

A Quantitative Study to Assess the Effectiveness of Awareness Programs on Knowledge Regarding Mental Health Problems And Help Seeking Behaviour Among College Going Students of Selected College of Indore City

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ABSTRACT

Mental disorders are as prevalent among college students as same-aged non-students, and these disorders appear to be increasing in number and severity to several data sources. In the 2008 National College Health Assessment sponsored by the American College Health Association (ACHA-NCHA), more than one in three undergraduates reported “feeling so depressed it was difficult to function” at least once in the previous year, and nearly one in 10 reported “seriously considering attempting suicide” in the previous year. The aim of study is to create awareness among the students regarding mental health problems and help seeking behaviour.

Keywords: Effectiveness , awareness, mental health programme, knowledge , Help seeking behaviour

BACKGROUND OF THE STUDY-

According to World Health Organization (WHO) mental health is defined as a state of subjective wellbeing, in which an individual realizes his or her own abilities, can cope with the normal stressors of life, can work productively and is able to make a contribution to his or her community. In this sense, mental health is the foundation for individual well-being and the effective functioning of a community. Mental health awareness activities are an important element of improving mental health because they help our community understand the impact on and important relationship to academics, workplace and personal success. Raising mental health awareness is a contributing factor to a healthy, supportive and inclusive campus environment because it acknowledges the relevancy and importance of mental health,

continues to educate members of our community and reinforces the role we all play and encourages us to support one another. Carleton's 2009 Student Mental Health Framework included resources on how to recognize, respond, refer and report a student in distress and helped all members of our community notice indicators of distress. It is important to build campus capacity to recognize indicators of concern, not only for students in distress, but for those at risk to help prevent the student from reaching distress. Increasing this capacity should not only be targeted to faculty and staff but also to students, so they know how to recognize indicators for themselves and for their peers.

PROBLEM STATEMENT:

“A QUANTITATIVE STUDY TO ASSESS THE EFFECTIVENESS OF AWARENESS PROGRAMS ON KNOWLEDGE REGARDING MENTAL HEALTH PROBLEMS AND HELP SEEKING BEHAVIOUR AMONG COLLEGE GOING STUDENTS OF SELECTED COLLEGE OF INDORE CITY”

OBJECTIVES OF THE STUDY-

- To assess the pre test knowledge score of students regarding mental Health problems and help seeking behaviour
- To provide knowledge regarding mental Health problems and help seeking behaviour
- To compare pre test - post test knowledge regarding mental Health problems and help seeking behaviour

HYPOTHESIS OF THE STUDY:

Hypothesis Null hypothesis (Ho): There is no significant relationship between pre test and post test knowledge score.

Alternative hypothesis(H1) : There is a significant relationship between the pre test and post test knowledge score

METHODOLOGY

Research methodology organises all the components of the study in a way that is most likely to lead valid answers to the sub problems. A quantitative evaluative research approach was considered for the study, the population size included in the study were 60 students who were studying in selected universities of Indore city. The convenient purposive sampling technique has been selected. The study has been conducted at Renaissance university. students were given self-structure knowledge questioner to give the response to assess the knowledge regarding mental health problem and health seeking behaviour. And then structured educational programme was introduced to the students then post-test was given after 2-3 days.

INTERPRETATION AND CONCLUSION

The pre-existed knowledge of students was found at an average level which can be easily measured by analysing the pre-test scoring. major part of the population of students noted with poor and average knowledge about mental health problem and health seeking behaviour at baseline stage.

Before providing structured teaching programme exactly 38 students observed with poor (0-5) knowledge about mental health problem and health seeking behaviour shows that major part of

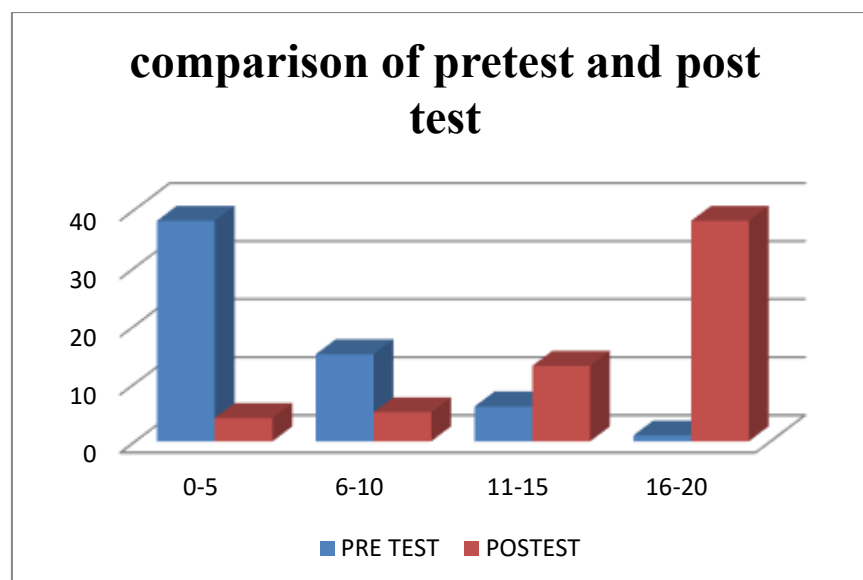
population of students (38, 63.33%) found with poor knowledge. Further analysis specifies that 15 students having average (6-10) knowledge regarding mental health problem and health seeking behaviour before giving structured teaching programme. This was also observed that some (6, 10%) patients had good knowledge (11-15) and at initial stage few (1, 1%) patients had excellent knowledge (16-20) regarding mental health problem and health seeking behaviour college students. After executing the structured knowledge programme, the knowledge assessment among college students had been indicated the improvements in knowledge of mental health problem and health seeking behaviour, found at large at post conducting stage as compared to baseline stage.

Post conduction very low (6.6%) of the patients identified with poor (0-5) knowledge of mental health problem and health seeking behaviour

After administration of structured teaching programme, some part of population of students (8.3%) students measured with average (6-10) knowledge had much aware about mental health problem and health seeking behaviour which highlighted the effectiveness of structured teaching programme in terms of better gain in knowledge.

This was also noted that 13(21%) students had obtained with good (11-15) knowledge about mental health problem and health seeking behaviour .This was also noted that 38 (63.3%) students had obtained with excellent (16-20) knowledge regarding mental health problem and health seeking behaviour.

The association gained between the knowledge score and selected demographic variables was significant. The computed chi square values between gained in knowledge score and selected variables were higher than the table value($\chi^2(1)= 3.65$) at 0.05 level



Graphical presentation of comparison of knowledge score

RESULT:

Subsequently the detailed analysis, this study induces the following conclusion: that the most of patients who have been studying in university had poor knowledge regarding mental health problem and health seeking behavior while only 1 students in excellent score.

After inculcating knowledge by structured teaching programme there is a significant increase in knowledge of college students regarding mental health problem and health seeking behaviour, which is

calculated by t-test and the result were 21.1.

Hypothesis H1 made by the investigator that there is significant increase of knowledge regarding mental health problem and health seeking behaviour is significant.

CONCLUSION:

The study intends to find out effectiveness awareness programme on the knowledge of students regarding mental health problem and health seeking behaviour. The overall experience was satisfying one. The investigation found that the structured teaching programme is an effective means of education to improve and create awareness among the students who have been studying in selected universities.

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