

Research Article

Effectiveness of planned health teaching regarding “Awareness on Mental Health” among adolescent orphans in selected orphanages in and around Pune city**Shubhangi Dumbray* and Sayali Treveli Munighati**

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Abstract

Study has been conducted with purpose of assessing the effectiveness of planned health teaching regarding “Awareness on Mental Health” among adolescent orphans. The finding of the study suggest that the adolescents had inadequate knowledge about mental health during pre-test and there is significant increase in knowledge regarding mental health after administration of planned health teaching regarding awareness on mental health. The study reveals that there is no significant association between knowledge regarding mental health & demographic variables like, age, education, and duration of stay in the orphanage and relatives visiting the adolescent, however, there is significant association between the knowledge levels about mental health with gender of the adolescent. Key Words: Planned health teaching, Awareness on mental health, Orphans in orphanages.

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1. Introduction

Mental health is undeniably one of our most precious possessions, which needs to be nurtured, promoted, and preserved in the best possible manner. There is no health without mental health. Amongst the various strata of society, vulnerable population of orphans in India seem to be a neglected lot and most vulnerable to mental diseases because of the ‘un-ideal’ conditions in which they take birth and grow. The Latest 2010 Survey, the Indian Orphan children statistics delineates the following:-

A) India Has approximately 2, 32, 46,000 orphans in India.

B) Approx 83, 64,000 children are maternal orphans and 1, 57, 97,000 are paternal

orphans whereas according to the report approx 9, 15,000 are double orphans.

Nelson Mandela once remarked, “A solid family environment is essential in paving the way for the realization of dreams and aspirations of children” The absence of a “solid family” environment is the bitter reality faced by a large segment of the Indian society. Codington is of the opinion that the death of a parent is one of the most stressful events in a child’s life. Similarly, Bendickson et.al in several studies suggests that there is a relationship between parental death and development and/or exacerbation of psychopathology later in life. Hence there is a pressing need to develop appropriate programs and policies which cater to the needs of orphaned children in India.

As per the world psychiatric association (2004), the logical starting point is to begin with awareness promotion, through a Child Mental Health Awareness Campaign. In spreading awareness of children's mental health, one must not minimize the role of the children and adolescents themselves. While many of the goals for an awareness campaign are aimed at the individuals or organizations that care for children, children also need to be made aware of the fundamental issues about mental health—as the children themselves may be the first to realize that something is wrong. Also, many children most in need may have no adult to turn to. Spreading awareness to children directly may make them more likely to seek treatment and support for their problems, facilitating more effective treatment and empowering them to begin to learn to help themselves.

Objectives

1. To assess the knowledge of mental health among the adolescent orphans.
2. To assess the effectiveness of planned health teaching programme regarding "Awareness on mental health" in the adolescent orphans.
3. To find out the association between knowledge on mental health and selected demographic variables.

Hypothesis

H0:- There will be no significant increase in knowledge levels of the adolescent orphans after the teaching programme.

H1:- There will be a significant increase in the knowledge levels of the adolescent orphans after the teaching programme at 0.05 level of significance.

H2:- There will be significant association between knowledge and selected demographic variables.

Conceptual framework: "Health Promotion Model" proposed by Nola .J.Pender (1982. revised 2006).

2. Materials and methods

Research approach- In this study evaluative method approach is used.

Research design- The design used for the present study is quasi-experimental design in which one group pre and post-test design without control group is used.

Setting- The study has been conducted in four selected orphanages in and around the city.

Population- The adolescent orphans from orphanages of urban and rural setting of the city.

Sample- The sample of the present study consists of 100 adolescent orphans between age group of 13-17 years residing in selected urban and rural orphanages of Pune city.

Sampling technique- stratified random sampling technique is used for present study.

Inclusion criteria

1. Adolescent orphans of both gender between the age of 13-17 years, residing in an orphanage for at least 12 months, and able to read and write Hindi, Marathi and English.

Exclusion criteria

1. Adolescent orphans who have spent less than 12 months in an orphanage.
2. Adolescent undergoing treatment for emotional and behavioral disorders.

Tool: Tool used for the study was a semi structured questionnaire that comprised of 2 sections.

Section I : Demographic information consisting of age, gender, education, duration of stay in the orphanage, and relatives visiting.

Section II: consisted of 20 knowledge items based on concepts like health, mental health, components of mental health, indicators of mental health, strategies of mental health. The scoring was done on a tertile scale.

Reliability- Crohnbach's (alpha) test has been used to find out the reliability co-efficient of the questionnaire. Reliability co-efficient of the tool is found to be 0.8633

Data collection:

The 100 subjects for the study were selected using stratified random technique from the urban and rural orphanages. After the consent was taken from the subjects, the demographic data was collected by administering semi structured questionnaire while conducting the pre-test. Planned health teaching was followed after the pre-test. Post test was conducted on the 5th day of the pre-test, using the same questionnaire. The collected data was analysed according to the objectives of the study, then tabulated and interpreted using descriptive and inferential statistics.

3. Results and discussion

The data analysis revealed there is a highly significant difference between pre and post test knowledge score of mental health among adolescents in study group as the P value is <0.0001. The planned health teaching is highly effective in increasing the knowledge of Mental Health among adolescent orphans in the study group.

Table 1: Comparison of pre and post test knowledge of mental health among adolescent in study group

Parameters	Pre-test	Posttest	Wilcoxon Z Value	Value
	Mean \pm SD (n=100)	Mean \pm SD (n=100)		
Knowledge score	12.68 \pm 3.15	17.64 \pm 3.17	8.17	0.0001

Table 2: Comparison of knowledge score of mental health among adolescent according to gender in study group

Knowledge score	Gender		MW test Z Value	P Value
	Male	Female		
	Mean \pm SD (n=50)	Mean \pm SD (n=50)		
Pre test	3.46 \pm 3.21	11.90 \pm 2.91	.46	0.05

There was significant difference seen in pre-test knowledge score of mental health among adolescents between gender in the study group as the P – value is <0.05.

The present study is supported by another study “Increasing Mental Health Literacy among Student Affairs Staff: Assessing ‘Mental Health First Aid’” in Queen’s University, Canada conducted by Massey, Meghan Brooks, Jeffrey Burrow, and Cheryl Sutherland (2010). The study findings convey that after the training sessions, an independent samples t-test comparing the knowledge of mental health first aid conditions indicated a significant difference in the post-test for those individuals who took the Mental Health First Aid training. The trained groups scored significantly higher on the knowledge score (M = 3.58, SD = .69) than did the untrained group (M = 2.77, SD = .83) $t(82) = 4.443$, $p < .001$.

Implications

The present study can help the nurses to contribute in making assessment tools, innovative teaching methods for awareness on mental health. School and college teachers to develop manuals and teaching programmes to bring awareness of mental health in children. The findings of the study can motivate the curriculum makers to include mental health in the curriculum so that children can develop the concept of

mental health and learn healthy behavior patterns contributing to their overall health. The study can contribute in the planning of promotional activities of mental health and implementation of new strategies which is a vital goal of the national mental health programme.

Recommendations

- A comparative study can be conducted between institutionalized and non institutionalized adolescents.
- Similar study can be done to assess the effectiveness of planned health teaching on knowledge of mental health among caretakers and administrative staff of the orphanage.

Conclusion

The findings of the study suggest that the adolescents had inadequate knowledge about mental health during pre-test and there is significant increase in knowledge regarding mental health after administration of planned health teaching regarding awareness on mental health. This study could help in bringing about awareness on mental health and maintenance of mental health, leading to a healthy life ahead.

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