

Effectiveness of Structured Teaching Programme on Awareness regarding Promotion of Mental Health among Adolescents in Western Rajasthan

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Abstract

Introduction: Adolescence is a period of great turmoil as adolescents of today are under tremendous pressure to perform well, leading to several disorders. According to recent medical research in India, the cases of maladjustment are 30%, psychological disorder 40% and anxiety disorder 15% to 20% in the age group of 14 to 16 years. The present study was done to evaluate the effectiveness of structured Teaching Programme on awareness regarding promotion of mental health among the adolescents.

Methodology: In present study, a quantitative approach and one group pre-test post-test design were applied. Simple random sampling technique was found appropriate and 50 adolescents who met the criteria were selected as sample.

Results: The findings highlighted that mean percentage of the pre-test score was 48.07% with total mean and SD 13.46 ± 5.73 whereas the total mean percentage of the mean and SD of 23.29 ± 3.44 which shows an increase of 35.10% in the mean awareness of adolescents after STP. Paired ‘t’ test was used to analyze the effectiveness of STP on awareness regarding promotion of mental health in adolescents.

Conclusion: The study concluded that STP was significantly effective in increasing the awareness among the adolescents. The intervention may be applied in school education to decline the existing mental health problems among the students.

Keywords: Effectiveness, Structured Teaching Programme, Awareness, Mental Health, Adolescents.

Introduction

World Health Organization defines an adolescent as a person between 10-19 years of age. One in every five persons in the world is an adolescent. Out of 1.2 billion adolescents worldwide, about 85% live in developing countries and the remaining in the industrialized countries.¹ In India, according to National Youth Policy 2011, 21.4% of the population comprises of adolescents that is highest in world. As adolescents are the cream of the society and future citizens of the world developing healthy adolescents contributes to building of a healthy future.^{2,3} Adolescents of today are under tremendous pressure to perform well, leading to several disorders. According to a few epidemiological studies, about 50% of the students suffer from health problems of which 15-20% are recognizable mental disorders in the form of depression, anxiety, adjustment disorders, personality disorder and alcohol and drug abuse. According to WHO, schools and colleges are the primary environments that can foster mental health in children and adolescents. Students attending schools/colleges that promote mental well-being will have opportunities to learn skills that will help them more adoptable to the changes and stress that they will face throughout their lives.⁴

Adolescence is a period of great turmoil as adolescents of today are under tremendous pressure to perform well, leading to several disorders. According to recent medical researcher's in India, the cases of maladjustment are 30%, psychological disorder 40% and anxiety disorder 15% to 20% in the age group of 14 to 16 years. Puskar K. Lamb J conducted a study in Western Pennsylvania to explore the life events, problems, stressful situation and coping methods by the adolescents. A sample of 69 volunteer adolescents aged 16-18 years was obtained

from a rural high school.⁵ The psychiatric-mental health nurse specialist could be a valuable asset to help school systems to teach health promotion and prevention concept about mental health, identify students at high risk for mental health disorders and offer counseling and guidance for students and consultative services for both teachers and parents. According to Ravi Mullick, one major factor causing stress in adolescents is pressure of studies and to perform well in the cut-throat competitive environment. Parents with undue anxiety about their children's future put undue pressure on the children to perform well.⁶⁻⁸ This pressure can cause considerable degree of emotional problems, which manifest as depression, anxiety, adjustment reaction, psycho-somatic disorders and psychotic disorders. The target in the present study falls in the mid-adolescence phase. In India, students during mid-adolescence phase in the school experience social pressure and practical demands to explore vocational choices and form general ideas about their carrier path.^{9,10} In India, as there are no programmes to enhance the promotion of mental health for adolescents and today's adolescents face several stress, the investigator felt the need to undertake a study on promotion of mental health among adolescents in government secondary school, Suratgarh Dist. Sriganganagar (Raj.).

Statement of Problem

A study on effectiveness of structured teaching programme on awareness regarding promotion of mental health among adolescents in government secondary school, Suratgarh, district Sriganganagar (Raj.).

Primary objective: To develop, implement and evaluate the effect of structured teaching programme on awareness regarding promotion of mental health among adolescents.

Secondary objective: To assess the pretest awareness level regarding promotion of mental health among adolescents.

Methodology

The present study is aimed at evaluating the effectiveness of structured teaching programme on awareness regarding promotion of mental health among adolescents in government secondary school, Suratgarh Tehsil District Sriganganagar (Raj.), in terms of gain in their awareness scores. In present study, a quantitative approach and one group pre-test post-test design were selected were applied to evaluate the effectiveness of structured Teaching Programme on awareness regarding promotion of mental health among the adolescents. Simple random sampling technique was found appropriate and 50 adolescents who met the criteria were selected as sample. The data collection was done with help of demographic profile and awareness questionnaire. Awareness domain had 8 items (28.57%), comprehension had 11 items (39.29%) and application had 9 items (32.14%) covering all aspects of promotion

of mental health among adolescents. The reliability of the tool was checked assessed by using Cronbach’s alpha. The value was found to be 0.796 which signifies that the tool is reliable. The pilot study was conducted at Genius Model Sr. Secondary School, Suratgarh, Sri Ganganagar (Raj.) The final data collection was done after prior permission from the concerned authority of the selected school. Keeping in mind the ethical aspect of research, the data were collected after obtaining the consent from the sample. Pre-test was conducted among 50 randomly selected samples of adolescents’ students of a selected school. The structured teaching programme was conducted on the same day itself. The duration of session was one hour. After the session different questions were raised by the group and appropriate explanations were given. On 7th days, post-test was done using the same questionnaire to evaluate the effectiveness of the structured teaching programme. Further statistical significance of the effectiveness of the structured teaching programme is analyzed by paired ‘t’ test.

Results

Table 1: Frequency and percentage distribution of subjects according to demographic variables. N 50

Sn.	Demographic Data	Frequency	%age
1.	Age (in yrs.) (A) 14	32	64%
	(B) 15	10	20%
	(C) 16	08	16%
2.	Sex (A) Male	28	56%
	(B) Female	22	44%
3.	Religion (A) Hindu	34	68%
	(B) Sikh	10	20%
	(C) Muslim	06	12%
	(D) Others	00	0
4.	Father's Educational Status (A) Illiterate	05	10%
	(B) School Education	30	60%

		(C) Graduate	10	20%
		(D) Others	05	10%
5.	Mother's Educational Status	(A) Illiterate	11	22%
		(B) School Education	31	62%
		(C) Graduate	04	08%
		(D) Others	04	08%
6.	Type of Family	(A) Nuclear	37	74%
		(B) Joint	13	26%
		(C) Extended	00	00
		(D) Others	00	00
7.	Source of information regarding promotion of mental health	(A) School Curriculum	00	00
		(B) Books & Periodicals	36	72%
		(C) Health Personnel	03	06%
		(D) Mass Media	11	22%

As per table 1, Percentage distribution of sample according to their age revealed that highest percentage 64% of them were in the age of 14 years, 20% in the age of 15 years and only 16% in the age of 16 years. In relation to gender, highest percentage 56% was males and only 44% were females. Sample distribution of adolescents with regard to religion revealed that 68% of them were Hindus, 20% were Sikhs and 12% were Muslims. In relation to type of family, the percentage distribution of revealed that more than half 74% of adolescents were from nuclear family, 26% were from joint family.

Table 2: Levels of awareness of adolescents regarding promotion of mental health. N=50

Range of score	Percentage of score	Level of awareness	Number of respondents	%
0-9	0-32	Poor	22	44
10-18	33-64	Average	28	56
19-28	65-100	Good	00	0
Total			50	100

The findings of table-2 shows that most 56% of the sample had average awareness, about 44% had poor awareness regarding promotion of mental health through stress coping strategies. The analysis reveals that most of the subjects had average awareness regarding promotion of mental health through effective stress coping strategies (Figure-1).

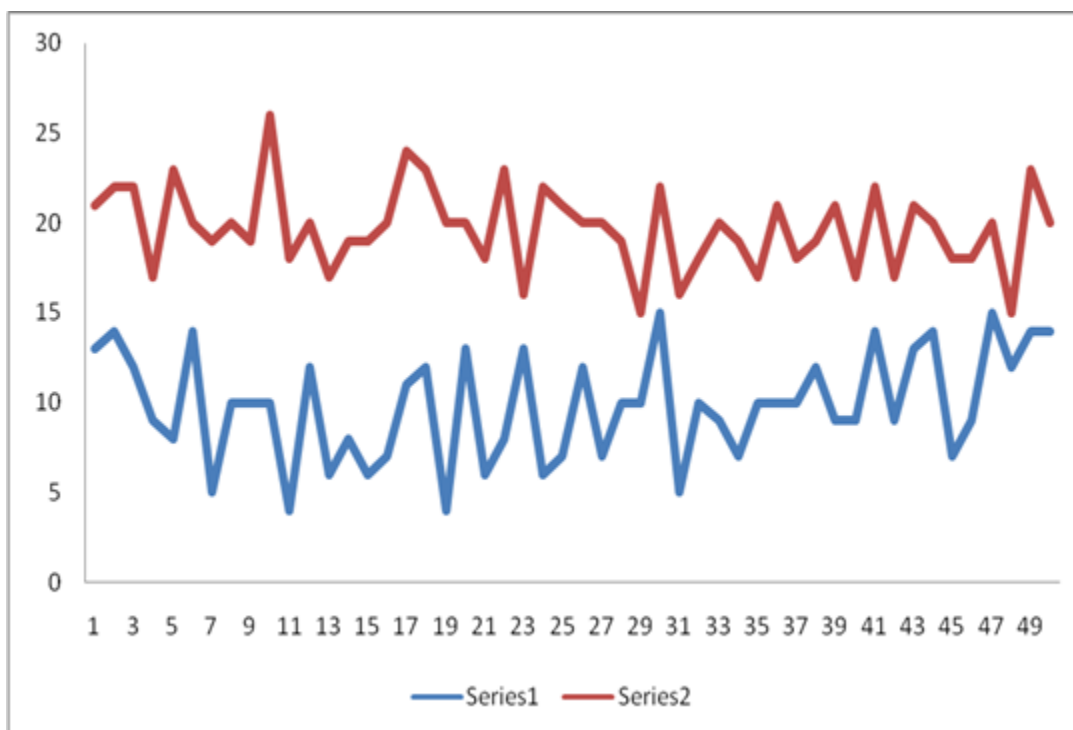


Figure 1: Comparison of pre-test and post-test awareness scores

Table 3: Significance of difference between pre-test and post-test awareness score of adolescents regarding promotion of mental health. N=50

Areas	Mean effectiveness	't' value	Table value	Level of significance	
Concept of mental health	3.143	16.675	3.46	P<0.0001	VHS
Characteristics of adolescence	1.162	7.964	3.46	P<0.0001	VHS
Problems and hazards of adolescence	1.967	8.495	3.46	P<0.0001	VHS
Strategies for promotion of mental health through stress reduction	2.334	6.117	3.46	P<0.001	VHS
Total	8.60	24.473	3.46	P<0.0001	VHS

VHS – Very highly significant

The total mean percentage of the pre-test score was 48.07% with total mean and SD 13.46 ± 5.73 whereas the total mean percentage of the mean and SD of 23.29 ± 3.44 which shows an increase of 35.10% in the mean awareness of adolescents after STP. Paired 't' test was used to analyze the effectiveness of STP on awareness regarding promotion of mental health in adolescents. The findings show that there is a significant increase in the post-test awareness scores compared to the pre-test

awareness in all areas. Therefore, it is concluded that there is significant gain in awareness of adolescents through structured teaching programme on promotion of mental health (Table 3).

Discussion

The current study highlighted that highest percentage 64% of them were in the age of 14 years, 20% in the age of 15 years and only 16% in the age of 16 years. In relation to gender, highest percentage 56% was males and only 44% were females. Sample distribution of

adolescents with regard to religion revealed that 68% of them were Hindus, 20% were Sikhs and 12% were Muslims. In relation to type of family, the percentage distribution of revealed that more than half 74% of adolescents were from nuclear family, 26% were from joint family. These findings are supported by the study findings of Reena G (2003), Mangalore in adolescent students. Her study showed that more than half of the sample was from nuclear family. This shows that most of the adolescent population in School is from a social structure which has adopted a nuclear family system.

These findings may have a negative implication on mental health of adolescents, because as stated by Nagarajaiah in his article 'Life skills approach for adolescent mental health' the findings of the studies conducted on the family system indicate the disintegration of joint family system and nuclear family system is finding it difficult to provide the needed help and support to the normal growth and development of adolescents. Analysis of source of information used by adolescents regarding promotion of mental health revealed that 22% had gained information from mass media, 72% from books and periodicals and only 6% from health personnel. In this context, a study by Reena George (2002), in adolescent students also revealed that 70% received information from academic education, 18% from mass media and a low percentage 12% from health personnel. These studies show the less significance of health education programme and school nursing programme which is being imparted in the educational system of India, contrary to the prime importance which is being provided for these factors in western countries.

As per findings, the least percentage 16% of subjects responded correctly to the item "the most serious effects

of alcoholism and drug abuse in adolescents is motor vehicle accident". Response to all above items reveals that below 50% of the sample had awareness about problems and hazards of adolescents. A study conducted by Davey JD, Davey T and Obst PL (2005) on 'drug and drink driving by university students' in Queensland, Australia, in university students. The result indicated that a significant proportion of adolescents are engaging in risk-taking behavior of driving under the influence of drugs or alcohol, resulting in motor vehicle accident. The findings of the above study are related to the research findings seen in the present study, regarding the cause and consequence of motor vehicle accidents in adolescents. A study on 'peer relations and personal adjustment' conducted by Jeffrey G, Parkeer and Steven R (1997) analyzed the three indices of problematic peer relationships i.e., acceptance, aggressiveness and withdrawals as predictors of three later outcomes such as dropping out of school, criminality, and psychopathology. This study supports the fact in the present study that relationship with bad peers and poor peer relationship can result in bad behavior and poor study in adolescents. The present study revealed that educational intervention was significantly impactful in upgrading the awareness of study participants. Few studies also reported that educational interventions have significant effect on enhancing the knowledge of subjects.¹⁸⁻²¹

Conclusion

The study was undertaken to evaluate the effectiveness of a structured teaching programme on awareness regarding promotion of mental health among adolescents in government secondary school, Suratgarh District Sriganganagar (Raj). On the basis of the findings of the study the following conclusions were drawn.

Distribution of the adolescents according to level of awareness shows that 56% of them had average awareness and 44% of them had poor awareness about promotion of mental health. Area-wise analysis of awareness score showed that awareness scores were more (49.33%) in the area of "concept of mental health" and least (44.4%) in the area of 'characteristics of adolescence'. Mean percentage of awareness score in the pre-test was 48.07% with mean and SD of 13.46 ± 5.73 which was increased after the administration of planned teaching programme with mean percentage of awareness score in the post-test by 83.17%. A very highly significant difference ($p < 0.001$) was found between mean pre-test and post-test awareness scores of the adolescents in awareness regarding promotion of mental health.

Limitations

- Generalization is not possible as the sample was small.
- The study was conducted in single town

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