



A Study to Evaluate the Impact of Awareness Intervention Program On Knowledge and Attitude Regarding Mental Health and Mental Illness Among Adolescence Students High School in Selected Area

**PHD Scholar Mr Ashish P Rao¹,
(Professor) Dr. Sheikh Javed Ahmad²**

¹PHD Scholar, Shri Venkateshwara University Near Rajabpur NH -24 Gajraula
Uttar Pradesh 244236

²Research Guide, Shri Venkateshwara University, Gajraula, U.P.

Abstract. These Study on awareness Regarding psychiatric health and Mental illness among school Candidates on their knowledge and attitude regarding Psychiatric illness among adolescences students high school in selected area. Frequency and percentage to be computed for describing the sample characteristics. The knowledge score of degree college students in total content area be computed. The Practice score of Coefficient of correlation to be computed to determine the relationship between intelligence and Attitude Chi-square test to Identify the association of awareness with selected variables.

Keywords: Chi – Square Test, Frequency, Adolescences Computed, Coefficient, Variables.

I. Introduction

Adolescence is a pivotal stage of human development, marked by rapid physical, cognitive, emotional, and social changes. During this period, individuals become increasingly independent, develop a personal identity, and form complex relationships. However, it is also a time of heightened vulnerability to mental health problems. The World Health Organization (WHO) reports that approximately one in seven adolescents aged 10–19 years experiences a mental disorder, accounting for 13% of the global burden of disease in this age group (World Health Organization, 2021). Anxiety, depression, behavioral disorders, and emotional disturbances are among the most prevalent conditions affecting adolescents worldwide (Patel et al., 2018).

Mental health problems in adolescence are associated with significant short- and long-term consequences. They contribute to poor academic performance, school dropout, substance abuse, risky sexual behavior, self-harm, and suicide. Alarming, suicide is the third leading cause of death among adolescents globally, and the second in the 15–29 age group (UNICEF, 2021). In India alone, the National Crime Records Bureau reported that nearly 13,000 students died by suicide in 2021, highlighting a disturbing trend among young people (NCRB, 2022). Mental disorders often persist into adulthood if left untreated, emphasizing the need for early detection and effective intervention (Kieling et al., 2011).



Multiple factors contribute to the emergence of mental health problems during adolescence. These include genetic predisposition, hormonal changes, family conflict, academic pressure, bullying, peer rejection, poverty, and exposure to trauma or abuse. Moreover, the growing influence of digital media and social networks has added new dimensions to adolescent mental health, both as a source of support and a potential risk for cyberbullying, addiction, and social comparison (Twenge et al., 2017). Studies indicate a strong correlation between excessive screen time and increased symptoms of anxiety, depression, and sleep disturbances in teenagers (Keles et al., 2020).

Despite the high prevalence and severe impact of mental health disorders, a significant proportion of adolescents do not receive appropriate care. Barriers include stigma, lack of awareness, limited access to mental health services, and insufficient trained professionals. In low- and middle-income countries (LMICs), nearly 90% of adolescents with mental health issues do not get the help they need (Erskine et al., 2017). This treatment gap underscores the urgent need to strengthen mental health systems, promote mental health literacy, and integrate services within schools and community settings.

In conclusion, adolescent mental health is a pressing global public health concern with profound individual and societal implications. Addressing mental illness in adolescence requires a multi-pronged approach, including early identification, culturally sensitive interventions, school-based programs, family engagement, and policy-level support. Strengthening protective factors and reducing stigma can greatly enhance the mental well-being of young people and

II. Need For Study

Adolescence is a critical period of emotional, psychological, and social transformation. During this stage, individuals face academic pressures, identity formation challenges, hormonal changes, and the influence of peer and digital environments—all of which can significantly affect their mental health. Despite growing awareness, mental health problems among adolescents are increasing at an alarming rate. According to the World Health Organization (2021), one in seven adolescents aged 10–19 years suffers from a mental disorder, with depression, anxiety, and behavioral conditions being most common. Yet, most cases remain undiagnosed or untreated, especially in low- and middle-income countries, where the treatment gap exceeds 80% (WHO, 2021).

In India, the situation is equally concerning. The National Mental Health Survey (2015–16) reported that nearly 7.3% of children aged 13–17 years experience mental health conditions, with urban adolescents at higher risk due to academic stress, social comparison, and family dysfunction (NIMHANS, 2016). Alarmingly, suicide is now the leading cause of death among Indian youth aged 15–24 years (NCRB, 2022). Social stigma, lack of awareness, limited school-based counseling, and inadequate mental health infrastructure contribute to poor identification and delayed intervention.

The COVID-19 pandemic further exacerbated mental health vulnerabilities among adolescents, leading to increased anxiety, loneliness, and screen addiction. Prolonged school closures, family financial stress, and disrupted routines have had lasting psychological.

Impacts



III. Problem Statement

“A STUDY TO EVALUATE THE IMPACT OF AWARENESS INTERVENTION PROGRAM ON KNOWLEDGE REGARDING MENTAL HEALTH AND MENTAL ILLNESS AMONG ADOLESCENCE HIGH SCHOOL IN SELECTED AREA .”

Purpose of the Study

The purpose of the study is to evaluate the effectiveness of an awareness intervention program in improving knowledge regarding mental health and mental illness among adolescent students in selected high schools at Delhi, aiming to promote early understanding, reduce stigma, and encourage positive attitudes toward mental well-being.

Objectives

1. To identify the existing knowledge level regarding mental health and mental illness among adolescence students in selected high school.
2. To evaluate the effectiveness of awareness instructional program on knowledge towards mental health and mental illness among adolescence students in selected high school.
3. To find out the association between the pre-test knowledge score with selected demographic variables towards mental health and mental illness among adolescence students in selected high school.

IV. Hypothesis

H1: There is a significant difference between the mean pretest and posttest knowledge scores regarding mental health and mental illness.

H2: There is a significant association between knowledge of school students with their selected demographic variables

V. Methodology

- **Research Approach :** The study adopted a quantitative evaluative research approach to assess the impact of an awareness intervention program.
- **Research Design:** A pre-experimental one-group pre-test post-test design was used to evaluate the effectiveness of the awareness intervention program.
- **Setting of the Study :** The study was conducted in GD .Goenka Public School in Delhi,
- **Population :** Adolescent students aged between 13 and 17 years, enrolled in GD .Goenka Public School of Delhi.
- **Sample Size :** A total of 60 adolescent students were selected to participate in the study.
- **Sampling Technique :** Non-probability purposive sampling technique was used to select the sample.

Inclusion Criteria:

- Students aged 13–17 years studying in selected high schools.
- Those who were present during the data collection period.
- Those who gave assent and parental consent to participate.



Exclusion Criteria:

- Students who had already received formal mental health education.
- Students who were absent during the intervention or post-test phase.

Tool for Data Collection : A structured knowledge questionnaire was used to assess students' knowledge about mental health and mental illness. The tool was developed by the investigator and validated by subject experts.

Ethical Considerations:

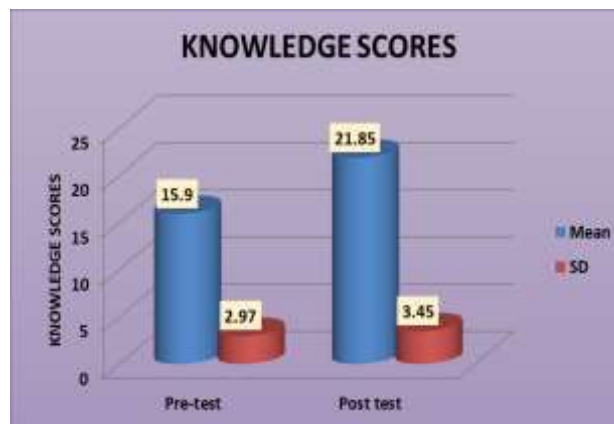
- Permission was obtained from the school authorities.
- Informed consent was taken from parents and assent from students.
- Confidentiality and anonymity were ensured throughout the study.

Data Analysis:

- Descriptive statistics (mean, percentage, standard deviation) were used to summarize demographic variables and knowledge scores.
- Paired t-test was used to compare pre-test and post-test knowledge scores. A p-value < 0.05 was considered statistically significant.

VI. Results and Analysis

The pre-test results show that, on average, students answered 15.97 of 30 items correctly, achieving 53.24 % of the total possible score. This mid-range performance indicates only moderate baseline knowledge of mental health and mental illness. The standard deviation of 2.97 suggests some clustering around the mean, yet noticeable variability exists across the group. Together, these findings highlight a clear gap in accurate understanding and underscore the need for a targeted awareness intervention to raise knowledge levels to a more acceptable range



VII. Nursing Implications

Nursing Education: Nursing education should include focused training on adolescent mental health, emphasizing early identification, communication, and stigma reduction. Practical exposure through school health programs can help nursing students become



competent in delivering age-appropriate mental health education and promoting emotional well-being in adolescents.

Nursing Research: This study encourages nursing research on school-based mental health interventions. Future research should assess long-term knowledge gains, behavioral impact, and barriers to mental health awareness. Findings can guide development of evidence-based programs tailored to adolescents' needs in diverse school settings.

Nursing Practice: Nurses should lead school-level mental health education by organizing sessions, assessing students' understanding, and offering guidance. They can identify knowledge gaps, provide psychosocial support, and encourage healthy coping strategies to reduce emotional distress and promote mental wellness among adolescents.

Nursing Administration: Nursing administrators must initiate and support structured school mental health programs. This includes staff training, resource development, and collaboration with mental health professionals. Monitoring effectiveness and ensuring program sustainability are key to improving adolescent mental health outcomes at the institutional level.

VIII. Conclusion

The study emphasizes the vital role of nurses in enhancing adolescent mental health through education, practice, research, and administration. Implementing structured awareness programs in schools can effectively improve knowledge, reduce stigma, and promote early intervention, ultimately contributing to healthier, more resilient adolescent populations in educational settings.

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