

Effectiveness of an Educational Awareness Programme on Mental Health Knowledge Among Adolescents in a Selected School of Bankura, West Bengal

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Abstract

This study evaluated the effectiveness of an educational awareness programme on mental health knowledge among 100 adolescent students in a selected school of Bankura, West Bengal, using a pre-test/post-test design. Participants were selected via simple random sampling. Data were collected using a structured demographic proforma and a validated 40-item questionnaire. Baseline assessments revealed profound knowledge deficits, with 84% of adolescents demonstrating inadequate knowledge. Following a targeted educational intervention, inadequate knowledge dropped to 3%, while moderate and adequate knowledge strata rose significantly. The mean knowledge score increased from 12.90 (± 4.20) at pre-test to 25.95 (± 3.80) at post-test. $t(99) = 23.06$, $p < 0.05$, yielding an exceptionally large effect size (Cohen's $d = 2.31$) and confirming the rejection of the null hypothesis (H_{01}). Chi-square analysis demonstrated no significant association between baseline knowledge and age, family type, or maternal occupation ($p > 0.05$). However, a significant association was found with father's occupation ($\chi^2 = 6.21$, $p = 0.013$), partially supporting the research hypothesis (H_2). In conclusion, the structured educational awareness programme was highly effective in mitigating baseline literacy deficits, highlighting the immense value of school-based mental health interventions

Keywords

Effectiveness, Educational Awareness Program, Mental Health Knowledge, Adolescents.