

# A Quasi Experimental Study to Evaluate the Effectiveness of Structured Teaching Programme Regarding Mental Health Promotion and Early Identification of Mental Illness in School Going Children among Primary School Teachers in Selected Schools at Kolhapur

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## 1. Background

Children are the greatest gift of God to humanity. They are like clay in the potter's hand. Handled with love and care, they become something beautiful or else they will break. Children are developing individuals, whose capacities and coping skills change markedly during childhood. The childhood is also a period of life, characterized by change, challenge and the necessity for adoption.

Primary school age is the period between 6 - 10 years. Early childhood is the critical period of behaviour formation. The school period is an exciting period of transition from limited language ability, primarily sensory motor engagement with the surrounding environment to mastery of communication, a high degree of motor activity and a significant competence in self - regulation, expanding cognitive, behaviour and emotional changes and heightened ability to empathies with others.

Children are one third of our population and all of our future. In order to develop a health society, it is important that we have healthy Children. (Shetty 2009)

India has the highest number of children in the world. More than one third of country's population is below 18 years is children, approximately 40% of the total population is children.

A teacher is a person who provides student direct classroom teaching, or classroom setting, or educational services directly related to classroom teaching. Teachers play an influencing role in the development of personality, listening to a child's problem is an important skill of a teacher, Teachers spend most of their day time in the classroom. The teacher will promote psychological competencies like decision making, problem solving, critical and creative thinking, interpersonal relationship skills, self - awareness, empathy and skills among school children.

## 2. Objectives of the Study

- 1) To identify of knowledge of primary school teachers regarding mental health promotion and early identification of mental illness in school going children.
- 2) To evaluate the effectiveness of Structured teaching programme regarding mental health promotion and early identification of mental illness in school going children.
- 3) To find out an association between pre - test knowledge scores regarding mental health promotion and early identification of mental illness with their selected socio - demographic variables among primary school teachers

## 3. Method

The research approach adopted for the study was Quantitative, Evaluative research survey; research design was Quasi - Experimental, One group pre - test and post - test design. By using Probability random sampling technique 60 Primary School Teachers were selected for the study. Structured knowledge questionnaire was used to evaluate the knowledge of mental health promotion and identification of mental illness. Reliability of the tool was tested by 'Test retest method' by using Karl Pearson's Coefficient of correlation formula which was  $r=0.72$ . The main study was conducted at Irwin Christian High School, Bharti English School and Datta Bal English School, Kolhapur pretest was conducted in Irwin Christian High School on 05/03/2022, Bharti English School pretest was conducted on 08/03/2022 and Datta Bal English School pretest was conducted on 14/03/2022 whereas Posttest was conducted in Irwin Christian High School on 13/03/2022, Bharti English School posttest was conducted 16/03/2022 and Datta Bal posttest was conducted on 22/03/2022, planning of schedule is done after discussion with Headmasters of above mentioned Schools and data collection was done.

## 4. Results

The calculated paired' value ( $t_{ab} = 26.49$ ) was greater than tabulated value ( $t_{ab} = 2.00$ ). Hence  $H_1$  is accepted. This indicates that the gain in knowledge score is statistically significant at  $P<0.05$  level. i. e.  $H_1: \mu \neq \mu_0$ . Therefore the

findings revealed that the STP was effective in increasing the knowledge among primary school teachers.

In present study, there was significant association between pretest knowledge scores and selected socio - demographic variable like area of residence ( $t_{cal}8.63$  &  $t_{ab} 5.99$ ), experience in years ( $t_{cal}15.34$  &  $t_{ab}12.59$ ). Therefore the calculated Chi - square values was higher than tabulated value. Hence  $H_2$  is accepted at  $P<0.05$  level of significance.

## **5. Interpretation and Conclusion**

The present study revealed that majority of primary school teachers had average knowledge regarding mental health promotion and early identification of mental illness, Therefore it was concluded that the SIM is effective in increasing knowledge.