



A study to assess the effectiveness of educational intervention on knowledge of mental health and illness and stress level among adolescents, in selected schools of DEI, Bundi

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Abstract

A mental and behavioral illness is described as a clinically significant illness with changes in thought, emotion, or behavior related to a personal situation.

Objectives of the study: To assess the knowledge regarding mental health & illness and level of stress. 2. To determine the effectiveness of Educational Intervention on knowledge regarding mental health & illness and level of stress 3. To find out the association between pre-test knowledge level on mental health & illness and selected demographic variables. 4. To find out the association between pre-test stress level and selected demographic variables. 5. To find out relation between knowledge score of mental health & Illness with stress level.

Methodology: Quantitative research approach with pre-experimental research design was used.

Sampling: 300 samples was chosen with consecutive sampling technique.

Result: In pretest mean score for knowledge and stress were 8.9 and 27.9 respectively and post-test were 19.7 and 17.45 which showed that education intervention improve the knowledge and decrease stress among adolescent. Improved knowledge reduces stress level.

Conclusion: Educational intervention improve knowledge level which significantly reduce level of stress.

Keywords: Assess, effectiveness, educational intervention, knowledge of mental health & illness, stress level, adolescents

Introduction

Health and illness are defined with the values of society, when a human being adjust and acclimatize to his milieu, he is said to be healthy ^[1]. The ability of a person to fiddle with to the world and to one another with maximum efficacy and happiness is referred to as mental health ^[2]. A mental and behavioral illness is described as a clinically significant illness with changes in thought, emotion, or behavior related to a personal situation ^[3].

Grambling and Auerbach's are Consider stress to be an undesirable condition of mental and physiological exhilaration that people experience when faced with situations that they perceive are unsafe or damaging to their health.

Need of study

Adolescent comprise 20% of the world total population. Out of 1.2 billion adolescent worldwide. About 85% living in developing countries. In India 19 million comprise 21% of Indian total population ^[4].

Mental health is a major public health concern all over the world. In India in 2017, 197.3 million people (95 percent UI 178.4–216.4) suffered from mental disorders, with 45.7 million (424–498) suffering from depression and 44.9

percent (412–489) suffering from anxiety. In India, the proportion of total DALYs attributed to mental disorders grew from 25% (20% –31%) in 1990 to 47 percent (37% – 56%) in 2017 ^[5].

It is clear that mental illness accounts for overall illness burden share, a larger. It is worth noting that untreated mental illness can lead to suicide. According to the World Health Organization,, nearly die from suicide. 100,000, or, one person dies every 40 seconds. And it is the second leading cause of death between the ages of 10 and 24. Up to 20 times more common suicide attempts than attempts to commit suicide are not included in this data. Suicide is projected to account for 1.8% of the global illness burden in 1998 and is expected to increase to 2.4% in the national 2021 ^[6].

A study published by WHO, carried out for NCMH (National Care Of Medical Health), indicates that at least 6.5% of the Indian population suffers from some form of serious mental disorder, with no obvious difference in the countryside ^[7].

Academic activities are regarded as the primary source of stress for teenagers in elementary and intermediate schools, particularly in India.

Objectives of the study

1. To assess the knowledge regarding mental health & illness and level of stress among adolescent before the Educational Intervention.
2. To impart the Educational Intervention regarding mental health & illness and stress among the adolescent.
3. To determine the effectiveness of Educational Intervention on knowledge regarding mental health & illness and level of stress among adolescent.
4. To find out the association between pre-test knowledge level on mental health & illness and selected demographic variables of among the adolescent.
5. To find out the association between pre-test stress level and selected demographic variables of the adolescent.
6. To find out relation between knowledge score of mental health & Illness with stress level among adolescent.

Hypothesis

- H1-There will be difference between pre-test and post-test knowledge scores of the Adolescent regarding mental health & illness among adolescents, in selected schools of Dei Bundi.”
- H2 -There will be difference between pre-test and post-test stress level scores Of adolescents, in selected schools of Dei, Bundi.”
- H3- There will be association between pre-test knowledge score of mental health & Illness and stress level scores with their demographic variable.
- H4-There will be relationship between knowledge score of mental health & Illness and stress level scores among adolescents, in selected schools of Dei, Bundi.”

Conceptual framework

The framework of this study is based on general system theory. General system model was discovered by Ludwig von Bertalanffy during the late 1930's. A system is the set consistent of integrated and interacting part that function as a whole. The conceptual frame work is divided in to three part input, throughput and output.

Review of literature

The intend of a literature review is to illustrate particular reader that researcher have study, and have a fine grasp of, the main in print work concerning a specific topic or question in specific area. This work may be in any layout, together with online sources. Researcher divided Review of literature under four categories-

1. Review of literature related to mental health and mental illness.
2. Review of literature related to level of stress.
3. Review of literature related to effectiveness of Educational Intervention.
4. Review of literature related relation in knowledge of mental health and illness and level of stress.

Methodology

- **Research approach** -In this study quantitative research approach was used.
- **Research design** - Pre-experimental research design was used by the investigator.
- **Setting**- Three schools Govt. Senior Secondary School,

Dei, Govt. Senior Secondary School, Gudadevji and S.B.V.M. Se. Sc. School Dei.

- **Sample**- 300 adolescent (male & female) were selected and approached with Consecutive sampling technique.
- **Data collection tool**- The tool termed as structured knowledge questionnaire and modified stress assessment scale was developed. It was consist three part -1. Socio - Demographic Data, 2. Questionnaire regarding the knowledge of mental health & illness, 3. Modified stress assessment scale. Tool was validated by various subject experts. And reliability was established by statistician with using Spearman's Brown Prophecy formula.
- **Data collection**: The final data was collected between Jan 2021 to March 2021 after getting the permission with competent authority. A total of 300 (200 from Govt. School+100 from Private School) responded approached for study.
- **Data analysis**-The data was analyzed in the term of objective of the study via descriptive and inferential statistic.

Major findings of the study

Section I: Included items seeking information on demographic Profile.

Section II: Effectiveness of the educational intervention regarding knowledge of mental health & illness and level of stress

In pre-test the mean was 8.9, standard deviation was 3.9 knowledge regarding mental health and illness, wherein post –test the mean were 19.7 and standard deviation is 4.2 whereas difference in mean in both pre and post-test were 10.8, paired “t” test is 35.8, with Degree of freedom were 299, “P” value were .00001 which is less than established value .05 so researcher accept research hypothesis H₁

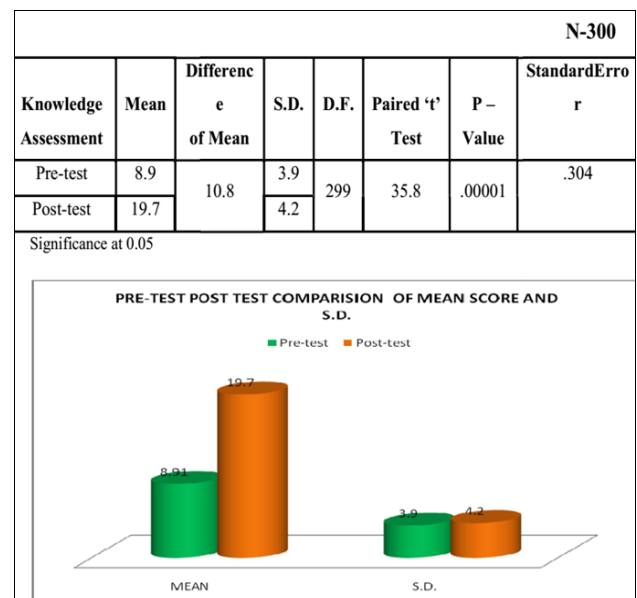


Fig 1: Pretest posttest comparison of mean score and S.D. in view of knowledge regarding mental health & illness

The mean score in pretest for stress level were 27.9, and S.D were 7.6. In posttest the mean were 17.45 and S.d were 8.26 whereas the difference of mean were 8.5,

Paired “t” test were 17.2, “P” value were .0001 which is less than established value .05 so researcher accept research hypothesis H₂

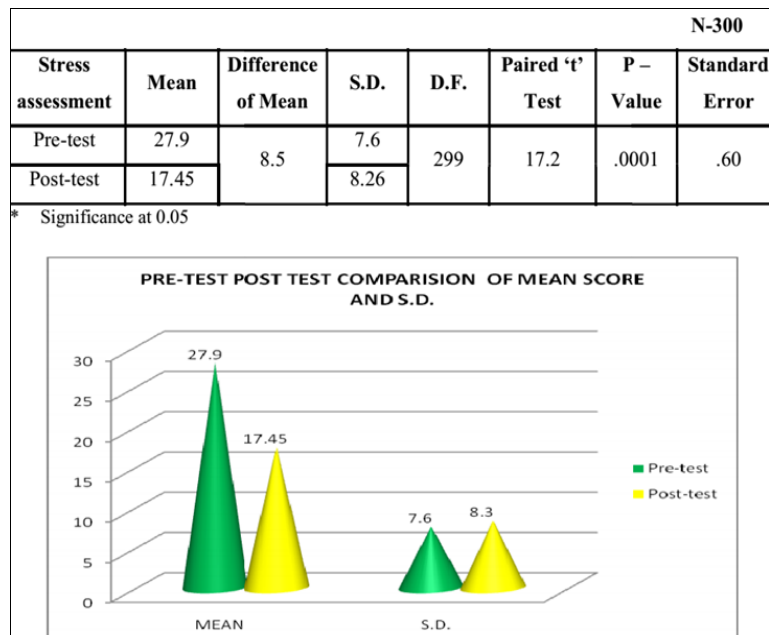


Fig 2: Pretest posttest comparison of mean score and S.D. in view of stress level

Section III-A- Association between knowledge of mental health & illness with demographic variables-

Sl. No.	Demographic variable	Calculated “P” value	Remark
1	Age	.00003	Significant
2	Gender	.67	Not significant
3	Religion	.0000063	Significant
4	Area of residence	.046	Significant
5	Type of family	.000026	Significant
6	Monthly income	.0034	Significant
7	Source of information	.0036	Significant

All the demographic variable except gender of sample had significant association with knowledge level. Only gender of respondent did not have a significant association with knowledge

Section III-B- Association between stress level with demographic variables-

Sl. No.	Demographic variable	Calculated “P” value	Remark
1	Age	.0074	Significant
2	Gender	.0019	Significant
3	Religion	.0000035	Significant
4	Area of residence	.000019	Significant
5	Type of family	.00084	Significant
6	Monthly income	.00001	Significant
7	Source of information	.03	Significant

All the demographic variable of sample had significant association with stress.

Section –IV- Relationship between knowledge score of mental health & illness and stress level

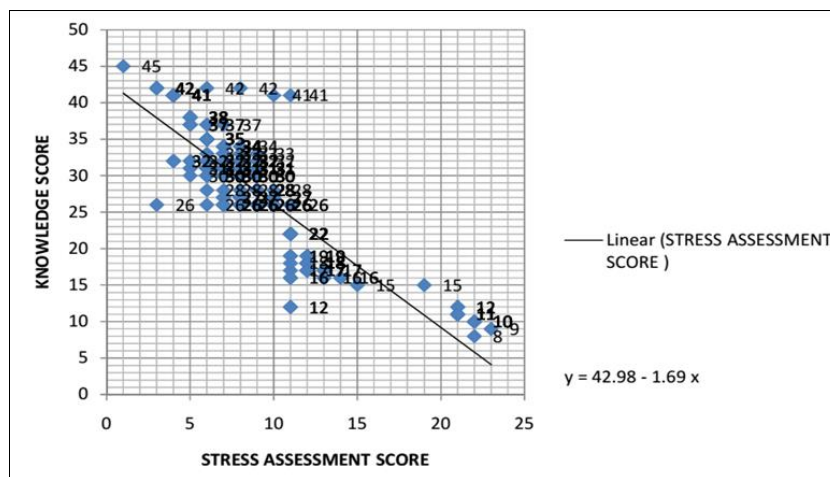


Fig 3: Relationship between knowledge score of mental health & illness and stress level

The equation of the regression line is: $y = 42.98 - 1.69x$ and correlation coefficient is -0.8674 which discloses that a negative correlation between knowledge score and stress assessment score. Means when knowledge level of sample about mental health and illness improve the stress level would decrease. Researcher was accepted the research hypothesis H_4

Conclusions

The study concluded that educational intervention is significantly effective to improve the knowledge regarding mental health and mental illness and improved knowledge reduce the stress level among the adolescent. Researcher recommended that A similar study can be performed with a large sample to generalize the findings. Similar study can be conducted with a control group. A similar study can be undertaken on patients with Mental illness.

Discussion

Researcher found various studies which is support the finding of current study. All the finding was discussed and justify with appropriate evidence supportive studies. Effectiveness discussed with study "Effectiveness of planned teaching programme regarding knowledge regarding mental illness among adolescents" conducted by gupta Manisha in 2019. Relationship between knowledge about mental health & illness with stress discussed with study "Relationship between mental health and awareness of the knowledge on mental health in left-behind middle school students" conducted by Du, Jinling MS.

Nursing implication and Recommendation

The nursing personnel should be given in-service education to update their knowledge and abilities to identify the learning needs. By applying proper nursing practice can be prevented Mental illness and reduce the stress level of human being. Nurse administrator should arrange continuing educational programme for nursing. Nursing research will emphasize to increase the knowledge regarding Mental illness. Nursing research will help to implement in nursing practice for prevention of stress. Researcher recommended that similar study can be conducted with large group, with control group, and with mentally ill person.

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