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Research article

A study to assess the knowledge of mental health among the adolescent in the selected schools of Pune City

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Abstract

During adolescence, the brain undergoes significant developmental changes, establishing neural pathways and behaviour patterns that will last into adulthood. Mental health problem is an important implication in every aspect of young people lives including ability to engage with the education, make and keep friends, have constructive family relationship and make their own way in the world. **Aim:** 1. to assess the knowledge of mental health among adolescent (13-15 years). 2. To associate the findings with the demographic variables. **Material and method:** This is a quantitative research approached and non experimental exploratory design was used. Non probability purposive sampling technique was used for the selection of samples. 100 samples were selected from Dnanyankar English medium school and Bharati Vidyapeeth English medium school. Tool was developed in two parts, first was demographic data of adolescent, second part includes self structured questionnaire on knowledge regarding mental health. **Result:** In the non experimental group, majority 82% of them had 13-14 years of age, 65% of them were male, 51% of them were nuclear family, 79% were 8th standard, 32% of the fathers were graduate, 30% of the mothers were graduate, 97% of them had not receive any information regarding mental health. And the finding of the study revealed that 6% of the adolescent have poor knowledge regarding mental health. 20% of the adolescent have good knowledge and 74% of the adolescent have average knowledge regarding mental health. There is no association with the demographic variables. **Conclusion:** After the detailed analysis this study leads to the following conclusion that there is a need for improvement in the knowledge of adolescents on mental health.

Keywords: Assess, knowledge, adolescent, mental health.

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1. Introduction

It is a transitional stage of physical, physiological and psychological development from puberty to adulthood. Worldwide more than 1.2 billion are adolescents. They are the future of the nation, forming a major demographic and economic force. They have specific needs which vary with gender, life circumstances and socio economic conditions [1]. Poor mental health can have import effect on the wider health and development of adolescents and is association with several health and social outcomes such as higher alcohol, tobacco and illicit substances use, adolescent pregnancy, school dropout and delinquent behaviours. There is growing

consensus that healthy development during childhood and adolescence contributes to good mental health and can prevent mental health problems [2].

2. Material and methods

This study used the quantitative research approached. A non experimental exploratory research design was considered best suited the study. This design was used since the study assesses the knowledge regarding mental health.

Inclusion criteria: 1. Adolescent who are present at the time of the study. 2. Adolescent who can understand to read and write English/Hindi/Marathi language?

Exclusion criteria: Adolescent who are suffering from any medical problem.

Description of the tool:

Section I: Demographic Data:

It dealt with structured questionnaire for baseline data of adolescent. It includes age, gender, type of family, standard, father's education, mother's education, information regarding mental health.

Section II: Assessment of knowledge questionnaire related to mental health.

It dealt with the assessment of knowledge questionnaire related to mental health was selected through the wide use of references material and consultation with experts in the field. It consists of selected aspects of knowledge of mental health of adolescent regarding sleep, exercise, personal hygiene, substance abuse, hobby, relations, ambition, and addiction. Total 20 items were selected for questionnaire. Every correct answer was given a score of four.

3. Results and analysis:

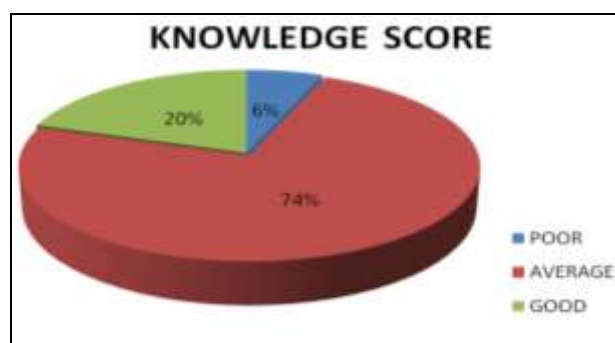
Section I Demographic data:

In the non experimental group, majority 82% of them had 13-14 years of age, 65% of them were male, 51% of them were nuclear family, 79% were 8th standard, 32% of the fathers were graduate, 30% of the mothers were graduate, 97% of them had not receive any information regarding mental health.

Section II: Findings related to analysis of overall knowledge score.

Table No 1: Overall knowledge score.

S N	Marks obtained	No.of Samples	Percentage%
1.	Poor (0-27)	6	6%
2.	Average (28-53)	74	74%
3.	Good (54-80)	20	20%



N=100

Table 1 show that 6% of the adolescent had poor knowledge, 74% of them had average knowledge and 20% had good knowledge regarding mental health.

4. Discussion

Public knowledge and beliefs about mental disorders, also termed mental health literacy. "Mental health for everyone" is a school program for mental health literacy and prevention aimed at secondary schools. Recent study conducted and proves with objectives of reducing prejudiced beliefs, and improving knowledge about where to seek help for mental health problems. Along with a secondary aim was to investigate whether adolescent sex and age influenced the above mentioned variables [3]. In addition to this, the detection of early recognition of mental health problems gives an individual the opportunity for better long-term outcomes if intervention is initiated early. Mental health literacy is a related concept which is increasingly seen as an important measure of the awareness and knowledge of mental health disorders [4]. This study aimed at assessing the mental health literacy, help-seeking behaviour and beliefs and attitudes related to mental illnesses among adolescents attending pre university colleges. This study aims to investigate the association between mental health literacy and the mental health status, particularly depression, among adolescents. Results suggested that mental health literacy level was associated with mental health status, particularly depression of young people. The results have important implications, both clinically and on a population level, on the prevention of mental health problems and for the improvement of the mental health status of adolescents [5]. Total 100 adolescents were assessed using non probability purposive sampling technique. The scores of knowledge based on self structured questionnaire were taken. The study concluded that the knowledge of adolescent on mental health needs to be improved. The results of this study cannot be generalised to all adolescent, as the size of sample in this study was small.

Conclusion

The purpose of the present study was to assess the knowledge of mental health among the adolescent in the selected schools of Pune, city. Non experimental exploratory research design was used for the study, which consisted of 100 samples that were selected on the basis of purposive sampling technique. The content validity and reliability of the tool was done. This suggested that the tool was reliable. The pilot study was conducted among 10 samples and feasibility of the study was established. Based on the objective the assumption the collected data was analysed by using descriptive and inferential statistics.

In today's context, there are many studies carried out on different aspects of mental health like literacy, attitude

and mental health status but less studies are carried out on to assess the knowledge of mental health.

Scope of the study:

Findings suggest that, the knowledge of adolescent regarding mental health needs to improve. Adolescent is a period where brains are developes, coupled hormonal changes,so the knowledge of adolescent need to be assessed.

Section III: To associate the findings with the demographic data:

Demographic Variables	Chi square (χ^2)	P-Value	Table value	Significance
Age	0.368	0.832	5.991	No Significance
Gender	1.622	0.444	5.991	No Significance
Type of Family.	11.041	0.087	12.592	No Significance
Class	0.664	0.956	9.488	No Significance
Parents education				No Significance
A) Father	8.873	0.544	18.307	No Significance
B) Mother	11.794	0.299	18.307	No Significance
Knowledge of mental health	0.445	0.801	5.991	No Significance

Table No. 2 shows that:

- The data in the table shows that χ^2 value is smaller than t-value hence there is no association between demographic variables of adolescent regarding knowledge of mental health.

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Reference

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