



A STUDY TO ASSESS THE EFFECTIVENESS OF PLANNED TEACHING PROGRAM ON LEVEL OF KNOWLEDGE SCORE REGARDING HUMAN RIGHTS OF MENTALLY ILL PEOPLE AMONG ADOLESCENTS IN SELECTED SCHOOL OF DISTRICT BILASPUR (H.P.)

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ABSTRACT

Background - Universal Declaration Of Human Rights states that “Everyone has the right to a standard of living adequate for the health and wellbeing of himself and of his family including food, clothing, housing, and medical care and necessary social services and the right to security in the event of unemployment, sickness, disability, widowhood, old age, or other lack of livelihood in circumstances beyond his control”. Aim of the study is to assess the effectiveness of planned teaching program on level of knowledge score regarding Human rights of mentally ill people among adolescents in selected school of District Bilaspur (H.P.). **Material and Method** – Quantitative approach was used and Quasi-experimental research design was adopted for this study. The study was conducted among the 100 adolescents by using convenient sampling technique at selected school of Distt. Bilaspur (H.P.). Data was collected by using 28 self structured knowledge questionnaires regarding Human rights of mentally ill people. The data was presented in the form of tabulation and analyzed by descriptive and inferential statistics. The finding revealed that out of 100 samples, before administration of planned teaching program 60% of the adolescents had poor knowledge, 40% of the adolescents had average knowledge; none of them had good knowledge and the mean knowledge score is 8.70 ± 2.250 which is 31.07% of total mean knowledge percentage score. While there was tremendous increase in knowledge in posttest 0% students had poor knowledge, 79% had average knowledge and 21% had good knowledge regarding Human rights of mentally ill people and the mean knowledge score is 16.7 ± 2.057 which is 59.64% of total mean knowledge percentage score. The difference in mean percentage is 28.57%. **Conclusion** – On the basis of result findings the study concluded that planned teaching program is an effective way to show tremendous increase in knowledge regarding Human rights of mentally ill people.

KEYWORDS : Knowledge, Planned Teaching Program, Human Rights, Mentally Ill, Adolescents.

INTRODUCTION

According to American Psychiatric Association : “ Mental Health is a simultaneous success at working, loving and creating with the capacity for mature and flexible resolution of the conflicts between instincts, conscience, important other people and reality.”^[1]

Everyone has the basic Human Rights including those who are mentally ill. Mentally ill patients are one of the most vulnerable groups in society, it is the responsibility of the Health care providers specially those working in psychiatric setup to protect their human rights. In order to do so the health personnel mainly the psychiatric nurse must be aware of human rights of mentally ill patients. Incidence of violation of Rights Mentally Ill patients can be avoided if the nurse becomes aware of them.^[2]

Mental health is critically important to everyone, everywhere. All over the world, mental health needs are high but responses are insufficient and inadequate. This “World Mental Health Report” is designed to inspire and inform better mental health for all. Drawing on the latest evidence available, showcasing examples of good practice from around the world, and voicing people's lived experience, it highlights why and where change is most needed and how it can best be achieved.^[3]

Mental illnesses are common in the United States and around the world. It is estimated that more than one in five U.S. adults live with a mental illness (59.3 million in 2022; 23.1% of the U.S. adult population). Mental illnesses include many different conditions that vary in degree of severity, ranging from mild to moderate to severe.^[4]

Many individuals are still unaware of the human rights of mentally ill people, that's why I chose this research statement as there is need a to study about the Human rights of mentally ill people and we can work towards creating a more supportive and equitable society that promotes the well-being and dignity of all individuals.

OBJECTIVES

- 1) To assess the Pre-test level of knowledge score regarding rights of mentally ill people among adolescents in selected school of District Bilaspur (H.P.)
- 2) To assess the post test level of knowledge score regarding rights of mentally ill people among adolescents in selected school of District Bilaspur (H.P.)
- 3) To assess the effectiveness of Planned teaching program on level of knowledge score regarding rights of mentally ill among people adolescents in selected school of District Bilaspur (H.P.)

- 4) To find out the association between pre test and post test level of knowledge score regarding Human rights of mentally ill people with their selected socio demographic variables.

METHODOLOGY

Research Approach- Quantitative Research approach

Research Design- Quasi experimental Design

Study Population- Selected Government school students of District Bilaspur (H.P.)

Sample Size- 100 students

Sampling Technique- Convenient Sampling Technique

Inclusion Criteria

- School students who were willing to participate in the study.
- School students who were between the age group of 13 to 17 years.
- At the time of data collection government schools students were available.

Exclusive Criteria

- Students who were absent at the time of data collection.
- Students who were not willing to participate in the study.

Development of Tool- Structured knowledge Questionnaire was prepared to collect data.

Description of Tool

Tool consists of two sections
Section A: Demographic Variables such as Age, Gender, Class, Occupation of mother, Occupation of Father, Source of information.
Section B : Self-Structured Questionnaire to assess the knowledge regarding Rights of Mentally ill People. It consists of 28 multiple choice questions with four options. In those four options, one option is the correct response and it carries one mark. The other three incorrect responses carry zero mark. The total score is 28, for 28 items.

Validity of Tool- To ensure the validity of tool, it was submitted to 7 experts.

Permission- Permission was taken from the Principal of college to conduct study.

Ethical Consideration- Ethical approval was taken from the institutional ethical committee of Murari Lal Memorial School and college of Nursing for conducting the study.

Data Collection- The data was collected by my own under the guidance of my supervisor.

Data Analysis- It was done with appropriate statistical test in terms of frequency, percentage, mean, standard deviation and chi square test where $p < 0.001$ which was found to be statistically significant.

RESULTS

Frequency and percentage wise distribution of subject according to their sociodemographic variable revealed the major findings that out of 100 students 17-18 years old are (40%), followed by 15-16 years are (37%) and 13-14 years are (22%). Only 1% are 19 years and above. On the basis of Gender the sample is evenly split with (50%) male and (50%) female participants. In Class Distribution most participants are in 9th and 10th grade (30% each), followed by 11th and 12th grade (20% each). As per the occupation of Mother a significant portion of mothers are home makers (40%) or have private jobs (40%), only 20% of mothers are self-employed, and there are no mothers with government jobs. As per the occupation of Father the majority of fathers are in private jobs (80%), with (20%) being self-employed. There are no fathers in government jobs or farming. Most of the students do not had Source of Information on Human Rights of Mentally ill none of the participants have access to information about the human rights of mentally ill individuals, as (100%) answered No.

Pre-test Level of Knowledge (n=100)

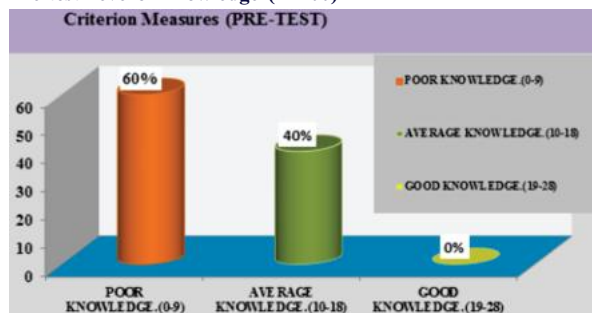


Figure 1: Percentage Distribution of Adolescents According to their Level of Pre-test Knowledge Scores

Figure 1 Shows that in the pre-test out of 100 samples, (60%) of the adolescents had poor knowledge, (40%) had average knowledge and none of the adolescents had Good knowledge.

Table 1: Mean, SD and Mean Percentage of Pre-test Knowledge Score Regarding Human Rights of Mentally Ill People Among Adolescents (n=100)

Descriptive Statistics	Mean	S.D.	Mean%
Pre-test knowledge	8.7	2.25	31.07

Maximum=28, Minimum=0

The analysis reveals that mean knowledge score is 8.7 ± 2.250 which is 31.07% of total mean knowledge percentage score. Hence it can be interpreted that adolescents under the study had poor level of knowledge score regarding Human rights of mentally ill people.

Post-test Level of Knowledge (n=100)

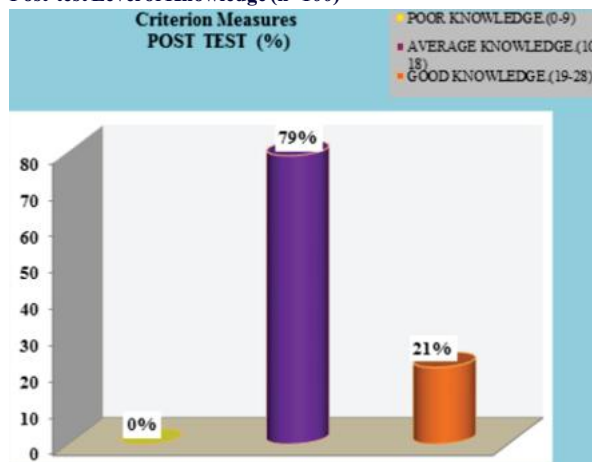


Figure 2: Percentage Distribution of Adolescents According to their Level of Post-test Knowledge Score.

Figure 2 shows that in the post-test out of 100 samples, none of the adolescents had poor knowledge. 79% were having average knowledge and 21% were having Good level of knowledge score regarding Human rights of mentally ill people.

Table 2: Mean, SD and Mean Percentage of Post-test Knowledge Score Regarding Human Rights of Mentally Ill People Among Adolescents (n=100)

Descriptive Statistics	Mean	S.D.	Mean%
Post-test Knowledge	16.7	2.057	59.64

Maximum=28, Minimum=0

Table 2 shows that mean knowledge score is 16.7 ± 2.057 which is 59.64% of total mean knowledge percentage score. Hence it can be concluded that the subjects under this study had Average level of knowledge score regarding Human rights of mentally ill people.

Effectiveness of Planned Teaching Program

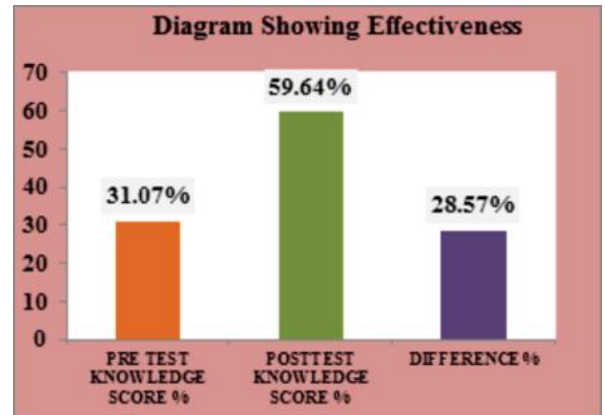


Figure 3: Mean Percentage of Pre-test and Post-test Knowledge Score and the Effectiveness of Planned Teaching Program Regarding Human Rights of Mentally Ill People.

Table 3 Shows that percentage wise distribution of students according to mean percentage of pre-test 31.07% and after implementation of planned teaching program, the mean percentage of post-test was 59.64% with the mean difference of 28.57%. Hence it can be concluded that there is an increase in knowledge level of students by 28.57% which shows that planned teaching program was effective to enhance the knowledge of students.

H₁: There will be significant increase in the level of knowledge score among adolescents regarding Human rights of mentally ill people.

Table 3: Comparison of Mean, SD, Mean Percentage of Pretest and Posttest Level of Knowledge Score Regarding Human Rights of Mentally Ill People. (N=100)

Knowledge	Mean ± S.D.	Mean Diff.	Paired T Test	P Value	Table Value at 0.05
Pretest Knowledge	8.7 ± 2.25	8	19.925 *Sig	<0.001	1.98
Posttest Knowledge	16.7 ± 2.057				

*Significant level<0.05

Maximum=28, Minimum=0

Table 3 shows that in pre-test mean knowledge score is 8.7 ± 2.25 and post test mean knowledge score is 16.7 ± 2.057 to find the difference, paired 't' test was applied. The value of 't' was 19.925, mwan difference is 8, and P is <0.001 which was found to be significant. Hence, Hypothesis (H₁) is accepted for in this study.

Association Between Pre-test Level of Knowledge Score with their Selected Demographic Variables.

H₁: There will be a Significant association between pre-test and post-test level of knowledge score with their selected demographic variable.

The association between pre-test level of knowledge score with their selected demographic variables. There is significant association between the level of knowledge score of adolescents regarding Human rights of mentally ill people and with their selected socio demographic variables such as age, gender. As the calculated chi-square values were

less than the table value at the 0.05 level of significance. Hence, Hypothesis H_2 for above selected variable is rejected.

There is significant association between the level of knowledge score of adolescents regarding Human rights of mentally ill people and with their selected socio demographic variables such as class, occupation of mother, occupation of father, source of information about Human rights of mentally ill. As the calculated chi-square values were more than the table value at the 0.05 level of significance. Hence, Hypothesis H_2 for above selected variable is accepted.

Association Between Post-test Level of Knowledge Score with their Selected Demographic Variables.

The association between post-test level of knowledge score with their selected demographic variables. There is significant association between the level of knowledge score of adolescents regarding Human rights of mentally ill people and with their selected socio demographic variables such as age, gender, class, occupation of mother, occupation of father, source of information about Human rights of mentally ill. As the calculated chi-square values were more than the table value at the 0.05 level of significance. Hence, Hypothesis H_2 for above selected variable is accepted.

DISCUSSION

In the Present study the pre test score (60%) had poor knowledge, (40%) had average knowledge and (0%) study sample had Good knowledge regarding Human rights of mentally ill people. Hence it can reveal that the subject under study had inadequate level of knowledge score regarding Human rights of mentally ill people. These findings are supported from the study concluded by Singh Kamlesh, Mrs. Gomathi C., Mrs. Chaudhary Geeta et al. (2023).

After planned teaching program, finding of post test level of knowledge scores is that none of the sample falls in poor knowledge. 79% falls in moderate knowledge and 21% were having Good Knowledge. Hence it can reveal that the subject under study had average knowledge regarding Human rights of mentally ill people. It can be observed from the findings that planned teaching program had improved the knowledge of adolescents regarding Human rights of mentally ill people. These findings are supported from the study concluded by Patidar Kumar Nilesh (2023).

To assess the effectiveness of planned teaching program level of knowledge regarding rights of mentally ill among people adolescents in selected schools of District Bilaspur (H.P.). In the Present study the mean knowledge score of pre test and post test respectively was 8.7 ± 2.25 (31.07%) and 16.7 ± 2.057 (59.64%). These findings are supported from the study concluded by Dr. Zaveri Aamir (2024).

There is association between level of knowledge score with their socio demographic variables (age, gender, class, occupation of mother, occupation of father, Do you have any information regarding human rights of mentally ill people). The calculated chi-square values were more than the table value at the 0.05 level of significance. Hence research hypothesis is accepted. These findings are supported from the study concluded by Jaiman Krishna Nand et.al (2023).

CONCLUSION

The present study concluded that in the pre-test majority of adolescents had poor level of knowledge score regarding Human rights of mentally ill people and after the administration of planned teaching programme maximum of the adolescents shows increase in the level of knowledge score regarding Human rights of mentally ill people. It has been revealed that there is significant association between knowledge score with their socio demographic variables. Based on this H_1 is accepted and planned teaching programme is provided which is an effective way to increase the knowledge regarding Human rights of mentally ill people.

Implications of the Study

These findings of the study have implications in various areas of nursing education, nursing administration, nursing practice and nursing research.

Nursing Education

- Education is the key component in improving the knowledge of nurses.
- The present study emphasizes on the enhancements in the knowledge regarding Human rights of mentally ill people among adolescents.

- Nurse educators need to organize regular short-term training programmes, workshops etc, with support of nursing administrator for the nurses about Human rights of mentally ill people.
- Nurse educators can identify the student nurses and nurses who don't have sufficient knowledge regarding Human rights of mentally ill people.
- Assess the student nurse and nurses' knowledge and give appropriate knowledge regarding promotion of mental health of the general population and adolescents.
- Identify the areas where commonly seen mental health issues, especially lack of knowledge regarding Human rights of mentally ill people in population, and give guidance regarding promotion of mental health.
- Nurse educators can arrange education programmes regarding Human rights of mentally ill people in schools and colleges as a school mental health programme.
- Evaluate the teaching programme done regarding promotion of mental health.

Nursing Practices

- Nurses need to have adequate knowledge regarding Human rights of mentally ill people. Early identification is helpful, so that no population remain unidentified and under diagnosed. The findings imply that there is a need for regular health education programmes to be carried out by nurses.
- Counselling centres may be recognized by nurses in wards, OPD, community centres to provide counselling and educate client and family members on mental illness and promotion of mental health.
- Nurse can also identify abolition of Human rights of mentally ill people and suggest appropriate remedies to solve the problem.
- Nurses should expand their time for creating awareness regarding Human rights of mentally ill people.
- Address the family members to meet psychological and emotional needs and also provide proper guidance regarding the treatment and regular follow ups.
- The findings of the study could be utilized as a basis for in service education of the nurses so that constant awareness for promotion of mental health and clear understanding may be created on Human rights of mentally ill people.

Nursing Administration

- Nurse administrators can create awareness among students and also enlighten their knowledge about the importance of Human rights of mentally ill people.
- Nurse administrators can instruct the other people in rural and urban areas so that information regarding Human rights of mentally ill people should be provided.
- The study finding will help the administrator to arrange continuing education programme for nurses regarding Human rights of mentally ill people because it helps to prepare adequate learning materials for giving health education.
- Nurse administrator should plan awareness camps in schools, selected communities in rural areas regarding Human rights of mentally ill people.

Nursing Research

- There is a need to conduct more research studies on specific areas to inculcate the knowledge regarding human rights of mentally ill people which promotes the level of awareness.
- Based on the study result, the student nurses can be educated as per their learning needs.
- Similar studies in this area can be done, so that impact factor on the study findings can be identified. There is still a lot of scope for exploring more on this topic.
- The present study gives an idea to other researchers in the field of nursing or any other professionals in future a basic knowledge regarding human rights of mentally ill people.

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