



“To Assess The Effectiveness Of Structured Teaching Programme On Knowledge Regarding Depression Among Adolescents In Selected College Of Selected City.”

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Abstract: **Aim:** The study aims to find the effectiveness of structured teaching program on knowledge regarding depression among adolescents in selected college of selected city. **Problem statement:** “To assess the effectiveness of structured teaching program on knowledge regarding depression among adolescents in selected college of selected city.”. **Primary objective:** The primary objective of study was to find out the effectiveness of structured teaching program on knowledge regarding depression among adolescents in selected college of selected city. **Secondary objective:** 1.To assess the existing knowledge regarding depression among adolescents in selected college of selected city.2.To evaluate the effectiveness of structured teaching program on knowledge regarding depression among adolescents in selected college of selected city.3. To associate the posttest knowledge regarding depression among adolescents with socio demographic variables. **Method:** The study was quasi-experimental one group pretest and posttest. Quantitative-evaluative approach was adopted for study. Sample size was 40. The sampling technique used in this study was Simple Random Sampling (Lottery Method). **Result:** The experimental group showed significant improvements findings regarding effectiveness of the interventional strategies on the lifestyle status reveals that mean of posttest lifestyle status score of the study participants 58.2 ± 5.74 is greater than that of mean of pretest lifestyle status scores of the study participants, i.e. 39.91 ± 6 . and tabulated ‘t’ value was 1.67 at 0.05 level of significance and degree of freedom 59 and calculated ‘t’ value 22.03, was greater than the tabulated ‘t’ value at a level of significance 0.05. Therefore, it proves statistically that the interventional strategies were effective in modifying lifestyle status regarding hypertension among study participants, study findings regarding relationship between two research variables shown that the co-relation score was $r=0.34$ which indicated moderate positive correlation moderate positive correlation. **Interpretation and conclusion:** On the basis of the findings of the study the below said conclusion was drawn. It also brings out the limitations of the study in picture. The implication is given on the various aspect like Nursing Practice, Nursing Education, Nursing Administration and Nursing Research and it also give insight in the future studies.

Keywords: Evaluate, Effectiveness, Interventional Strategies, Knowledge.

INTRODUCTION

Mental health illnesses are unlike any other in that they impact a greater number of people throughout their entire life, are more common and incapacitating, or start at a younger age. Depression is a major contributor to sickness globally and is often associated with a decline in social, occupational, and interpersonal performance. Depression is more prevalent in young adults going through this transition since late adolescence and early adulthood are the life stages when people make significant decisions in a number of areas.¹ The adolescent age group is defined by the World Health Organization (WHO) as the years between 10 and 19 years of age. Because of the physical and physiological changes that take place during this time, the early and late adolescent groups are identifiable in terms of their biological, cognitive, social, and emotional development and are at quite different life stages. During the adolescent stage, puberty and cognitive and brain development result in improved social and self-awareness.² Globally, neuropsychiatric illnesses cause the bulk of DALYs lost in people between the ages of 15 and 44. Depression is the most common psychiatric disorder among adolescents, according to research done in communities and schools across the world.³ Depression in adolescents can present with a wide range of symptoms, including eating problems, unexplained physical issues, poor academic performance, and other behavioral signs. This is one of the reasons it is often overlooked. As they become older, the most catastrophic effect is suicide, which is the third highest cause of mortality for adolescents over the age of 18. They are also frequently more likely to experience increased hospitalizations, recurring depression, psychosocial impairment, substance addiction, and antisocial activities.⁴

BACKGROUND OF THE STUDY

In 2016, an estimated 3.1 million adolescents (12.8%) aged 12–17 years in the United States had at least one major depressive episode. The prevalence of major depressive episode was higher among adolescent females (19.4%) compared to males (6.4%), and it has been shown that in primary care settings in the US, the rates of depression are as high as 28% for adolescents.⁵ Studies have shown that approximately 70%–75% of adult mental health problems and mental disorders start manifesting during adolescence or early adulthood (from ages 12 to 25). In the long run, a significant proportion of depressed adolescents continue to have mental health problems in adult life. The negative impact of depression on their social life and their behavior toward others often leads to poor academic performance and substantially increased risk of suicide. Therefore, mental health literacy among adolescents is essential for the maintenance good health as they are at a developmental age where they have less contact with the health-care system and may seek information from their peer's. Mental health literacy among adolescents is, therefore, a crucial research area to identify and bridge gaps in mental health literacy.⁶

NEED OF THE STUDY

Poor mental health is the largest public health problem in high-income countries and the second largest contributor to years lived with disabilities (DLL) in the world. Depression forms a major part of this public health problem with a life time prevalence of about 17-18 percent in the western world. It is the third leading burden of disease worldwide and the first in middle-and high-income countries. Among 10–24-year-olds it is the leading cause for disability-adjusted life years in the world. Young people affected

by poor mental health, such as depression and anxiety, have an increased risk of other kinds of poor mental health, as well as substance dependence, suicide and unemployment. Depression is also a risk factor for cardiovascular diseases. Depression is furthermore a costly disease for society, but more important, it brings with it negative consequences for those affected by it, both for patients and relatives.⁷

Problem statement

“A study to evaluate effectiveness of structured teaching program on knowledge regarding anorexia nervosa among late adolescent girls in selected nursing college.”

Objectives:

Primary objective: The primary objective of study was to find out the effectiveness of structured teaching program on knowledge regarding depression among adolescents in selected college of selected city.

Secondary objective: 1. To assess the existing knowledge regarding depression among adolescents in selected college of selected city.

2. To evaluate the effectiveness of structured teaching program on knowledge regarding depression among adolescents in selected college of selected city.

3. To associate the posttest knowledge regarding depression among adolescents with socio demographic variables.

Hypothesis

H1: There is a significant difference between pretest and posttest knowledge scores of adolescents at the level of 0.05 of significance regarding knowledge on depression.

H01: There is no significant difference between pretest and posttest knowledge scores of adolescents at the level of 0.05 of significance regarding knowledge on depression.

H2: There is a significant association between pretest knowledge scores regarding depression among adolescents with socio demographic variables.

H02: There is no significant association between pretest knowledge scores regarding depression among adolescents with socio demographic variables.

REVIEW OF LITERATURE

General information about depression.

Knowledge of adolescent regarding depression

RESEARCH APPROACH

A quantitative approach was considered appropriate for the present study.

RESEARCH DESIGN

The research design used for the present study is pre-experimental, one group pre-test and post-test design

POPULATION

Target population: late adolescent girls (17-19 years) in selected nursing college.

Accessible population: peoples available for the present research study were the accessible population.

SAMPLING

Sample: The adolescent from selected college of selected city.

Sampling technique: Simple Random Sampling (Lottery Method).

Data and Sources of Data

The procedure of data collection was done over a period of 2 months in selected college. A permission for conduction of the study was obtained from the principal of selected nursing college. The participants under the study were introduced about the nature and purpose of the study and an informed consent were obtained from the subjects. Pre-test was done for assessment of knowledge regarding Depression among late adolescent girls. A structured teaching program on depression was provided as an intervention among adolescent girls. Post test was done on day 5 post intervention to assess pre-test level of knowledge regarding depression among late adolescent girls. The data collection for the main study was done over 2 months from 20/01/25 to 21/02/25.

PLAN FOR DATA ANALYSIS

Demographic data to be analyzed using frequency and percentage in the form of tables and graphs, Assessment of Lifestyle modifications, knowledge. (Mean, Standard Deviation)., effectiveness of intervention strategies on hypertensive patients will be going to analyzed by using inferential statistics (Mean differences, paired 't' test Anova), Association between bio- physiological parameters & intervention strategies on hypertensive patients with selected demographic variables of both control and experimental group will be going to analyzed by using inferential statistics (chi square analysis.).

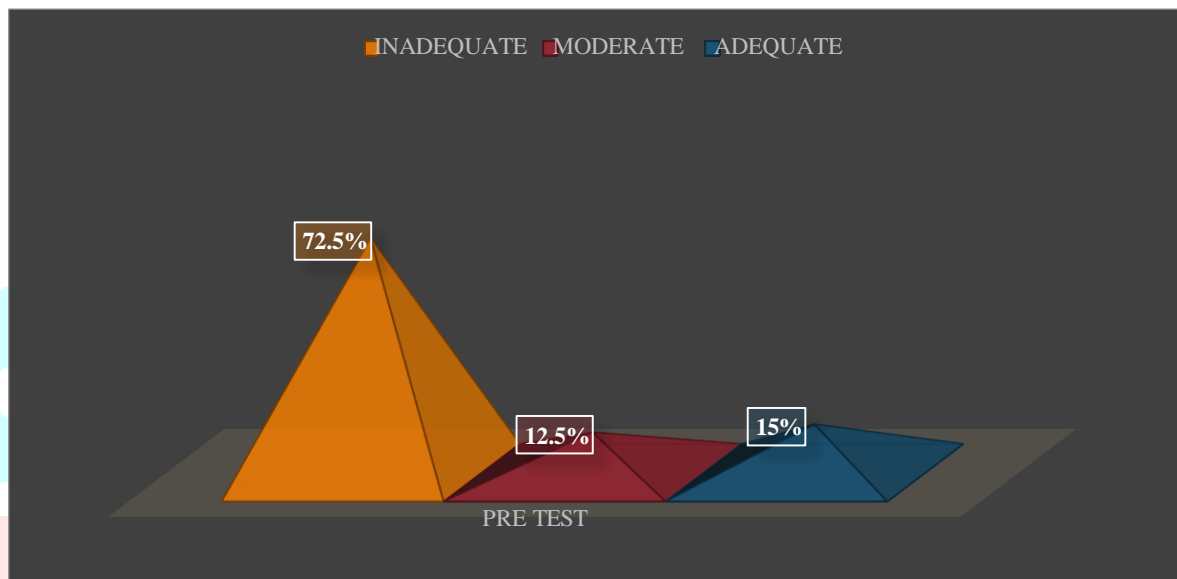
However, the tabulated data were planned to analyze underfollowing heading –

SECTION – I: Distribution on demographic variables of adolescent girls.

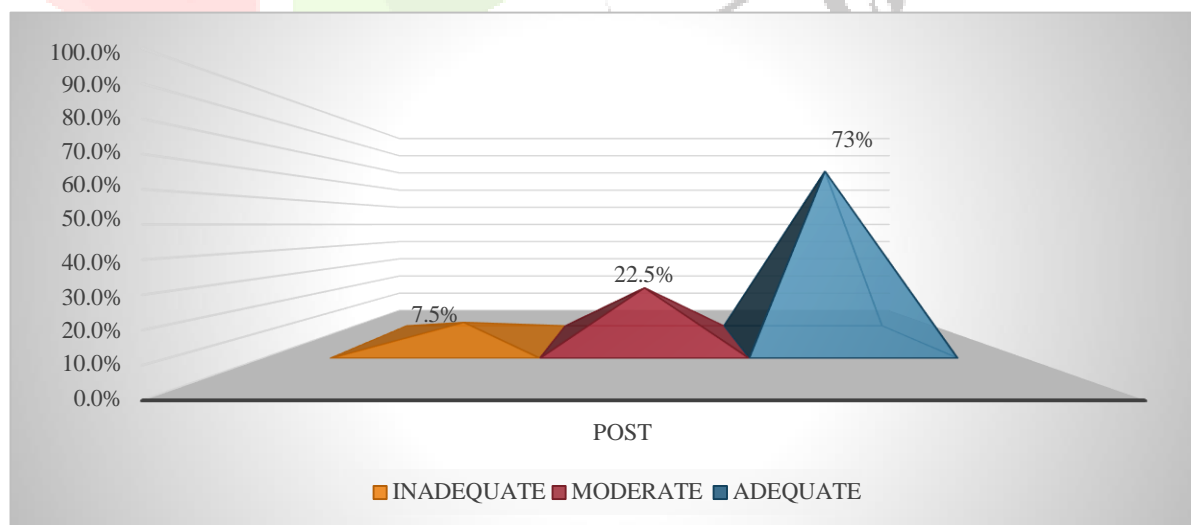
Demographic variables	Category	No of subjects (N)	Percentage %
Gender	Male	33	82.5
	Female	7	17.5
Religion	Hindu	21	52.5
	Christian	4	10
	Muslim	13	32.5
	Other	2	5
Education of the parents Father Mother	No formal education	1	2.5
	Primary school	0	0
	High school	15	37.5
	Higher secondary school	24	60
	Post graduate	0	0
Occupation of the parents Father Mother	Unemployed	1	2.5
	Professional	5	12.5
	Business	10	25
	Self employee	24	60
Family income	Below Rs.10000 /-	0	0
	Rs.10001- Rs.15000 /-	21	52.5
	Rs.15001- Rs.20000 /-	18	45

	Above Rs.20001 /-	1	2.5
Place of staying	Home (with parents)	39	97.5
	Hostel	1	2.5
Previous Knowledge regarding depression	NO	34	85
	YES	6	15

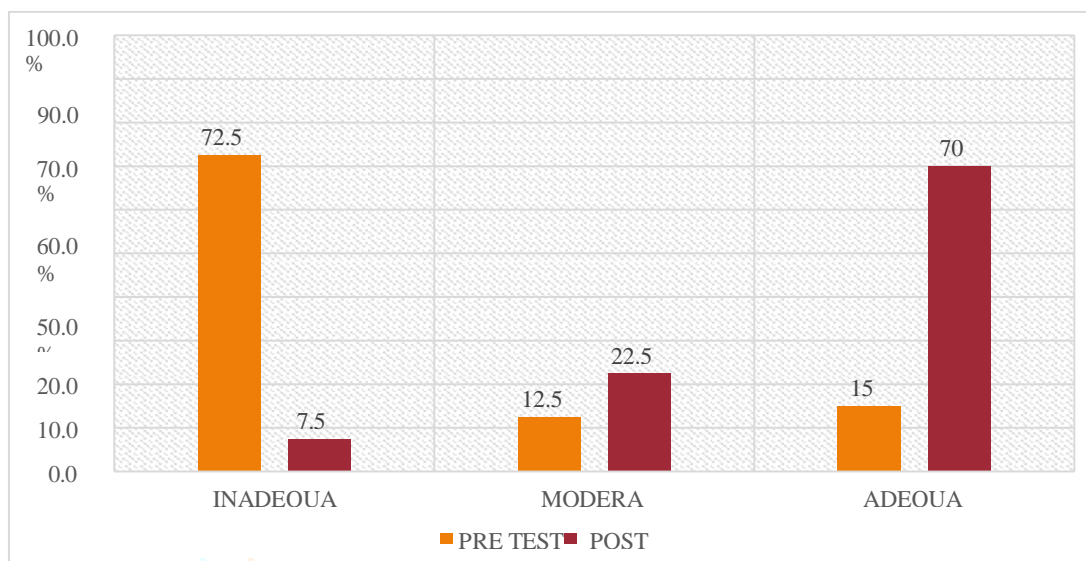
SECTION – II: In this section assessment of the Pre-test on knowledge regarding depression among adolescent.



SECTION – III: In this section assessment of the Post-test on knowledge regarding depression among adolescent.



Section IV: Effectiveness of structured teaching program on knowledge regarding depression among adolescent.



Section V : This section deals with the association between the pre- test knowledge scores and selected demographic variables.

Demographic variables	Category	df	x ²	Significance
Gender	Male	1	0.41	NS
	Female			
Religion	Hindu	3	1.02	NS
	Christian			
	Muslim			
	Other			
Education of the parents Father Mother	No formal education	4	2.22	NS
	Primary school			
	High school			
	Higher secondary school			
	Post graduate			
Occupation of the parents Father Mother	Unemployed	3	0.14	NS
	Professional			
	Business			
	Self employee			
Family income	Below Rs.10000 /-	3	2.78	NS
	Rs.10001- Rs.15000 /-			
	Rs.15001- Rs.20000 /-			
	Above Rs.20001 /-			
Place of staying	Home (with parents)	1	0.88	NS
	Hostel			
Previous Knowledge	NO			

regarding depression	YES	1	0.92	NS
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ANALYSIS AND INTERPRETATION

Pre-test- Post test knowledge score

Table 1: Assessment with level of pre-test knowledge score

LEVEL OF KNOWLEDGE	PRETEST	
	FREQUENCY	PERCENTAGE
INADEQUATE	29	72.5
MODERATE	5	12.5
ADEQUATE	6	15

The above table reveals that among adolescents 29(72.5%) have inadequate knowledge, 5 (12.5%) adolescents have moderate knowledge, and 6(15%) had adequate knowledge regarding depression.

Table 2 : Assessment with level of post-test knowledge score

LEVEL OF KNOWLEDGE	POSTTEST	
	FREQUENCY	PERCENTAGE
INADEQUATE	3	7.5
MODERATE	9	22.5
ADEQUATE	28	70

The above table reveals that 3 (7.5%) have inadequate knowledge, 9 (22.5%) adolescents have moderate knowledge, and 28(70%) had adequate knowledge regarding depression among adolescent.

TABLE-3: Frequency and percentage wise distribution of comparison of pre-test and post-test level of knowledge

LEVEL OF KNOWLEDGE	PRETEST		POST TEST	
	FREQUENCY	PERCENTAGE	FREQUENCY	PERCENTAGE
INADEQUATE	29	72.5	3	7.5
MODERATE	5	12.5	9	22.5
ADEQUATE	6	15	28	70

TABLE-6 Comparison of Mean, Standard deviation and Mean difference in the level of knowledge

S. No	Variables	Maximum Score	Pre Test		Post Test		Mean difference	't' Value	df
			Mean	SD	Mean	SD			
1	Knowledge	20	10.16	2.08	15.9	1.81	5.74	37.54*	49

In the pretest the mean score of knowledge was 10.16 (± 2.08) and In the Post test the mean score of knowledge was 15.9 (± 1.81). The paired t' test value was (37.54) which is greater than the Table value (1.684) at ($p < 0.05$) level of significance. Hence the Structured Teaching Program is more effective in changing the level of knowledge regarding depression.

CONCLUSION

On the basis of the findings of the study the below said conclusion was drawn. It also brings out the limitations of the study in picture. The implication is given on the various aspect like Nursing Practice, Nursing Education, Nursing Administration and Nursing Research and it also give insight in the future studies

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