Original Research Article

Effectiveness of planned teaching programme regarding knowledge regarding mental illness among adolescents

Manisha Gupta

Professor, People's College of Nursing and Research Centre, People's University, Bhopal, Madhya Pradesh, India

*Corresponding Author: Manisha Gupta
Email: manishakgupta@yahoo.com

Abstract

Mental health is an important aspect of individual's total health status and it is a basic factor that contributes to the maintenance of physical health and social effectiveness. It means the ability to balance the feeling, desire, ambition and ideals in one's daily life. It means the ability to face and accept the realities of life. Mental health is the ability to withstand stress. The aim of the study is to assess the effectiveness of planned teaching programme regarding knowledge of mental illness among adolescents in selected schools, Bhopal Madhya Pradesh. A pre experimental one group pre test post test research design was adopted. The 60 adolescents were selected by purposive sampling. Structured questionnaire were used for data collection. The findings shows that pre test score of 60 subjects only one had poor knowledge, 49 subjects had average knowledge and 18 subjects had good knowledge on mental illness. After planned teaching programme post test score there were no subjects with poor knowledge, majority of subjects 51 had good knowledge and only 9 had average knowledge.

The mean post test knowledge score was 23.77 which is higher than the mean pre-test score 17.95. These scores denote that the planned teaching programme was effective. This states that the research null hypothesis was rejected and alternative hypothesis was accepted. The significant difference between the two tests were tested by using paired 't' test the level of significance was set at 0.05 percent level. The computed 't' value 17.5473 and 'p' value .0001 (P<0.05 percent) indicated that there was a significant difference between pre- test and post - test knowledge score. Thus it is depicted that the planned teaching programme was effective in increasing the knowledge of subjects.

Keywords: Assess, Knowledge, Effectiveness, Planned teaching programme, Adolescent, and Mental Illness.

Introduction

Mental health is the state of balance between the individual and the surrounding world, a state of harmony between oneself and other, a co-existence between the reality of oneself and that of other people and the environment.

Mental health is a process of adjustment, which involves compromise and adaptation, growth and continuity. Because of the significance of individual and social aspects. Some psychologists have defined mental health as the ability of the individual to make person and social adjustment.

Mental health is the ability to solve the problem, fulfill some capacity for work, cope with the crisis without assistance beyond the support of family/friends and maintain a state of wellbeing by enjoying of the life, setting goal and realistic limits and become independent.

Mental health is adjustment of human being to the world and to the each other with a maximum of effectiveness and happiness.

Objectives

1. To assess the knowledge regarding mental illness among adolescent before the planned teaching programme by structured questionnaire.
2. To impart the planned teaching programme regarding mental illness among the adolescent.
3. To assess the effectiveness of planned teaching programme among adolescent.
4. To find out the association between pre-test knowledge score with selected demographic variables.

Hypothesis

1. H_{o1}: There is no significant difference between pre and post-test knowledge scores of the adolescent regarding mental health and mental illness.
2. H_1: There is significant difference between pre and post-test knowledge scores of the adolescent regarding mental health and mental illness.
3. H_2: There is significant association between pre test score and selected demographic variable.

Methodology

An experimental research approach was used to assess the effectiveness of planned teaching programme on the knowledge regarding mental illness among the adolescent & relate the level of knowledge of adolescent with their selected demographic variabl6. 60 adolescent (male & female) studying in 11th & 12th class, age group between 13-18 years in selected school of Bhopal were selected by using purposive sampling technique. The tool contains two parts. Part-I consist of socio-demographic variables. Part- II: Questionnaire regarding the knowledge of mental illness.

Results

The data is organized, analyzed and presented in three parts.
Section A: Frequency and percentage distribution of the demographic variables.
Section B: Evaluation of effectiveness of the PTP regarding mental illness.
Section C: Significant association between demographic variable and level of knowledge.

Section: A
Frequency and percentage distribution of demographic variables
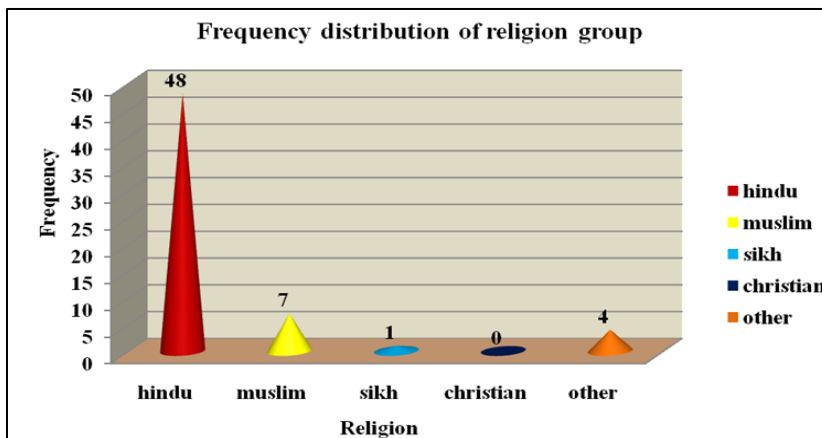
Fig. 1: Bar graph shows distribution of subjects according to Age
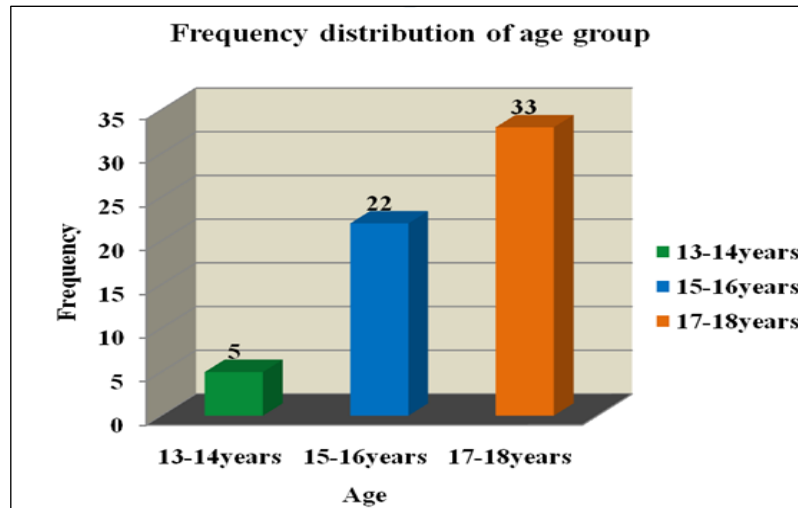
Fig. 2: Cylindrical Bar graph shows distribution of subjects according to Sex
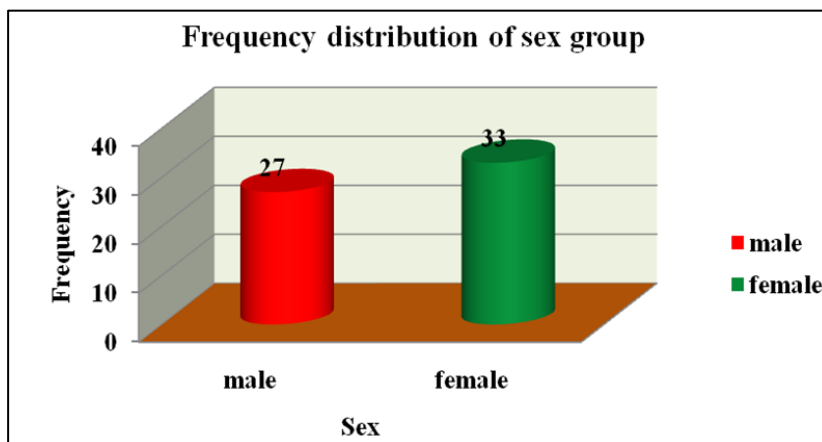
Fig. 3: Cone graph shows distribution of subjects according to Religion

Fig. 4: Cone graph shows distribution of subjects according to Area of Residence
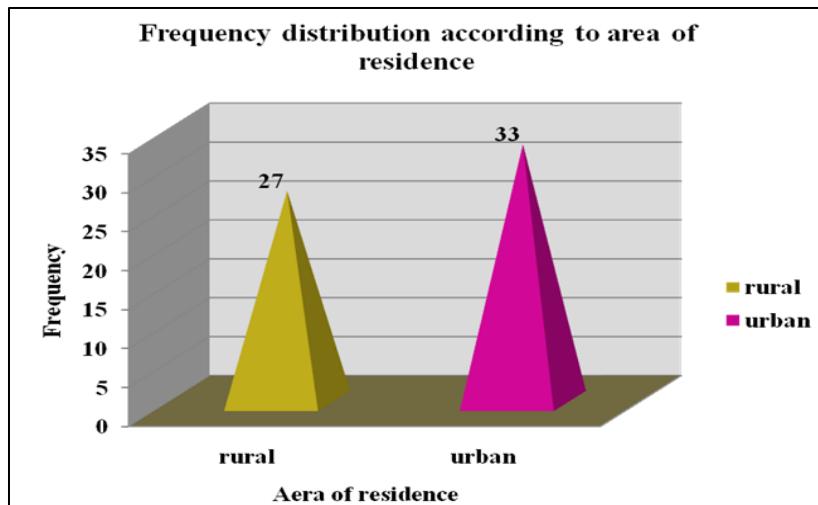
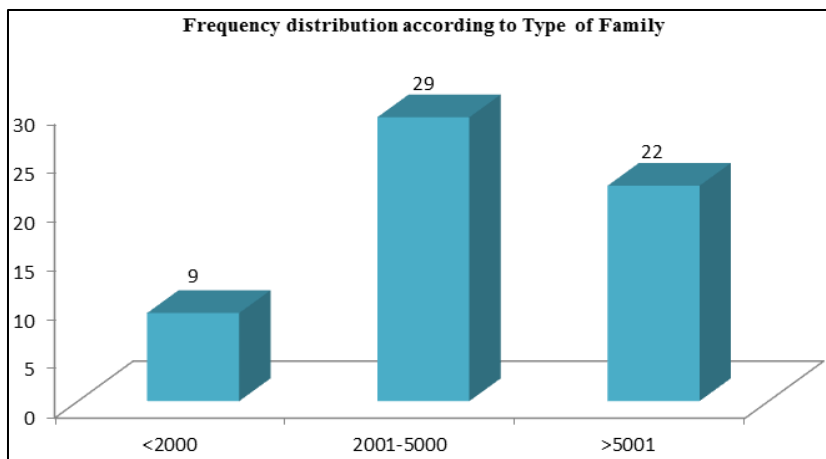**Fig. 5:** Bar graph shows distribution of subjects according to Type of Family

Fig. 6: Bar graph shows distribution of subjects according to monthly income of family
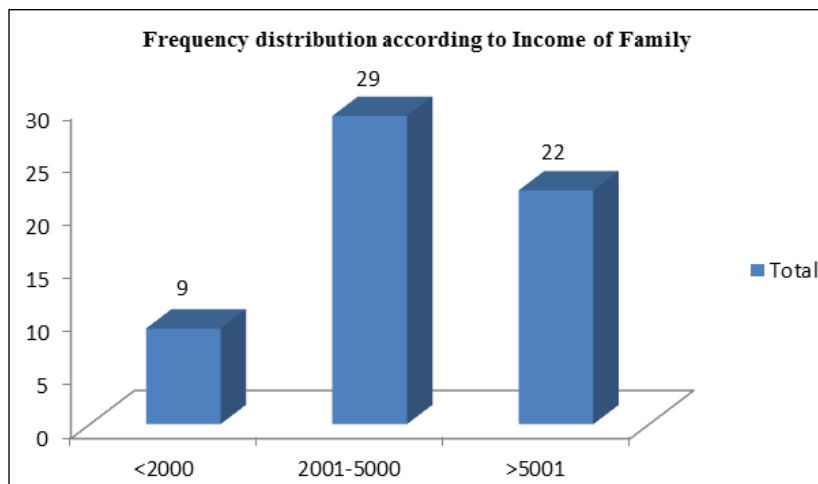

Fig. 7: Cylindrical graph shows distribution of subjects according to Level of Education
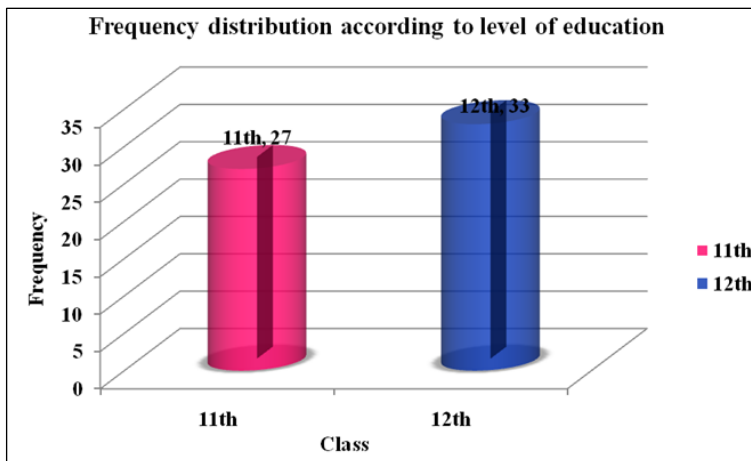
Fig. 8: Cone graph shows distribution of subjects according to Source of Information
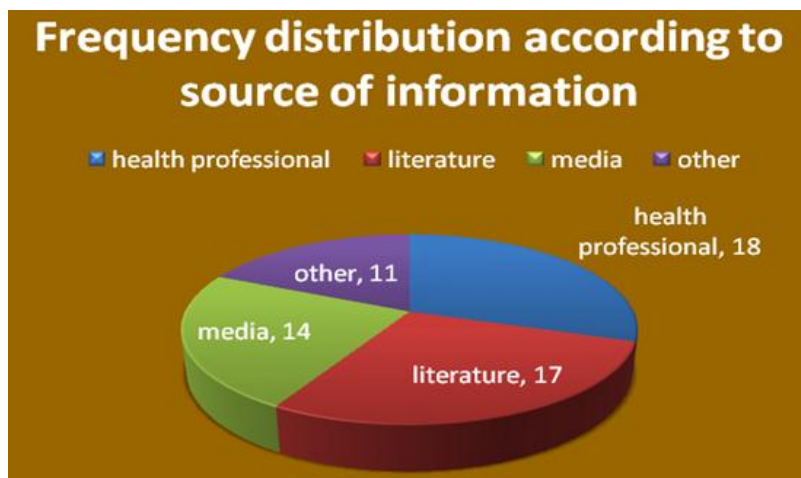
Section B

Fig. 9: Effectiveness of the planned teaching programme on knowledge regarding mental illness
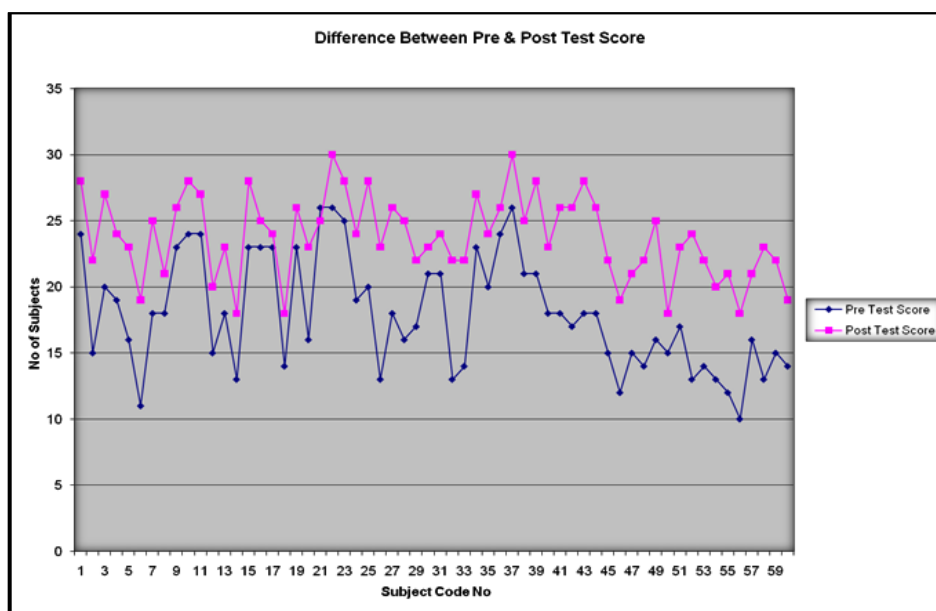

Fig. 13: Difference between pre-test and post-test score

Table 1: Assessment of Pre test and post test knowledge score of subjects regarding Mental Illness N = 60

Knowledge Score	Pre-test		Post-test	
	Frequency (f)	Percentage(%)	Frequency(f)	Percentage(%)
Poor (0-10)	1	1.66	0	0
Average(11-20)	41	68.34	9	15
Good(21-30)	18	30	51	85
Total	60	100	60	100

Table 2: Assessment of effectiveness of the planned teaching programme regarding Mental illness N=60

Knowledge Assessment	Mean	Difference of Mean	S.D.	D.F.	Paired 'T' Test	P -Value
Pre-test	17.95	5.84	4.27	59	17.5473	<0.05
Post-test	23.77		3.1			

Section C
Significant association between demographic variable and level of knowledge

Table 3: Association between Age and Knowledge of Pre-Test Score N = 60

Age	Knowledge			Total
	Poor	Average	Good	
13-14	1	4	0	5
15-16	0	18	4	22
17-18	0	19	14	33
Total	1	41	18	60

Table 4: Association between Sex and Knowledge of Pre-Test Score. N=60

Sex	Knowledge			Total
	Poor	Average	Good	
Male	1	13	13	27
Female	0	28	5	33
Total	1	41	18	6

Table 5: Association between Religion and Knowledge of Pre-Test Score N = 60.

Religion	Knowledge			Total
	Poor	Average	Good	
Hindu	0	32	16	48
Muslim	0	6	1	7
Sikh	0	1	0	1
Christian	0	0	0	0
Other	1	2	1	4
Total	1	41	18	60

Table 6: Association between Area of Residence and Knowledge of Pre-Test Score N=60

Area of residence	Knowledge			Total
	Poor	Average	Good	
Rural	0	25	2	27
Urban	1	16	16	33
Total	1	41	18	60

Table 7: Association between Type of Family and Knowledge of Pre-Test Score N=60

Type of family	Knowledge			Total
	Poor	Average	Good	
Single	1	9	13	23
Joint	0	28	4	32
Other	0	4	1	5
Total	1	41	18	60

Table 8: Association between Income of Family and Knowledge of Pre-Test Score N=60

Income	Knowledge			Total
	Poor	Average	Good	
>2000	0	8	1	9
2001-5000	0	18	11	29
<5001	1	15	6	22
Total	1	41	18	60

Table 9: Association between Standard of Education and Knowledge of Pre-Test Score N = 60

Standard of education	Knowledge			Total
	Poor	Average	Good	
11th	0	23	4	27
12th	1	18	14	33
Total	1	41	18	60

Table 10: Association between Source of Information and Level of Knowledge of Pre-Test score **N = 60**

Source of information	Knowledge			Total
	Poor	Average	Good	
Health professional	1	12	5	18
Literature	0	7	10	17
Media	0	12	2	14
Other	0	10	1	11
Total	1	41	18	60

Conclusion

On the basis of the findings of the study the following conclusions were made-

1. Frequency and distribution adolescent according to level of knowledge shows that majority had only average knowledge regarding Mental illness.
2. Present study shows that there was inadequate knowledge about Mental illness.
3. The Total Mean percentage of knowledge score of the adolescents during pre- test was 17.95 and SD 4.25 and in the post test was 23.77 and SD 3.1. Very high significance was found between pre and post test knowledge scores of the respondents in all areas regarding Mental illness.

Conflict of Interest: None.

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