



# Effectiveness Of Sensitization Programme On Awareness Regarding Adolescent Crisis Among Mothers Of Pre-Adolescent And Adolescent Children Attending A Selected School Of Bhopal In The Year 2024-25

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**Abstract:** Background and need of the study: The investigator aims to create and assess sensitization programs for Indian moms to help them manage teenage crises, as there is no existing research on their efficacy. Objectives: The study aims to evaluate the effectiveness of a sensitization program in raising awareness about adolescent crisis among mothers of pre-adolescent and adolescent children. Research methodology: The study used an evaluatory approach with a one-group pre-test post-test design, involving 100 mothers selected by random sampling. Data was collected through a structured questionnaire, and analyzed using descriptive and inferential statistics. Result: The study found that the sensitization program effectively enhanced mothers' awareness, with higher post-test knowledge scores than pre-test scores, and no significant association was found between pre-test Awareness scores and selected variables. Conclusion: Sensitization programme was an effective teaching strategy for providing information and enhancing awareness of mothers.

**Key words:** Effectiveness; awareness, adolescent crisis; sensitization programme; mothers; pre-adolescent and adolescent children

## I. INTRODUCTION

**Background and need of the study:** Today's teenager is tomorrow's parent, and yesterday's youngster is today's child. The woman is the source of all human life on Earth, and she has been tasked with raising her offspring throughout history.

Adolescent crises are common occurrences. The mother, who serves as the family's pillar and is ultimately in charge of its health and welfare, is crucial in helping her kid go through this period of change. Women

who have access to education are more equipped to influence their child's development. An appropriate and successful teaching method for raising awareness and altering behavior is a sensitization program.

The investigator has always been captivated and enchanted by adolescents and adolescence. The researcher is well aware of the role that a supportive mother plays during adolescence based on her personal experience and conversations with her colleagues. She is adamant that educating mothers on how to deal with adolescent crises will help them help their children navigate this time of transition without experiencing stress or strain.

Regarding the assessment of a efficacy in managing teenage crises for Indian moms, no research could be found. Therefore, the investigator felt compelled to create, deliver, and assess the sensitization programme efficacy. Mothers would gain information and a more optimistic outlook on comprehending and managing teenage crises as a result of this.

**2. Statement of the problem:** "Effectiveness of sensitization programme on awareness regarding adolescent crisis among mothers of pre-adolescent and adolescent children attending a selected school of Bhopal in the year 2024-25"

### 3. Objectives:

- To assess the mean pre-test awareness score regarding adolescent crisis among mothers of pre-adolescent and adolescent children.
- To evaluate the effectiveness of sensitization programme on awareness regarding adolescent crisis among mothers of pre-adolescent and adolescent children.
- To find association between pre-test awareness score and the selected demographic variables.

### 4. HYPOTHESIS OF THE STUDY:

**H<sub>0</sub>:** "There is a no significant difference between the mean pre-test awareness score and mean post-test awareness score after administration of sensitization programme on awareness regarding adolescent crisis among mothers of pre-adolescent and adolescent children.

**H<sub>1</sub>** – "There is a significant difference between the mean pre-test and post-test after administering sensitization programme on awareness regarding adolescent crisis among mothers of pre-adolescent and adolescent children.

**5. Methods:** An evaluatory approach with one group pre-test post-test design was used for the study. The sample consisted of 100 mothers selected by simple random sampling method. Data was collected by administering a structured awareness questionnaire prepared by the investigator. After collecting the baseline data, sensitization programme was given to the subjects and on the seventh day post-test was conducted using the same questionnaire used for collecting the baseline data. The collected data was analysed by using descriptive and inferential statistics ('t' test).

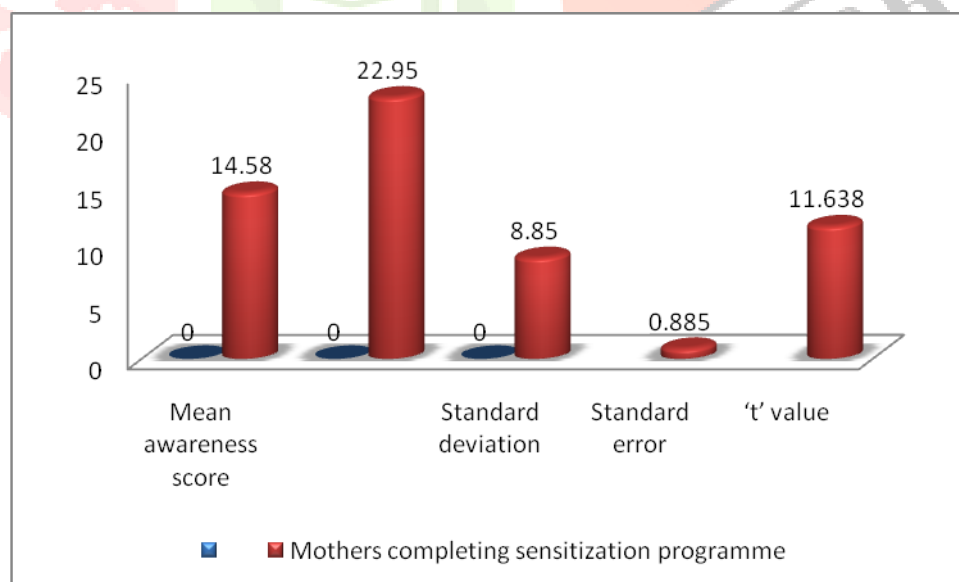
**6.Results:** The mean post-test knowledge scores ( $X_2=22.95$ ) was higher than the mean pre-test knowledge score ( $X_1=14.58$ ). The 't' value computed ( $t=11.638$ ,  $P<0.001$ ) showed a significant difference suggesting that the sensitization programme was effective in enhancing the awareness of mothers. The mean post-test area wise score ( $X_2=8.13$ ,  $5.42$ ,  $2.58$ ,  $2.54$ ,  $6.64$ ) were higher than the mean pre-test areas wise scores ( $X_1=4.89$ ,  $3.40$ ,  $2.25$ ,  $1.46$ ,  $4.37$ ). There was no association between the pre-test Awareness scores and selected variables.

**Table:1 Mean, standard deviation and standard error difference and 't' value on pre and post-test awareness score**

| Group                                      | Mean awareness score |           | Standard deviation of difference | Standard error | 't' value |
|--------------------------------------------|----------------------|-----------|----------------------------------|----------------|-----------|
|                                            | Pre-test             | Post-test |                                  |                |           |
| Mothers completing sensitization programme | 14.58                | 22.95     | 8.85                             | 0.885          | 11.638    |

Table value:  $t_{(99)} = 2.625$ ,  $P < 0.001$

Data presented in Table 1 show that the mean awareness score of the post-test (22.95) is higher than the mean awareness score of the pre-test (14.58). The 't' test value computed ( $t_{(99)}=11.638$ ,  $P < 0.001$ ) shows that there is highly significant difference in the mean awareness score of pre-test and post-test. Therefore null hypothesis is rejected and the research hypothesis is accepted. The findings indicate that the sensitization programme was effective in terms of gain in awareness scores.



**Figure 1: Bar-diagram representing mean, standard deviation and standard error difference and 't' value on pre and post-test awareness score.**

**Table2: Area wise mean, mean difference, standard deviation of difference, standard error and ‘t’ value on pre-test and post-test awareness scores**

| Area                                                          | Mean awareness score |           | Mean difference | SD of difference | Standard error | ‘t’ value |
|---------------------------------------------------------------|----------------------|-----------|-----------------|------------------|----------------|-----------|
|                                                               | Pre-test             | Post-test |                 |                  |                |           |
| Handling identity crisis                                      | 4.89                 | 8.13      | 4.16            | 9.0010           | 0.9001         | 4.6210    |
| Decreased family relationship, increased peer group influence | 3.40                 | 5.42      | 1.40            | 3.1260           | 0.3126         | 4.4780    |
| Increased drive for favour and recognition                    | 2.25                 | 2.58      | 0.92            | 0.9393           | 0.0939         | 9.7966    |
| A time of unrealism and unstable concept                      | 1.46                 | 2.54      | 2.39            | 8.0187           | 0.8019         | 2.9805    |
| Sexual behaviour                                              | 4.37                 | 6.64      | 2.12            | 1.2413           | 0.1241         | 17.0967   |

$t_{(99)} = 2.625, P < 0.01$

Data presented in Table 2 shows that there is significant difference in the area wise mean pre-test and post-test awareness scores. The statistical significance was at 0.01 level.

**7. Interpretation:** Findings of the study showed that the awareness of the mothers was not satisfactory before the introduction of the sensitization programme. The sensitization programme helped them to learn more about handling different characteristic features of adolescence – adolescent crisis, decreased family relationship and increased peer group influence, increased drive for favour and recognition, time of unrealism and unstable self-concept and sexual behaviour. The post-test Awareness scores showed significant increase in the awareness of mothers

**8.Implications:**The findings of the study have several implications for nursing practice, nursing education, nursing administration and research.

- **Nursing practice:** Health education is crucial for healthcare agencies, promoting health and reducing stress. Professional nurses play a vital role in educating mothers about handling adolescent crises. A gap exists in knowledge, and progsensitization programmemethod can be effective. Nurses should act as facilitators, equipping themselves to educate mothers individually or in groups. Nurse administrators

should provide resources, time, and health education materials for sensitization programme in the community. Further development of teaching materials is recommended.

- **Nursing Education:** The current healthcare system prioritizes preventive measures over curative ones. Proper training for health personnel and nursing curriculum is crucial. Emphasizing holistic healthcare, students should be educated on handling adolescents, and in-service education should be provided to update awareness and prepare for sensitization programme.
- **Nursing Administration:** Adolescent health issues in India are under-recognized, despite effective health measures. Health administrations should educate the education department on adolescent health problems, conduct in-service education, and conduct periodic surveys. They should collaborate with the education department to provide for mothers, use mass media to educate the public, and encourage the production of health education materials by nursing staff. Administrative support is needed for these activities.
- **Nursing Research:** The quality of nursing care can be enhanced through research and clinical studies, involving nurses in multidisciplinary research to solve health problems. Research on adolescent issues and the nursing profession's status can also benefit from these efforts.

**9. Limitations:** Since the sample was limited to only a few communities, generalisation of the findings is limited.

1. A structured awareness questionnaire was used for data collection, which restricts the amount of information that can be obtained from the respondents.
2. The study did not use a control group. The investigator had no control over the events that took place between pre-test and post-test.

## 10. Recommendations:

On the basis of the findings of the study the following recommendations have been made:

1. The study can be replicated on a larger sample for generalising the findings.
2. An exploratory study may be conducted to identify the attitude of adolescent children towards parents.
3. An exploratory study may be conducted to assess the problems faced by adolescents.
4. A descriptive study may be conducted to find out the nature of problems.
5. A comparative study may be conducted to find out the effectiveness between PTP and SIM on the same topic.
6. A longitudinal study can be conducted to find out the impact of knowledge on practice.
7. A comparative study may be done between a rural and urban communities.

**11.Conclusion:** sensitizationprogramme was an effective teaching strategy for providing information and enhancing awareness of mothers. Educating the mothers would help them to support their adolescent children better during the crisis period.

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