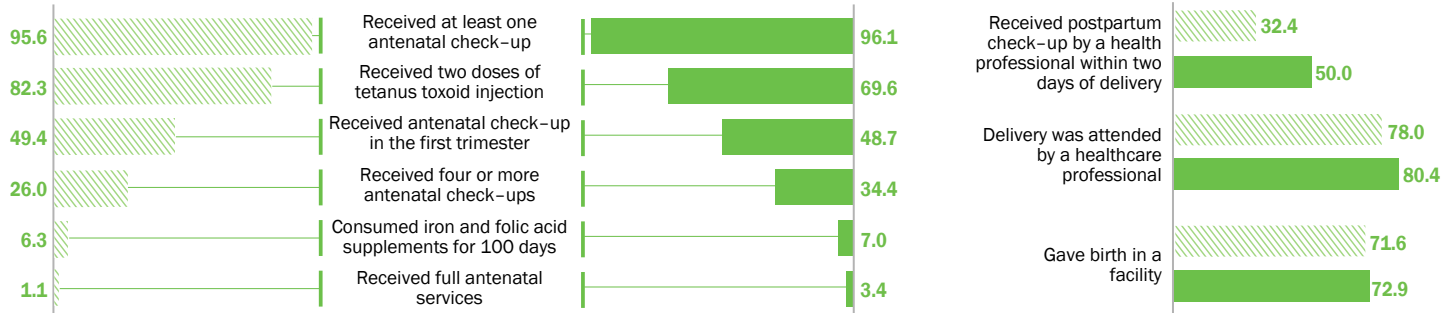
Substance use (%)

	Boys aged 10-14 and unmarried at wave 1		Boys aged 15-19 and unmarried at wave 1		Girls aged 10-14 and unmarried at wave 1		Girls aged 15-19 and unmarried at wave 1		Girls aged 15-19 and married at wave 1	
Ever consumed alcohol	0.1	5.1	6.3	24.3	0.0	0.7	0.2	0.8	0.1	0.3
Ever consumed drugs	0.1	1.7	0.9	3.7	0.0	2.3	0.0	0.7	0.0	0.4
Ever consumed tobacco products	3.4	18.2	20.9	44.5	0.6	6.7	1.5	7.2	4.9	12.0



HEALTH AND NUTRITION

Maternal and newborn health care*[#] (%)

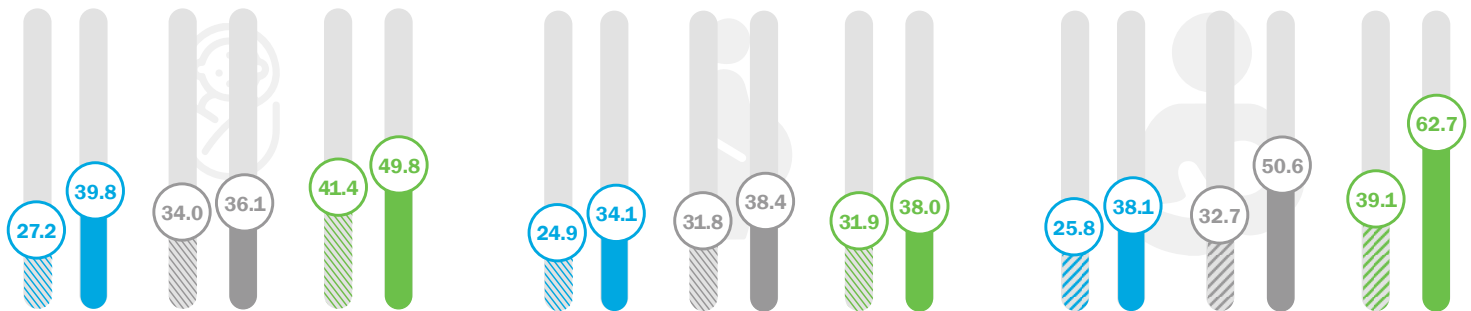


*Of girls who moved from parity 1 to parity 2 or 3 during the inter-survey period
#Wave 1 refers to practices related to the first birth and wave 2 refers to practices related to most recent birth, i.e., 2nd or 3rd order birth

Knew that a newborn should be breastfed within an hour of birth*

Knew that a pregnant woman should have at least four antenatal check-ups*

Knew that a newborn should be exclusively breastfed for six months*

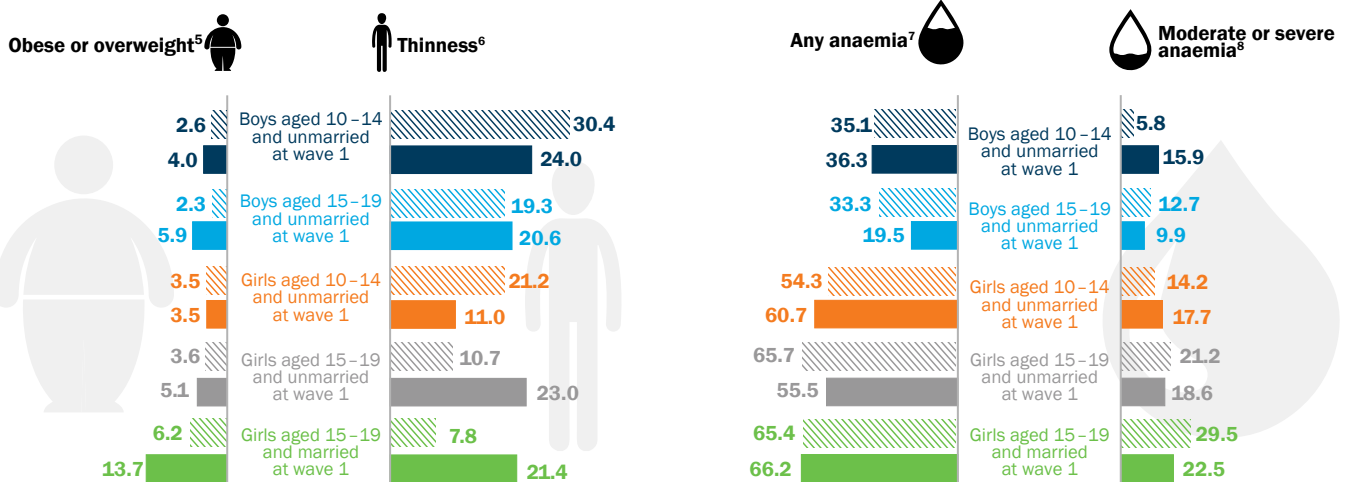


*Of adolescents aged 15 and above at wave 1

*Of adolescents aged 15 and above at wave 1

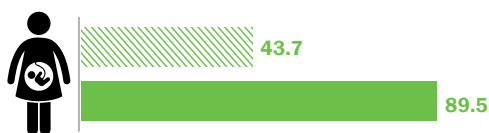
*Of adolescents aged 15 and above at wave 1

Nutritional status (%)



ENTRY INTO MARRIAGE AND MOTHERHOOD

Began childbearing* (%)



*Of girls currently married at both waves

Experienced a pregnancy loss* (%)

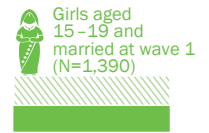
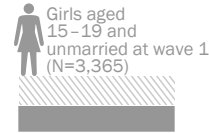
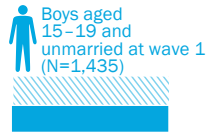
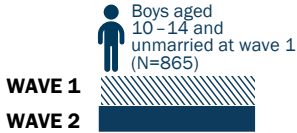


*Of girls currently married at both waves

Has two or more children* (%)



*Of girls currently married at both waves



ENTRY INTO MARRIAGE AND MOTHERHOOD

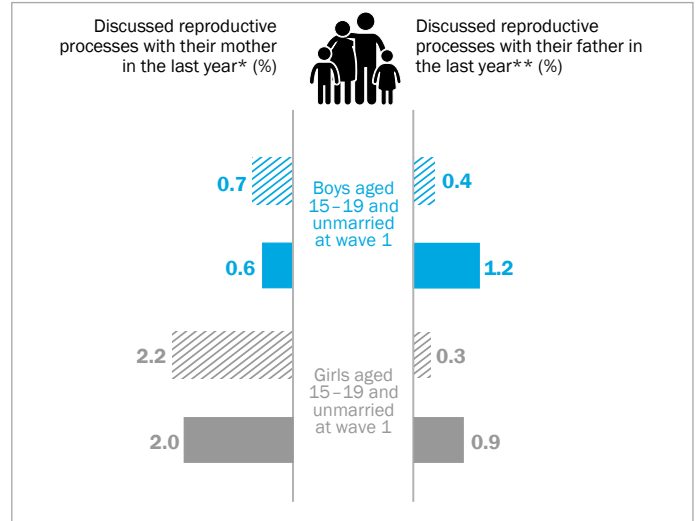
	Boys aged 10-14 and unmarried at wave 1	Boys aged 15-19 and unmarried at wave 1	Girls aged 10-14 and unmarried at wave 1	Girls aged 15-19 and unmarried at wave 1
Got married in the inter-survey period* (%)	0.3	9.2	3.1	22.3
Mean age at marriage** (in years)	@	19.1	@	18.4
Self-selected their spouse** (%)	@	28.3	@	9.8
Met their spouse for the first time on their wedding day** (%)	@	60.4	@	63.2

*Of adolescents who were unmarried in wave 1

**Of adolescents who got married in the inter-survey period

@Percentages are not shown, as this was based on fewer than 25 unweighted cases

PARENTAL ENGAGEMENT

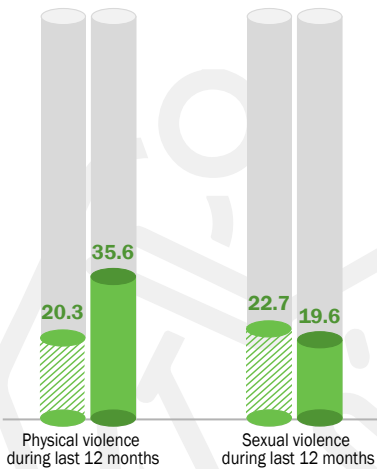


*Of adolescents aged 15 and above at wave 1 and with their mother alive

**Of adolescents aged 15 and above at wave 1 and with their father alive

VIOLENCE IN PRIVATE AND PUBLIC SPACES

Domestic violence by husbands of married girls*,# (%)



*Of girls currently married at both waves

#Excludes girls who were interviewed over telephone at wave 2

	Boys aged 10-14 and unmarried at wave 1	Boys aged 15-19 and unmarried at wave 1	Girls aged 10-14 and unmarried at wave 1	Girls aged 15-19 and unmarried at wave 1				
Acknowledged at least one form of favourable (boys)/discriminatory (girls) practices by their parents* (%)	15.6	26.1	16.0	28.1	27.5	18.2	23.1	18.0
Discussed friends with their mother in the last year@ (%)	47.9	37.4	41.7	34.2	68.2	64.7	66.7	60.7
Discussed friends with their father in the last year# (%)	33.2	29.7	39.3	31.2	25.3	16.2	25.8	20.4

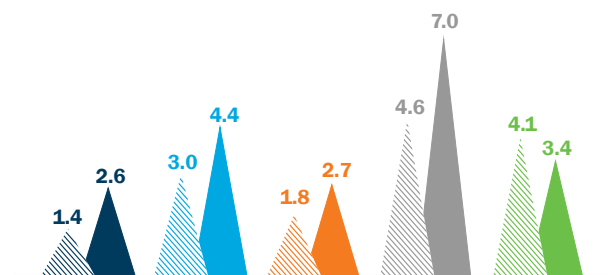
*Of unmarried adolescents who co-resided with an opposite-sex sibling with an age gap of up to three years at wave 1

@Of adolescents with their mother alive

#Of adolescents with their father alive

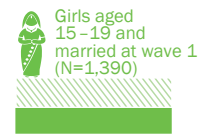
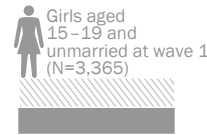
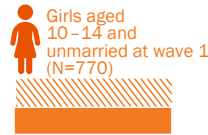
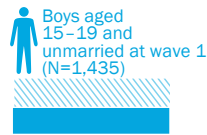
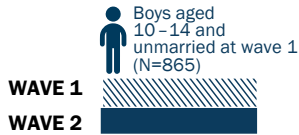
ENTITLEMENTS

Aware of adolescent friendly health clinics (%)



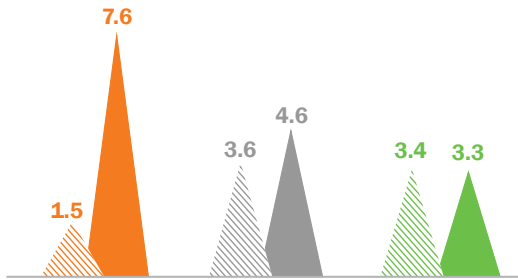
Other forms of violence (%)

	Boys aged 10-14 and unmarried at wave 1	Boys aged 15-19 and unmarried at wave 1	Girls aged 10-14 and unmarried at wave 1	Girls aged 15-19 and unmarried at wave 1	Girls aged 15-19 and married at wave 1					
Perpetrated bullying in the last 12 months	25.2	19.9	18.1	8.3	22.6	7.1	9.9	4.7	1.9	2.4
Involved in physical fights with individuals of same sex in the last 12 months	47.0	30.9	28.4	18.0	27.3	8.4	9.5	2.9	1.6	1.0
Ever experienced mobile phone-/internet-based harassment	0.9	4.9	3.2	12.0	1.0	4.8	2.1	8.2	3.0	4.8
Reported familiarity with marriage-related markers of trafficking ¹⁰	1.5	3.6	2.5	6.3	3.1	9.2	8.2	17.7	-	-



ENTITLEMENTS

Received free sanitary napkins in the year preceding the interview (%)

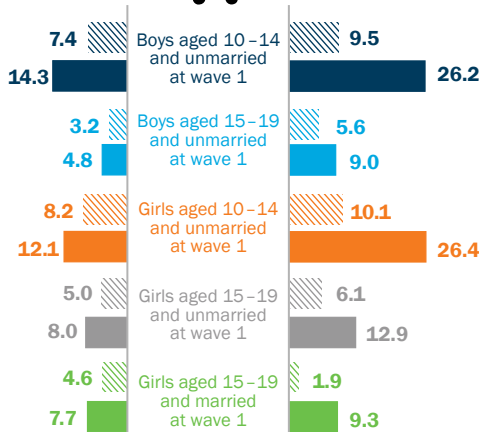


Health entitlements (%)

Received iron and folic acid tablets under WIFS in the year preceding the interview



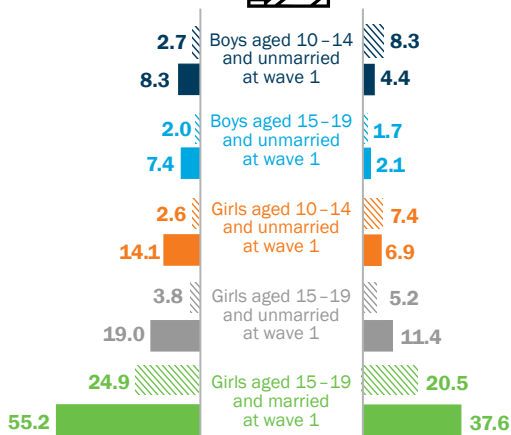
Received de-worming tablets under WIFS in the year preceding the interview



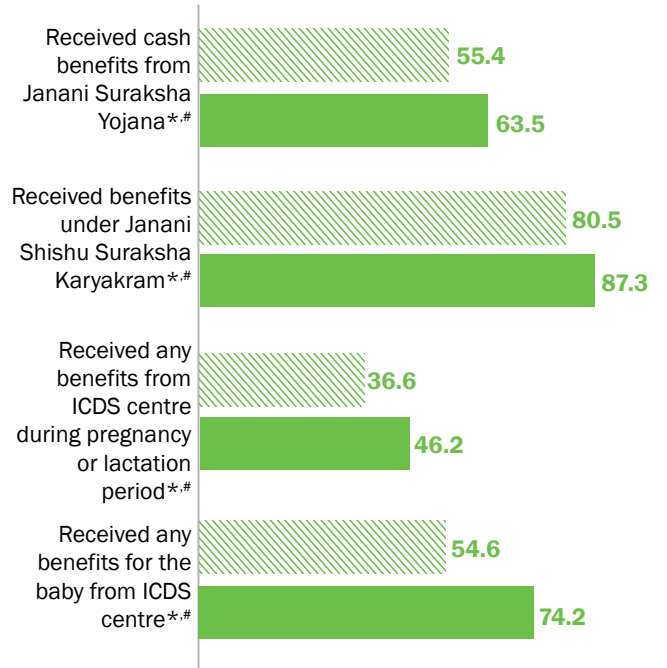
Interacted with an ASHA in the year preceding the interview



Interacted with an Anganwadi worker in the year preceding the interview



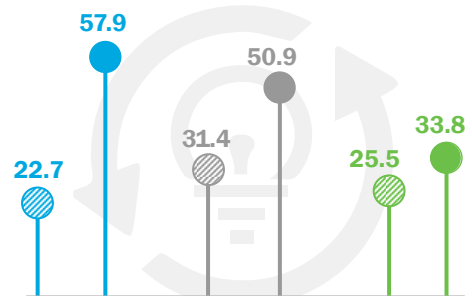
Health entitlements (%)



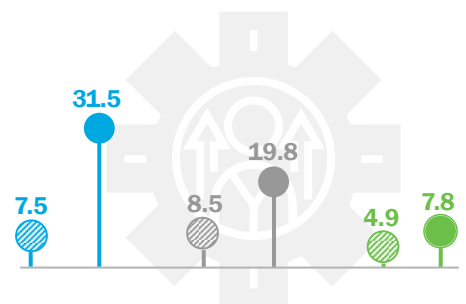
*Of girls who moved from parity 1 to parity 2 or 3 during the inter-survey period
#Wave 1 refers to practices related to the first birth and wave 2 refers to practices related to most recent birth, i.e., 2nd or 3rd order birth

Livelihood entitlements* (%)

Aware of Uttar Pradesh Skill Development Mission



Aware of vocational training centres that offer training under Uttar Pradesh Skill Development Mission



*Of adolescents aged 15 and above at wave 1

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Notes:

1. Questions about decision-making were different for younger and older adolescents; younger adolescents were asked about their participation in decisions related to years of schooling they should have and their choice of friends; older adolescents were asked about their participation in decisions related to years of schooling they should have, major household purchases, and whether to work or stay at home. The percentage reflects those who reported some say in all decisions, and the analysis pertaining to this indicator has been restricted to those who were enrolled in school as the question about the level of schooling they should have was posed only to those who were ever enrolled in school. Given that younger and older adolescents were asked different questions, comparisons between these groups are not advised for this indicator.
2. Both younger and older adolescents were asked whether they were allowed to visit locations such as a shop/market or a friend/relative within their village/ward, a shop/market or a friend/relative outside their village/ward, and a programme (mela, sports event, adolescent group meetings) within their village/ward; the percentage reflects those who were allowed to visit unescorted two out of three locations.
3. Refers to respondents who scored 4 or 5 on the index of gender role attitudes; the statements referred to: the relative importance of educating boys versus girls and boys' sharing household chores with their sisters (for younger adolescents); fathers and mothers sharing chores related to childcare and a girl having a male friend (older adolescents); and girls' interest in being teased by boys, girls' right to be involved in decisions related to timing of their marriage, and fathers'/husbands' perceived right to decide about spending household money (for both younger and older adolescents). Given that younger and older adolescents were asked different questions, comparisons between these groups are not advised for this indicator.
4. Comprehensive awareness of HIV/AIDS for older adolescents includes: (1) identifying two major ways of preventing HIV (using condoms always and limiting sex to one partner); (2) rejecting three common misconceptions about HIV transmission (that HIV can be transmitted through mosquito bites, sharing food with a person who has HIV, and hugging someone who has HIV); and (3) knowing that a healthy-looking person can be HIV-positive. Comprehensive awareness of HIV/AIDS for younger adolescents includes: (1) rejecting three common misconceptions about HIV transmission (that HIV can be transmitted through mosquito bites, sharing food with a person who has HIV, and hugging someone who has HIV); and (2) knowing that a healthy-looking person can be HIV-positive.
5. The criterion for being obese or overweight was defined as BMI-for-age Z score $>+ 1$ SD for adolescents and BMI ≥ 25 kg/m² for adults.
6. Thinness was defined as BMI-for-age Z score $<- 2$ SD for adolescents and BMI < 18.5 kg/m² for adults.
7. Any anaemia: < 13.0 g/dl for older boys, < 12.0 g/dl for younger adolescents boys and all adolescent girls (non-pregnant), and < 11.0 g/dl for pregnant girls.
8. Moderate to severe anaemia: ≤ 9.9 g/dl for all girls, regardless of pregnancy status at the time of the interview; ≤ 11.9 g/dl for all boys.
9. We administered Patient Health Questionnaire-9, and the percentage shows those who scored 10–27 on a scale that ranged from 0–27; specifically, a score of 10–14 indicates symptoms of moderate depression, 15–19 moderately severe, and 20–27 severe depression.
10. Girls were asked whether they or any other girls of their age in their family had ever been taken elsewhere with false promises of marriage and whether their parents or guardians had ever been approached by acquaintances or strangers with offers of marriage to grooms from outside their state for themselves or any other girl of their age in their family. Boys were asked whether their sisters or any other girls of their age in their family had received such offers.

Study supported by

