

TEACHERS' KNOWLEDGE ON MENTAL HEALTH PROBLEMS OF ADOLESCENTS AND THEIR PERCEPTION FOR PROMOTION OF MENTAL HEALTH OF ADOLESCENTS

Ms. Jain Vanitha

Mental Health is defined as "The Capacity of an individual to form harmonious relationships with others and to participate in or contribute constructively to changes in the social and physical environment" (WHO 1987). The mental health of an adolescent needs special consideration because it is inevitable that they confront various adjustments during the process of growth and development. Child and adolescent mental health problems in India revealed an overall prevalence rate of 12.5% (NIMHANS with support from ICMR, 2007).

The teachers of any school children are in a powerful position to influence the self-esteem of their pupil, through the establishment of a relationship and by use of certain systematic activities. The recent trend in the field of mental health is a shift from hospital care into the community based mental health care, which includes mental health care in schools as one of its important and notable component. Attachment theory and social learning theory provide a theoretical basis for the importance of close relationships between teachers and students to

facilitate healthy social and emotional development.

OBJECTIVES

- To assess the teachers' knowledge on behavioral characteristics of mentally healthy adolescent.
- To estimate the teachers' perception in the promotion of mental health among adolescent students.
- To correlate the overall knowledge of the teachers with their perception.
- To find out the association between the overall knowledge of teachers with their demographic personal variables.

HYPOTHESES

H₁ → School teachers have a degree of knowledge towards behavioural characteristics of mentally healthy adolescents

H₂ → Teachers have positive perception towards the mental health of adolescent students.

H₃ → There is a positive correlation between teachers' overall knowledge on mental health of adolescents and their role perception.

Ms. Jain Vanitha,
Research Scholar, Vinayaka
Mission Deemed University, Salem.

H 4 → There is a significant association between the teachers' overall knowledge on mental health of adolescents with their selected demographic and personal experience variables.

METHODOLOGY

The Non - Experimental descriptive study **design** was adopted and the study was conducted in **60 schools** of kancheepuram district, Tamilnadu which included 10 government schools, 14 Matriculation schools and 36 government-aided schools. The **population** consists of teachers working in various selected schools of kancheepuram district, Tamilnadu. **Sample size** was 600 teachers but 26 samples did not respond. Hence, the final sample size for this study was 574 school teachers. The **Quota Sampling Technique** was adopted to select the schools & **convenient sampling** to select the teachers. The **tool** has 4 parts such as, Demographic data and personal experience of the school teachers, Behavioral characteristics of the mentally healthy individual Adolescent, Commonly posed problems/issues of adolescent students and Role perception of teachers towards promotion of mental health of adolescent students/Children.

Reliability of the Tool was established by using Split Half Method for assessment of the level of knowledge using the Spearman -Brown prophecy formula. The 'r' value

obtained from the split half method was 0.56. So, the calculated value of r^1 is 0.71. Another part of the tool was the five point Likert Rating Scale to assess the level of role perception and its reliability was checked again through split half method with same Spearman -Brown prophecy formula. The obtained 'r' value was 0.42. The calculated r^1 was 0.6. So it was considered as reliable one.

MAJOR FINDINGS OF THE STUDY

In **education**, 74.7% have P.G. qualification and 36.8% have mater's degree in Education. Only 2.4 % had Doctoral Degree among the study population. Regarding **the years of experience**, 40.6% teachers had 5 -10 years of experience, 305 (53%) belong to rural area and 38.7% were from urban area.

The common issues identified by the teachers were adjustment problems, unable to cope up with the academic pressure and peer rivalry. None of the teachers answered for the problems addresses during any workshop or conference. The overall mean knowledge on behavioral characteristics of a mentally healthy individual adolescent among teachers was 76.93 with the S.D of 8.56. The Mean level of teachers role perception on promotion of mental health of adolescent is 77.32 with the SD of 6.73. Among the demographic variables

of the teachers, the age, religion, professional education, experience, income, type of school and board, the location of the school have significance with the level of overall knowledge on behavioral characteristics of mentally health individual adolescent and issues / problems at $P < 0.01$.

CONCLUSION

The study concluded that school teachers have adequate knowledge on mental health of adolescents and possess positive role perception towards the mental health of adolescents. Based on the research findings, the hypotheses formulated for the study were accepted.

Though the teachers have adequate knowledge and positive role perception towards mental health of adolescents they need appropriate training for a better care of adolescents' mental health. To address this need of teachers, the investigator developed a module on enhancement of self efficacy of the adolescents to improve their mental health and circulated it to the study participants. The selected schools for the study were also given adequate copies of the module to make it available in the libraries for reference.

Answers for Multiple Choice Questions

- | | | | | |
|-------|-------|-------|-------|-------|
| 1) a | 2) c | 3) b | 4) c | 5) c |
| 6) c | 7) c | 8) d | 9) b | 10) d |
| 11) a | 12) a | 13) c | 14) a | 15) b |
| 16) d | 17) c | 18) c | 19) d | 20) d |

Answers for Visual Quiz

- Fig. 1- preschooler
- Fig. 2 - stranger anxiety
- Fig. 3 - 5-6 months
- Fig. 4 - 11 months
- Fig. 5 - preschooler