



“A STUDY TO ASSESS THE EFFECTIVENESS OF A PLANNED TEACHING PROGRAM ON KNOWLEDGE REGARDING WARNING SIGNS AND PRIMARY PREVENTION OF MENTAL ILLNESS AMONG ADOLESCENTS AT SELECTED SCHOOLS OF AHMEDABAD CITY.”

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ABSTRACT

A study to assess the effectiveness of a planned teaching Program on knowledge regarding warning signs and Primary prevention of mental illness among Adolescents at selected schools of Ahmedabad city. The objectives of the study were: To assess the level of knowledge regarding warning signs and primary prevention of mental illness among adolescents at selected schools of Ahmedabad city, To evaluate the effectiveness of planned teaching programme on warning signs and primary prevention of mental illness among adolescents at selected schools of Ahmedabad city, To find out the association between the level of knowledge regarding warning signs and primary prevention of mental illness with selected demographic variables. Quantitative research approach was used. One group pre-test post-test research design was adopted for the study. Total 120 samples were selected from the selected schools of Ahmedabad city through non-probability convenience sampling technique. The researcher used structured knowledge questionnaire for data collection. As a part of intervention planned teaching program on warning signs and primary prevention of mental illness was carried out among adolescents at selected schools of Ahmedabad city. The post test score was measured with same questionnaires after 7 days. The collected data were analyzed by using descriptive and inferential statistical method. T test was used to evaluate the effectiveness of planned teaching program. Pre-test mean: 10.10 and Post-test mean: 15.73, Mean difference: 5.63, and the standard deviation of Pre-test: 4.16, Post-test: 5.82. “t” value: 14.42 with degrees of freedom (120-1=119), highly significant at 0.05% level of significance. Hence PTP is effective in terms of imparting knowledge. Researcher had found the association with demographic variables. i.e., Age & Standard of the study.

KEYWORDS : Assess, Effectiveness, Planned teaching program (PTP), Knowledge, Warning signs, Primary prevention of Mental illness

BACKGROUND OF THE STUDY:

WHO (world health organization), in 18th September 2018 stated that Mental health conditions account for 16% of the global burden of disease and injury in people aged 10–19 years. Half of all mental health conditions start by 14 years of age but most cases are undetected and untreated. Globally, depression is one of the leading causes of illness and disability among adolescents. Suicide is the third leading cause of death in 15–19-year-old.

The weighted prevalence of depression for both current and life time was 2.7% and 5.2%, respectively, indicating that nearly 1 in 40 and 1 in 20 suffer from past and current depression, respectively. Depression was reported to be higher in females, in the age-group of 40-49 years and among those residing in urban metros. Equally high rates were reported among the elderly (3.5%). Mental health problems affect around one in four people in any given year.

NEED OF THE STUDY:

Dr. Brock Chisholm, the first Director-General of World Health Organization (WHO), in 1954, had presciently declared that “without mental health there can be no true physical health”

Reason for targeting the adolescents is because they are future of next generation and if they are not having mental illness or any problems so they can help themselves and to their family members. And Adolescence is a unique and formative time period of life. Also, it is a crucial period for developing and maintaining social and emotional habits which are important for mental well-being.

OBJECTIVES OF THE STUDY:

- 1) To assess the level of knowledge regarding warning signs and primary prevention of mental illness among adolescents at selected schools of Ahmedabad city.
- 2) To evaluate the effectiveness of planned teaching programme on warning signs and primary prevention of mental illness among adolescents at selected schools of Ahmedabad city.
- 3) To find out the association between the level of knowledge regarding warning signs and primary prevention of mental illness with selected demographic variables.

HYPOTHESIS:

H₁: There will be significant difference between pre-test and post test knowledge score of adolescents regarding warning signs and primary prevention of mental illness.

H₂: There will be significant association between pre-test knowledge score of adolescents about warning signs and primary prevention of mental illness with selected demographic variables.

DELIMITATIONS:

The study is delimited to:

- Selected schools of Ahmedabad city.
- Assessing effectiveness of planned teaching programme on warning signs and primary prevention of mental illness in terms of knowledge only.

RESEARCH METHODOLOGY:

RESEARCH APPROACH:

A Quantitative Approach was used in this study.

RESEARCH DESIGN:

Pre-Experimental One Group Pre-test Post-test Research Design adopted for this study.

RESEARCH SETTING:

The present study was conducted at selected Schools in Ahmedabad city.

POPULATION:

- Target population: Adolescents at Schools of Ahmedabad City
- Accessible population: Adolescents who are available during the data collection at Selected Schools of Ahmedabad City

VARIABLES IN THE STUDY:

- Independent variable: Planned teaching program on warning signs and primary prevention of mental illness.
- Dependent variable: Knowledge of adolescents regarding warning signs and primary prevention of mental illness.
- Demographic variable: Age, Gender, Standard, Mother’s Education, Father’s Education.

SAMPLING TECHNIQUE:

In this study Non-Probability Convenience Sampling Technique was used.

SAMPLE:

Adolescents from 14-17 years were selected for this study.

SAMPLE SIZE:

120 Adolescents were selected for this study.

Table 1: Samples participated in research study from selected schools of Ahmedabad city.

Sr. No.	Name of Schools	Selected Area	Total Number of Adolescents
1.	School – 1	Pilot Study	10
2.	School – 2	Main Study	60
3.	School – 3	Main Study	60

SAMPLING CRITERIA:**INCLUSION CRITERIA:**

1. Adolescents studying in selected schools of Ahmedabad city.
2. Adolescents who are between 14-17 years of age.
3. Adolescents who are present at the time of data collection.
4. Adolescents who can understand English.
5. Adolescents who are willing to participate in the study.

EXCLUSION CRITERIA:

1. Adolescents who are not willing to participate in the study.
2. Adolescents who are absent at the time of data collection.

SELECTION OF TOOL:**Tool consists of two sections:**

Section: 1. Socio-demographic variables

Personal Information was collected in terms of Age, Gender, Standard of the study, Mother's education, Father's education.

Section: 2. Structured knowledge questionnaire.

Structured knowledge questionnaire consists of total 30 items which require response score 1 is given for 'Correct' response and 0 is given for response 'Incorrect'. For knowledge score is divided into 3 categories that are Poor (0-10), Average (11-20), Good (21-30).

VALIDITY:

The tool was given to 10 experts. Experts were M.Sc. in mental health nursing. Tool was validated by experts in various nursing colleges and psychiatrist. The necessary modification has been done as per the expert's opinion and advices.

RELIABILITY:

The reliability of tool was checked before pilot study. The reliability of structured knowledge questionnaire was determined by "Test Retest Method" by using 'Karl Pearson's formula' which was found 0.80.

PILOT STUDY:

The objective for the pilot study were to validate the consistency of the data collection instrument, adequacy of the contents, feasibility of the study and time duration required for responding the data collection instruments.

The Pilot study was conducted in Selected school of Ahmedabad city. 10 samples were selected. The pre-test was conducted on 27th January, 2020. knowledge of samples was assessed by administering Structured Knowledge Questionnaire. A PTP was administered after pre-test for knowledge. Duration between Pre-test and Post-test was 7 days. Post-test knowledge assessment was conducted on 7th day. Mean post-test (20.7) score was higher than the pre-test (11.5) score. Thus, PTP was effective in improving knowledge of samples.

TOOL: Structured Knowledge Questionnaire

DATA COLLECTION PROCESS:

Formal permission was obtained from concerned authorities from principals of Selected Schools of Ahmedabad city. Investigator took the permission from the Principal of selected schools. An informed written consent from participants took before starting study. After that tool was administered. Data collection procedure was conducted in February month. The investigator administered pre-test on 1st (15th February, 2020) day and then administered a planned teaching program on the same day. The post test was taken after 7 days.

DATA ANALYSIS PLAN:

The Investigator analyzed the data in the following manner.

Section-I: Demographic variable to be analyzed using frequency and percentage will be presented in the form of table. The association of Pre-test knowledge scores with selected demographic variables will be analyzed using 'Chi square' test.

Section II: The data from structured knowledge questionnaire before and after administering PTP will be analyzed using Mean, Standard deviation (SD) and Paired 't'- test. Descriptive and Inferential statistics were used in the study.

MAJOR FINDINGS:**Findings on description of demographic data of samples**

In this study, In the Age majority of samples 33 (27.5%) were belongs to 15 years. In the Gender majority of samples 73 (60.8%) were male. In the standard, from the each (9th, 10th, 11th, 12th) 30 samples were selected. In the mother's education majority of the samples 34 (28.3%)

were belongs to higher secondary. In the father's education majority of the samples 37 (30.8%) were belongs to graduate.

Findings related to knowledge of samples regarding warning signs and primary prevention of mental illness

The mean knowledge pre-test score was 10.10 and the mean knowledge post-test score is 15.73 regarding warning signs and primary prevention of mental illness. The mean post-test knowledge score was significantly higher than the mean pre-test knowledge score with the mean difference of 5.63 and the calculated 't' value ($t = 14.425$) was greater than tabulated 't' value ($t = 1.98$) which was statistically proved at 0.05 level of significance. Therefore, the null hypothesis H01 was rejected and research hypothesis H1 was accepted and it revealed that the planned teaching program was effective in increasing knowledge among adolescents.

Table 2: Knowledge Score Before And After Administration Of Planned Teaching Program. [N=120]

SCORE OF KNOWLEDGE	PRE - TEST		POST - TEST	
	FREQUENCY	PERCENT AGE (%)	FREQUENCY	PERCENT AGE (%)
Poor (0-10)	67	55.83	22	18.33
Average (11-20)	50	41.67	69	57.5
Good (21-30)	03	2.5	29	24.17
TOTAL	120	100	120	100

Association with pre-test knowledge scores of adolescents with selected demographic variables

The findings of the study reveal that there was significant association of knowledge scores with Demographic variables i.e. Age and Standard of the study.

RECOMMENDATIONS:

The following recommendations are made on the basis of the findings of the study.

1. A similar study can be undertaken on a larger scale for making a more valid generalization.
2. A comparative study can be arranged among adolescents in secondary and higher secondary schools.
3. A similar study can be arranged for staff nurse works in Psychiatric Department and also in different settings.
4. A study can be carried out to evaluate the efficiency of various teaching strategies like Pamphlets, Leaflets and Information Booklet on Warning signs and Primary Prevention of Mental Illness.

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