Effectiveness of Sensitisation Programme on Knowledge Regarding Various Adjustment Problems among the Adolescent Students

Bethel Disuza[1], Smita Mehar[2]

[1, 2]Department of Mental Health Nursing, SGRR University SGRRIM & HS College of Nursing, Uttrakhand, India

[1]Corresponding Author Email: *betheldisuza[at]gmail.com*

Abstract: _Background: Adjustment is a continuous process in which an individual makes an effort to fulfil their desire/needs by making changes to their environment. It is the ability of an individual to adaptor to accommodate in their changing environment. Kulshrestha (1979) explained that the adjustment process is a way in which the individual attempts to deal with stress, tensions, conflicts etc. and meet his or her needs. In this process, the individual also makes efforts to maintain harmonious relationship with the environment. Sensitisation programme is a plan to create awareness among people by various means such as sensitisation can be done through workshops, role play, interaction, and discussion etc. sensitization programme is better way to educate the people in order to encounter the problems and issues as well as to rule out possible solutions for the problems and issues. Objectives: To evaluate the effectiveness of sensitization programme on knowledge regarding adjustment problems among the adolescent students at the selected school in Dehradun. Materials and Methods: Quantitative research was found to be appropriate for this study. Pre- experimental design was opted using purposive sampling technique to select the samples and collect data from 125 adolescent students at Shri Guru Ram Rai Public School, Bombay Bagh. The pretest and post-test assessment of knowledge was carried out using a structured knowledge questionnaire. The data obtained were analyzed and interpreted using descriptive and inferential statistics. Results: The mean post-test practice score i.e., 26.856 was more than the pre-test mean practice score i.e., 9.048 by a mean difference of 17.80 indicating the effectiveness of sensitisation programme. There was no significant association present between pre-test knowledge scores with their selected socio-demographic variable (P>0.05).Paired t- value was calculated in order to analyze the effectiveness between pre-test and post-test score of knowledge level of adolescent students. The paired t-value was 6.24, which is higher than the table value i.e.,1.98, indicating that the sensitization programme was effective in improving the knowledge level among the adolescent students. Conclusion: The study findings concluded that the adolescents were having poor knowledge before the intervention provided and there is significant improvement in the knowledge after intervention._

Keywords: Effectiveness, sensitization programme, adjustment problem, adolescents

1. Introduction

Life is the continuous adjustment of internal relations to external relations. Every new adjustment is a crisis in self-esteem. All biological phenomena act to adjust, there are no biologic actions other than adjustment. Adjustment is another name for equilibrium. Equilibrium is universal, or that which has nothing external to derange it. Adjustment problem occurs when there is an inability to make own decision to some need or stress which occur in the environment both internally and externally.[1]

Adolescence is the phase of life stretching between childhood and adulthood, and its definition has long posed a conundrum. Adolescence addresses the elements of biological growth and major social role transitions, both of which have changed in the past century. Earlier puberty has accelerated the onset of adolescence in nearly all populations, while understanding of continued growth has lifted its endpoint age well into the 20s.[2]

According to WHO (2023) Adolescence is the phase of life between childhood and adulthood, from ages 10 to 19. It is a unique stage of human development and an important time for laying the foundations of good health. During this phase, adolescents establish patterns of behaviour – for instance, related to diet, physical activity, substance use, and sexual activity that can protect their health and the health of others around them, or put their health at risk now and in the future.[3]

E. SathiaRaj (2022) carried out research. The primary goal of the study is to determine the level of adjustment and mental health among students attending public and private schools. Another goal is to give advice and suggestions to the students on how to deal with their adjustment issues and improve their mental health.150 samples were used in the study, which was done in the Coimbatore District's Vadavalli district. For this investigation, disproportionate stratified random sampling was employed. The results were nearly half (47.2%) of the female respondents in the government schools reported having overall mental health that is in the middle range. In the private school, 49% of the male respondents have high levels of overall mental health. In public schools (48.7%) and private schools (49%) about half of the male respondents had a moderate level of adjustment.[4]

2. Material and Methods

In this pre-experimental study 125 adolescent students participated at Shri Guru Ram Rai Public School, Bombay Bagh, Dehradun where students were selected by applying $[N_0=z^2pq/e^2]$ sample size formula and purposive sampling technique. The inclusion criteria for the study were subjects studying in 9th and 10th classes and available and willing to

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participate in this study. The subjects who were absent, are not the students of 9th and 10th class and were absent in class were exclusion criteria. Structured knowledge questionnaire was used to assess knowledge level. Then pre-test was taken, and intervention was given, and post-test conducted after 7 days of intervention. Paired t-test used for analysis. The study was analyzed through paired t-test and chi square.

3. Instrument/ Tool

Tool consists of two sections A and B. Section A consists socio-demographic data such as age (years), gender of child education of mother, education of father, income of family (per month), Non-interested subject, Relationship with parents, Residential area, Type of family living with, Source of information, Attendance of child in school, Mobile phones given by parents. Section B consists of Structured knowledge questionnaires having 30 Multiple Choice Questions for assessing the knowledge of adjustment problem among the adolescent students.

4. Statistical Analysis

In this study, level of pre-test and post-test knowledge was assessed by calculating mean median mode, obtained score and standard deviation as well as frequency and percentage was also calculated. A paired t-test was used to find out the effectiveness of the intervention (sensitization programme).

Table 1: Mean, Median, Mode and Maximum & Minimum scores and Standard deviation. Pre-test and post test

Mean	Median	Mode	Obtained score		Standard deviation
			Maximum score	Minimum score	
9.048	9	12	25	01	5.35491
26.856	29	30	30	06	5.359201

N=125

Table 2: Level of knowledge regarding various adjustment problems

S. No.	Level of knowledge	Range of score	Pre– test		Post– test	
			Frequency	Percentage	Frequency	Percentage
1.	Inadequate	0-10	75	60%	05	04%
2.	Moderate	11-20	45	36%	09	7.2%
3.	Adequate	Above20	05	04%	111	88.8%

N=125

Table 3: Paired t-test value of pre-test and post-test scores of level of knowledge among adolescent students.

S.no.	Level of knowledge	Pairedt-test	Table value	Level of significance
1.	Adjustment problem	6.24	1.98	P<0.05

N=125
Df=124, Table value = 1.98, P<0.05Significant

5. Discussion

In this study, table 1 shows Mean, Median, Mode and Maximum & Minimum scores and Standard deviation. The table 2 shows that the pre-test majority of children (60%) have inadequate knowledge (range knowledge 0-10), (45%) have moderate knowledge (range knowledge 11-20), (05%) have adequate knowledge (range knowledge 21-30) regarding various adjustment problems.

While in the post-test majority of students (04%) have inadequate knowledge (range knowledge 0-10), (7.2%) have moderate knowledge (range knowledge 11-20), (88.8%) have adequate knowledge (range knowledge 21-30).

The paired t- value was calculated and was 6.24, which is higher than the table value i.e., 1.98, indicating that the sensitization programme was effective in improving the knowledge level among the adolescent students showed in table 3.

Ethical Consideration
Permission taken from the principal of Shri Guru Ram Rai College of Nursing. Permission taken from the guide of research. An information sheet is provided to the participants. Written consent was taken from the principal of Shri Guru Ram Rai Public School, Bombay Bagh, Dehradun prior to the data collection.

Conflict of Interest
None declared

Financial Support
Nil

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