A Study to Assess the Knowledge on Mental Health among High School Students in a Selected High School of Guwahati, Assam

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Abstract: *Mental Health as, " An adjustment of human beings to the world and to each other with a maximum of effectiveness and happiness". <u>Objectives of the study</u>: 1) To assess the knowledge of Mental health among High School students. 2) To find the association between knowledge on Mental Health with the selected demographic variables such as age, class, types of family, occupation of mother.*

Keywords: Assess, Knowledge, Mental Health, High School, Students

1. Need of the Study

"Maintaining the Mental health of the student can be considered one of the primary aims of education because without satisfactory Mental Health it is impossible to develop the adolescentinnate abilities. Student who becomes victims of fear, anxiety, despair and frustration and problems of adjustment cannot concentrate upon studies and hence they do not make progressin learning besides, students suffering from problems in the schools."[2] So, this study was conducted to know the level of Knowledge of the high school students.

According to WHO, "More than 450 million people suffer from Mental disorder. By the year 2020, depression will constitute the second largest disease burden worldwide (Murray and Lopez, 1996). Global burden of Mental health will be well beyond.

Inclusion Criteria
Students who are willing to participate.

Exclusion Criteria
Students absent at the time of data collection.

Assumption
The high school students may have some knowledge regarding Mental health.

Hypothesis
- H_1-There is an association between demographic variables and knowledge on Mental health of High School students.
- H_0- There is no association between demographic variables and knowledge on Mental health of High School students.

Delimitation
The study is delimited to High School students (VIII, IX, X) in a selected High School of Guwahati, Assam.

2. Summary

The first chapter dealt with background of the study need for the study, problem statement, objectives. hypothesis, assumption, operational definition of terms.

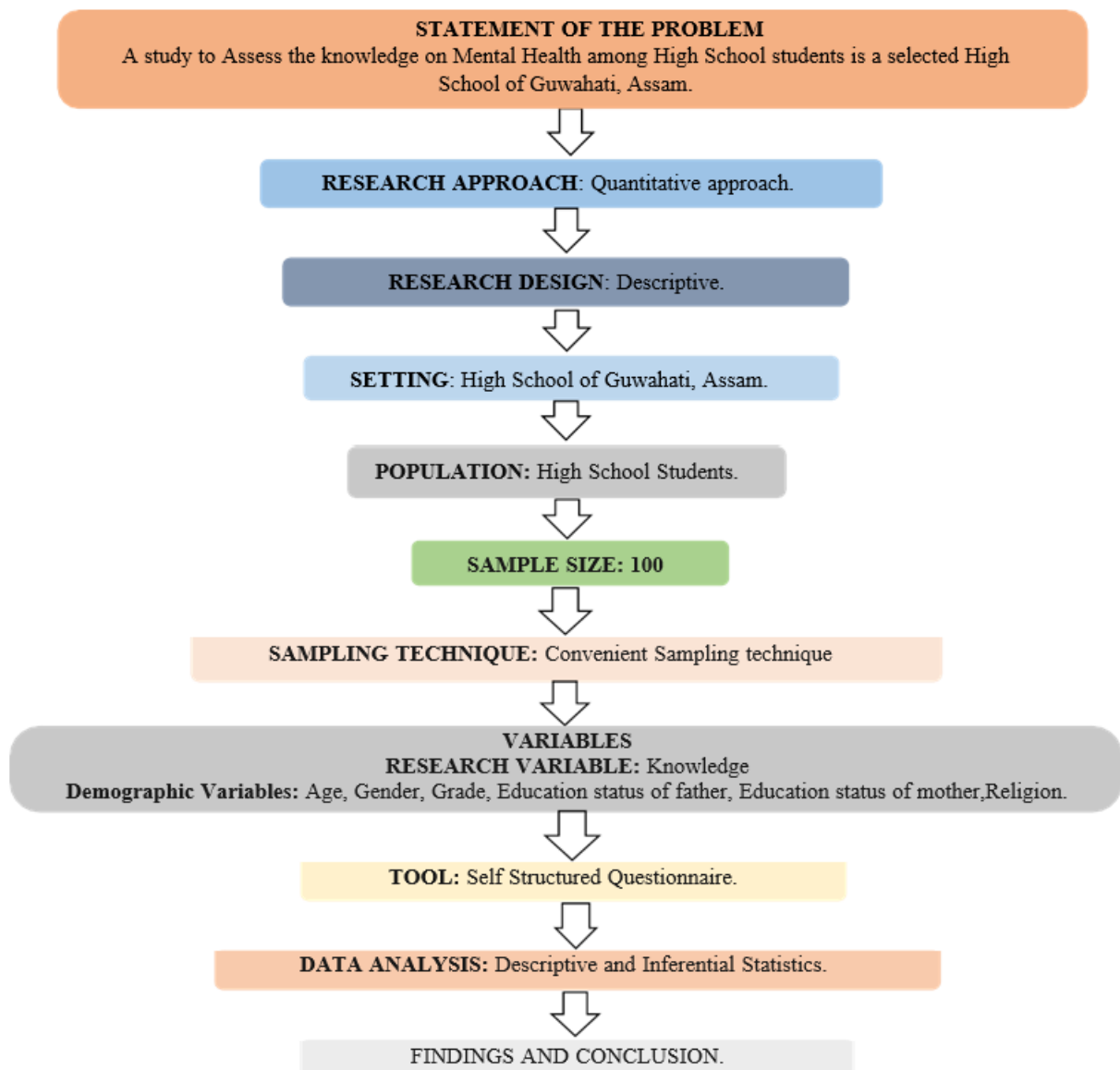## 3. Research Methodology

Schematic Diagram

Figure 1: Schematic diagram of research study

4. Presentation of Data

Table 1: Frequency & percentage distribution of demographic variables according to age, gender, type of family & religion, n =100

Variables	Distribution	Frequency	Percentage
Age	13	29	29%
	14	39	39%
	15	32	32%
Gender	Male	40	40%
	Female	60	60%
Class	VII	33	33%
	IX	35	35%
	X	32	32%
Religion	Hindu	4	4%
	Islam	96	96%
	Christianity	Nil	-
	Other	Nil	-
Type of family	Nuclear Family	47	47%
	Joint family	48	48%
	Extended family	Nil 5	-5%
	Single parent family		
Educational Qualification of Father	Illiterate	16	16%
	Primary school	44	44%
	High school	31	31%

	Graduate & above	9	9%
Educational Qualification of Mother	Illiterate	14	14%
	Primary school	5	5%
	High school	41	41%
	Graduate & above	3	3%
Occupation of Father	Cultivation	8	8%
	Business/Self-employed	47	47%
	Private Job	20	20%
	Government Job	3	3%
	Other / Daily worker	22	22%
Occupation of Mother	Cultivation	1	1%
	Business/Self-employed	3	3%
	Private Job	1	1%
	Government Job	1	1%
	Other / Daily worker	94	94%
Source of information	Health personal	3	3%
	Parents	75	75%
	Teachers	15	15%
	Social Media	7	7%
Socio-economic status	Lower	3	3%
	Upper-Lower	10	10%
	Lower-Middle	63	63%
	Upper-Middle	23	23%
	Upper Class	1	1%

Table 1: Frequency & percentage distribution of demographic variables

Section - II

Table 2: Distribution of knowledge of mental health among high school students, n=100

Knowledge	f	%	Score range	Median	Mean	SD
Inadequate	15	15	5-19 14	12	12.25	2.721
Moderate	60	60				
Adequate	25	25				

Section - III

Table 3: Association between knowledge of mental health among high school studentsand selected demographic variables, n=100

Variables	Distribution	Knowledge			χ^2 value	df	p value
		Inadequate	Moderate	Adequate			
Age	13	4	19	6	5.726	4	0.221[NS]
	14	7	18	14			
	15	4	23	5			
Class	VII	7	18	8	3.728	4	0.444[NS]
	IX	5	19	11			
	X	3	23	6			
Type of family	Nuclear family	6	27	14	2.479	4	0.648[NS]
	Joint family	8	29	11			
	Extended family	--	--	--			
	Single parent family	1	4	0			
Occupation of Mother	Cultivation	0	0	1	13.25	8	0.103[NS]
	Business/Self- employed	1	2	0			
	Private Job	0	0	1			
	Government Job	1	0	0			
	Other / Daily worker	13	58	23			

*p value < 0.05 level of significance
NS-Non Significant

5. Result

The findings of the study depicts the association between knowledge of mental health among high school students and selected demographic variables which was tested by using probability chi-square test. Result showed that age, class, type of family and occupation of mother were non significant with knowledge of Mental Health among high school students at p<0.05.

6. Conclusion

Majority i.e. 60% had moderate knowledge, 25% had adequate knowledge and 15% had inadequate knowledge of mental health with obtained score range between 5-19 (14), Median score was 12, and Mean score was 12.25 while the Standard Deviation was 2.721.

Research studies on Mental health among high school students are still a new concept and more studies are recommended in this regard. This is particularly important as it is possible that the knowledge on mental health among high school students on the quality of teaching and learning process and ultimately in the quality of students knowledge.

The present study found that the majority of students have average knowledge on mental health and the knowledge on mental health is significantly associated with education which is demographic variables, sector of institution and type of teaching institution which are knowledge related variables reflecting the need of the students to understand how varying demographic, knowledge related variables affect students knowledge level.

References

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