Understanding the lives of adolescents and young adults (UDAYA) in Bihar and Uttar Pradesh

Initiated in 2015-16 by the Population Council and supported jointly by Bill and Melinda Gates Foundation and David and Lucile Packard Foundation, “UDAYA study/project in Bihar and Uttar Pradesh” is the largest, most comprehensive longitudinal survey of adolescents ever undertaken in India.

Goal: Establish the levels, patterns, and trends in the situation of younger (10-14) and older (15-19) adolescents

Key objectives

- Explore the situation of adolescents, with a focus on assessing the extent to which both younger and older adolescents have acquired a set of assets that can help them make a healthy, safe, and successful transition from adolescence to young adulthood.
- Describe the extent to which the situation of adolescents has changed over time; and
- Assess factors that determine the accumulation or loss of assets and the quality of transitions from adolescence to young adulthood.

Data Collection

Data are collected through computer assisted personal interviews. Information collected includes:

UDAYA profiles the multiple facets of adolescents’ lives including education, employability, migration and economic inclusion; aspirations, agency, and gender role attitudes; peer networks, community life and citizenship; transitions to marriage and parenthood; dietary habits and nutrition situation; awareness of sexual and reproductive health matters; mental health; health and health seeking behaviour; violence in public and private spaces; mass media, social media and technology exposure; parental engagement; and entitlements.

UDAYA Design

UDAYA is designed to follow-up and provide estimates for the states as a whole, as well as for the urban and rural areas of each state of the five categories of adolescents, namely younger boys in ages 10-14, older boys in ages 15-19, younger girls in ages 10-14, unmarried older girls in ages 15-19, and married older girls in ages 15-19.
Follow up survey

A follow-up survey with the same adolescents is currently ongoing and expected to be completed by July 2019.

During the second wave of the survey in 2018-19, 75% of the 10,433 respondents in Bihar and 77% of the 10,161 respondents in Uttar Pradesh have successfully been interviewed so far.

The adolescents and parental refusal rate is remarkably low in both the states, 4% in Uttar Pradesh and 2% in Bihar.

Field Investigators: A team of 80 young men and women is conducting this massive task of tracking and interviewing the respondents.

Challenges

One of the key challenges in following-up with the respondents has been the migration of older unmarried adolescent boys (15-19) for studies and/or work.

Yet another challenge is that members of the family of origin of the unmarried girls (15-19) who got married in the interim were sometimes unwilling or unable to provide us contact information for these girls.

Young people’s increased access to mobile phones has made it easy to personally contact such respondents and facilitate their interviews. However, rapid switching of cell phone companies and telephone numbers has increased the difficulty of contacting these respondents.

Get in Touch

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