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A study to evaluate the effectiveness of video Assisted teaching programme on knowledge regarding warning signs and prevention of mental illness among adolescents of selected degree college in Mysore

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DOI: https://doi.org/10.33545/26641348.2023.v5.i1b.103

Abstract
A study to evaluate the effectiveness of video assisted teaching programme on knowledge   regarding warning signs and prevention of mental illness among adolescents of selected degree college in Mysore.
Objectives of the study:
1. To assess the level of knowledge regarding warning signs and prevention of mental illness among adolescents of a degree College.
2. To evaluate the effectiveness of video assisted teaching programme on warning signs and prevention of mental illness among adolescents of a degree college.
3. To find out the association between the level of knowledge regarding warning signs and prevention of mental illness and selected demographic variables. One group pre-test post-test research design was adopted for the study convenient sampling was used for the study Total 60 samples were selected from degree colleges in Mysore. The researcher used structured knowledge questionnaire for data collection.

As a part of intervention video assisted planned teaching program on warning signs and prevention of mental illness among adolescents of selected degree college in Mysore. The post test score was measured with same questionnaires after 7 days. The collected data were analyzed by using descriptive and inferential statistical method T test was used to evaluate the effectiveness of planned teaching program. . Pre-test mean11.45 and Post-test mean 22.77 Mean difference 11.32 Standard deviation Pre-test 2.24 and post-test 3.17 t value = 25.92 highly significant at 0.05% level of significance. Hence Video teaching program is effective in terms of imparting knowledge. Researcher had found the association with demographic variables. i.e., Age & Standard of the study association between the post-test level of high knowledge score and Adolescents demographic variable. Female adolescents, Nuclear family adolescents hostel stayed adolescents and private employed mothers having adolescents are benefitted more knowledge score than others. Statistical significance was assessed using chi square test.

Keywords: Evaluate, effectiveness, video assisted teaching program, adolescents knowledge, warning signs, prevention of Mental illness

Introduction
Objectives of the study
- To assess the level of knowledge regarding warning signs and prevention of mental illness among adolescents of a degree College.
- To evaluate the effectiveness of video assisted teaching programme on warning signs and prevention of mental illness among adolescents of a degree college.
- To find out the association between the level of knowledge regarding warning signs and prevention of mental illness and selected demographic variables.

Hypotheses
H$_1$: The mean post-test knowledge score of adolescents will be significantly higher than the mean pre-test knowledge scores.
H$_2$: There will be significant association between pre-test knowledge score on warning signs and prevention of mental illness and selected demographic variables.

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Methodology

The research approach adopted for the study was evaluative. The research design selected for the study was quasi-experimental design.

Convenient sampling was used for the study. After selection of 2 degree colleges in Mysore investigator selected 60 students.

Tools

The data for the present study were collected by constructing the following tools.
a. Socio demographic data.
b. Structured knowledge questionnaire on warning signs of Mental illness.

Conceptual frame work

Ludwig Von Bertalanffy General system theory

Results

The first objective was to assess the level of knowledge regarding warning signs and prevention of mental illness among adolescents of a degree College.

Level of pre-test knowledge score among adolescents. In general, 88.33% of the adolescents are having inadequate level of knowledge score, 11.67% of them having moderate level of knowledge score and none of them are having adequate level of knowledge score.

The second objective to evaluate the effectiveness of video assisted teaching programme on warning signs and prevention of mental illness among adolescents of a degree college.

Level of post-test knowledge score among nursing adolescents. In general, none of the adolescents are having inadequate level of knowledge score, 25.00% of them having moderate level of knowledge score and 75.00% of them are having adequate level of knowledge score.

Before video assisted teaching programme, 88.33% of the adolescents are having inadequate level of knowledge score, 11.67% of them having moderate level of knowledge score and none of them are having adequate level of knowledge score. After video assisted teaching programme, In Post-test, none of the adolescents are having inadequate level of knowledge score, 25.00% of them having moderate level of knowledge score and 75.33% of them are having adequate level of knowledge score.

The association between the post-test level of eye knowledge score and Adolescents demographic variable. Female adolescents, Nuclear family adolescents hostel stayed adolescents and private employed mothers having adolescents are benefitted more knowledge score than others. Statistical significance was assessed using chi square test.

Comparison of Pre-test and Post-test level of knowledge score

Level of score	Pre-test		Post-test		Extended McNemar's test
	N	%	N	%	
Inadequate	53	88.33%	0	0.00%	$\chi 2$=48.60 P=0.001***(S)
Moderate	7	11.67%	15	25.00%	
Adequate	0	0.00%	45	75.00%	
Total	60	100.00%	60	100.00%	

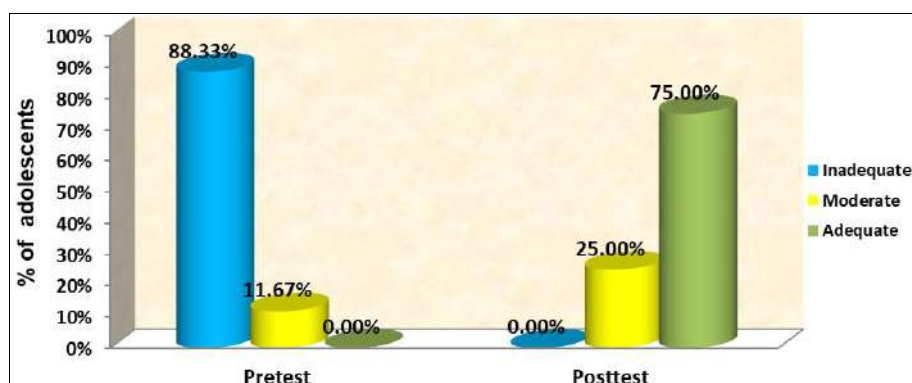***very high significant at p<0.001

Fig 1: Shows the pre-test and post-test knowledge score of the adolescents' samples in selected degree colleges regarding warning signs and prevention of mental illness.

Table 1: Comparison of Pre-test and Post-test mean knowledge score

No. of Adolescents	Pre-test		Post-test		Mean Difference	Student's paired t-test
	Mean	SD	Mean	SD		
60	11.45	2.24	22.77	2.17	11.32	t=25.92, P=0.001 ***, DF= 59 , Significant

Effectiveness of video assisted teaching programme and generalization of knowledge gain score

	Max score	Mean score	Percentage of Knowledge score	Mean Difference of Knowledge gain score with 95% Confidence interval	Percentage of Knowledge gain score with 95% Confidence interval
Pre-test	30	11.45	38.17%	11.32(10.44 – 12.19)	37.73% (34.80% – 40.63%)
Post-test	30	22.77	75.90%		

Association between Post-test level of knowledge score and adolescents demographic variables

Demographic variables		Post-test Level of Knowledge score						N	Chi square test
		Inadequate		Moderate		Adequate			
		N	%	N	%	N	%		
Age in years	18-19	0	0.00%	10	20.00%	40	80.00%	50	χ2=4.00 P=0.14 DF=2(NS)
	19-20	0	0.00%	3	50.00%	3	50.00%	6	
	20-21	0	0.00%	2	50.00%	2	50.00%	4	
Sex	Male	0	0.00%	12	37.50%	20	62.50%	32	χ2=5.71P=0.02* DF=1(S)
	Female	0	0.00%	3	10.71%	25	89.29%	28	
Type of family	Nuclear family	0	0.00%	9	19.15%	38	80.85%	47	χ2=3.96P=0.05* DF=1(S)
	Joint family	0	0.00%	6	46.15%	7	53.85%	13	
Place of accommodation	Hostel	0	0.00%	8	18.18%	36	81.82%	44	χ2=4.09P=0.05* DF=1(S)
	Days scholar	0	0.00%	7	43.75%	9	56.25%	16	
Religion	Hindu	0	0.00%	11	23.40%	36	76.60%	47	χ2=0.30 P=0.59 DF=1(NS)
	Christian	0	0.00%	4	30.77%	9	69.23%	13	
	Muslim	0	0.00%	0	0.00%	0	0.00%	0	
	Others	0	0.00%	0	0.00%	0	0.00%	0	
Family monthly income	Below Rs.5000	0	0.00%	2	25.00%	6	75.00%	8	χ2=1.42 P=0.49 DF=2(NS)
	Rs.5001-10000	0	0.00%	7	20.00%	28	80.00%	35	
	Rs.10001 and above	0	0.00%	6	35.29%	11	64.71%	17	
Educational status of father	No formal education	0	0.00%	2	28.57%	5	71.43%	7	χ2=0.82P=0.85 DF=3(NS)
	Primary education	0	0.00%	3	30.00%	7	70.00%	10	
	Higher education	0	0.00%	5	29.41%	12	70.59%	17	
	Graduate	0	0.00%	5	19.23%	21	80.77%	26	
Educational status of mother	No formal education	0	0.00%	1	25.00%	3	75.00%	5	χ2=0.82 P=0.84 DF=3(NS)
	Primary education	0	0.00%	2	16.67%	10	83.33%	12	
	Higher education	0	0.00%	5	23.81%	16	76.19%	21	
	Graduate	0	0.00%	7	30.43%	16	69.57%	22	
Father's occupation	Unemployed	0	0.00%	1	25.00%	3	75.00%	4	χ2=1.21 P=0.75 DF=3(NS)
	Self-employee	0	0.00%	2	18.18%	9	81.82%	11	
	Private employee	0	0.00%	10	30.30%	23	69.70%	33	
	Government employee	0	0.00%	2	16.67%	10	83.33%	12	
Mother's occupation	Home maker	0	0.00%	7	24.14%	22	75.86%	29	χ2=9.55P=0.02* DF=3(S)
	Self-employee	0	0.00%	4	66.67%	2	33.33%	6	
	Private employee	0	0.00%	1	5.88%	16	94.12%	17	
	Government employee	0	0.00%	3	37.50%	5	62.50%	8	

Table shows the association between the post-test level of eye knowledge score and Adolescents demographic variable. Female adolescents, Nuclear family adolescents hostel stayed adolescents and private employed mothers having adolescents are benefitted more knowledge score than others. Statistical significance was assessed using chi square test.

Author's Contribution
Not available

Financial Support
Not available

Interpretation and Conclusion
The findings of the study support the need for video assisted teaching programme to increase the knowledge of degree college students regarding warning signs of mental illness and its prevention.

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