

ASSESS THE KNOWLEDGE REGARDING MENTAL HYGIENE AMONG ADOLESCENTS IN SELECTED HIGHER SECONDARY SCHOOLS AT ARAVALLI DISTRICT, GUJARAT WITH A VIEW TO DEVELOP A HEALTH EDUCATION PAMPHLET

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ABSTRACT

Background of the study

Mental hygiene is a branch of hygiene that studies measures and means for creating, protecting, and strengthening mental health and preventing mental illness. Adolescence is a period which begins at the end of childhood and closes at the beginning of adulthood. Many children and adolescents have mental health problems that interfere with their normal development and daily life activities. A descriptive study was conducted in selected higher secondary schools at Aravalli district of Gujarat to assess the knowledge of adolescents about mental hygiene with a view to develop a health education pamphlet.

Method

Non-experimental descriptive approach with a typical descriptive design was adopted in the present study. Stratified random sampling technique was used for the selection of the sample. A structured knowledge questionnaire was used to assess the knowledge of adolescents on mental hygiene. Reliability of the knowledge questionnaire was $r = 0.78$. Prior permission from the Principal of schools and the concerned authority of selected schools was taken. A pilot study was conducted on ten adolescents who were studying in A.M Shah Higher Secondary School in Modasa. The main study was conducted at Adarsh Vidyalaya Modasa, Gosiya Prathamik School Modasa; J B Shah English Medium School Modasa. After data collection, the health education pamphlet on mental hygiene was distributed to adolescents to improve their knowledge.

Results

The findings of the present study reveal that the mean percentage of total knowledge score was 47.62% with mean 15.24 and $SD \pm 1.17$. Most (60%) of the samples had moderate knowledge; about 40% of them had inadequate knowledge regarding mental hygiene. The assessment of association of knowledge among adolescents on mental hygiene with demographic variables revealed that there is no association between knowledge and the selected demographic variables.

Inference and conclusion

The overall findings of the study revealed that majority of the adolescents had poor knowledge regarding mental hygiene. Hence, it is concluded that further improvement of knowledge on mental hygiene is needed in this area. The researcher here emphasises that more research is needed to understand how to improve the knowledge of adolescents regarding mental hygiene.

Keywords

Mental hygiene; selected higher secondary school, health education pamphlet.

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