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ORIGINAL ARTICLE

To assess the Effectiveness of Structured Teaching Program on Knowledge Regarding Mental Health Promotion and Ealry Identification of Mental Illness in 1 to 6 Years Children among Anganwadi Workers

Alka Tajne[1], Shefali Patel[2], Chaudhari Payal V.[3], Chaudhari Ragini J.[4], Chaudhari Shruti G.[5], Chaudhari Toral H.[6], Chaudhari Toral S.[7], Chaudhari Vibhuti K.[8]

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ABSTRACT

Objectives:

1. To assess the pretest and post-test knowledge regarding promotion of mental health and early identification of mental illness among Anganwadi workers.
2. To evaluate the effectiveness of structured teaching programme regarding mental health promotion and early identification of mental illness in toddler and preschooler children's among Anganwadi workers.

Methodology: Methodology or research indicates the general pattern for organizing the procedure for empirical together with the method of obtunding valid and reliable data for problem under investigation. It also refers to the techniques used to structure a study and together and analysis information in a systemic manner. This chapter described the methodology used in this study to access the knowledge regarding the mental health promotion and early identification of mental illness in toddler, preschooler among Anganwadi workers at selected area of Olpad Taluka, Surat Gujarat.

Analysis and Interpretation: This deal with the research design variables setting of the study population sample criteria of sample selection, sample size sample technique, procedure for data collection a plan for data analysis. Analysis and interpretation of the data 1. Analysis and interpretation of the demographic variable of the samples such as age of years, education status, marital status, years of experience, types of family previous knowledge regarding mental

AUTHOR'S AFFILIATION:

[1] Professor Cum Principal, Vibrant Nursing College, Masma, Surat, Gujarat, India.
[2-8] Student, Vibrant Nursing College, Masma, Surat, Gujarat, India.

CORRESPONDING AUTHOR:

Alka Tajne, Professor Cum Principal, Vibrant Nursing College, Masma, Surat, Gujarat, India.
E-mail: alkatajne@gmail.com

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health promotion and early identification of mental health illness in toddler and preschooler among Anganwadi workers. 2 Analysis and interpretation of the data related to knowledge of Anganwadi worker before and after administration of structure teaching programme on knowledge mental health promotion and early identification of mental illness in toddler and preschooler among the Anganwadi workers.

Result: The mean difference in Experimental group of pre-test mean score was 8.74 and post-test mean score was 17.7. It reveals that mean difference in experimental group of post-test is significantly higher than pre-test. The calculated paired "t" value was 11.19 and the tabulated "t" value was 2 at 0.05 level of significance. In experimental group the calculated paired "t" value was greater than tabulated value at 0.05 level of significance. The standard deviation of pre-test was 2.42 and post-test was 5.21.

Conclusion: effectiveness of structured teaching programme on mental health promotion and early identification of mental illness in toddler and preschooler among Anganwadi workers. The findings of the study enlighten the fact that structured teaching programme on mental health promotion and early identification of mental illness in toddler and preschooler among Anganwadi workers preparation can also be used to improve the knowledge of Anganwadi health workers.

KEYWORD

• Mental health • Todder • Pre-schooler

INTRODUCTION

The importance of psychological well-being in children and adolescent, for their healthy emotional, social, physical, cognitive and educational development, is well- recognized. There is now increasing evidence on the effectiveness of interventions to improve children's and adolescent's resilience, promote mental health and treat mental health problems and disorders.

WHO identifies the treatment gap in mental health care. World Health Organization, asserts that many people suffering from psychiatric illnesses remain untreated. although effective treatment exists, WHO report examines the extent of this gap between the prevalence and treatment of psychiatric disorders globally. One in every 5 child has a mental health issue. If we invest in identifying the problems early and intervene at the right time, it will be more cost effective, as we will be preventing further breakdown and avoid an adult treatment and rehabilitation programme which is much more expensive. As it is rightly said that "Prevention is Better than Cure", It is possible to prevent the majority of behaviours disorders in preschool and school environment itself.

In India mental health of the children is not given much consideration this may be due to lack of mental services. This predisposes the children to mental health problem which may in tam lead to psychiatric disorder in later children's There is need to evaluate the efficacy of knowledge regarding mental health promotion among Anganwadi worker. The chances of success in motion mental health is more if it carried out through ICDS system.

Under the ICDS scheme, one trained person is allotted to a population of 1000, to bridge the gap between the person and organized healthcare, and to focus on the health and educational needs of children aged 0-6 years. That person is Anganwadi worker. Today in India, about 2 million Anganwadi workers are reaching out to a population of 70 million women, children and sick people, helping them become and stay healthy. Anganwadi workers are the most important and oft-ignored essential link of Indian healthcare.

OBJECTIVE

To assess the knowledge regarding mental health promotion and early identification of mental illness in toddler and preschooler before

and after administration of structure teaching among Anganwadi workers in selected areas of Olpad, Taluka Surat, Gujarat.

To evaluate the effectiveness of structured teaching programme on knowledge regarding mental health promotion and early identification of mental illness in toddler and preschooler among Anganwadi workers.

Hypothesis

H_1: There is a significant difference between mean pre-test and post-test knowledge scores regarding mental health promotion and early identification of mental illness in toddler and preschooler children's among Anganwadi workers in selected areas of Olpad Taluka at 0.05 level of significance.

METHODOLOGY

This chapter described the methodology used in this study to access the knowledge regarding the mental health promotion and early identification of mental illness in toddler, preschooler among Anganwadi workers at selected area of Olpad Taluka, Surat Gujarat. This deal with the research design variables setting of the study population sample criteria of sample selection, sample size sample technique, procedure for data collection a plan for data analysis.

RESEARCH APPROACH

Research Design Pre experimental one group pre-test post-test research design

Variable:

- **Independent:** structured teaching programme on knowledge regarding mental health promotion and early identification of mental illness in toddler and preschooler among Anganwadi workers.
- **Dependent:** In this study the dependent variable is level of knowledge of Anganwadi workers regarding mental and promotion and early identification of mental health illness in toddler and pre schooler.
- **Demographic variables:** Age of Anganwadi workers, Education status, Marital status., Years of experience, Type of family.

SETTING OF THE STUDY

Setting in the general location and condition in which data collection takes place for the study. Polit & beak, 2010.

The setting of the study was conducted at Masma village which comes under Olpad Taluka, Surat, Gujarat.

Sample Size

The samples consist of 30 Anganwadi workers.

Sampling Technique

Non probability purposive sampling technique

Target Population

Anganwadi Workers in selected areas of Olpad Taluka, Surat, Gujarat

SAMPLE SELECTION CRITERIA

Inclusion Criteria:

1. Anganwadi workers who are at time of data collection.
2. Anganwadi workers are age group 30 to 58 age.
3. Anganwadi workers who are willingly to participate research study
4. Anganwadi workers who can understand a respond English-Gujarati.

Exclusion Criteria:

1. Anganwadi workers who are not present at a time of data collection.
2. Anganwadi workers who are sick at a time of data collection.

DELIMITATION

The study will be limited to an age group 30 to 58 year of Anganwadi workers. Structured teaching programme will be given only 1 session. The study was limited to rural area of Olpad Taluka, Surat.

MAJOR FINDINGS OF THE STUDY

Major Findings of the Study the data were analysed and interpreted in terms of objectives of the study. Descriptives and inferential statistics was utilized for data analysis of the data the major findings were as follow:

Based on age of Anganwadi workers, the majority was of 50-58 years of age, with 16.66% and frequency 15. Based on Education status, the majority was of graduation with 80% and frequency 24. Based on marital status, the majority was of unmarried with 86.66% and with 26 frequency. Based on experiences, the majority was of more than 3 yeas with 93.33 and with 28 frequency. Based on type of family, the majority was of join family with 60% and with 18 frequency.

In the group, concerning about knowledge, in pre-test the majority was of moderate knowledge regarding Anganwadi health workers 56.66% and 17 frequency. In the Post test, the majority was of adequate knowledge regarding Anganwadi workers 66.66% and 20 frequency.

The maximum score of self-structured questionnaire is 25. The mean score of post-test (17.7) is more than pre-test mean score (8.96). The mean percentage of post-test (70.8%) is more than pre-test mean percentage (35.8%). The standard deviation of post-test (5.21) is more than pre-test standard deviation (2.42). The mean difference of pre-test and post-test is (8.74).

The calculated paired "t" value was 11.19 and the tabulated "t" value was 2 at 0.05 level of significance.

The calculated 't' was significantly greater than the tabulated 't' so there was significant increase in knowledge of sample after the administration of planned reaching programme on knowledge regarding mental health promotion and ealry identification of mental illness in toddler and preschooler among the anganwadi workers.

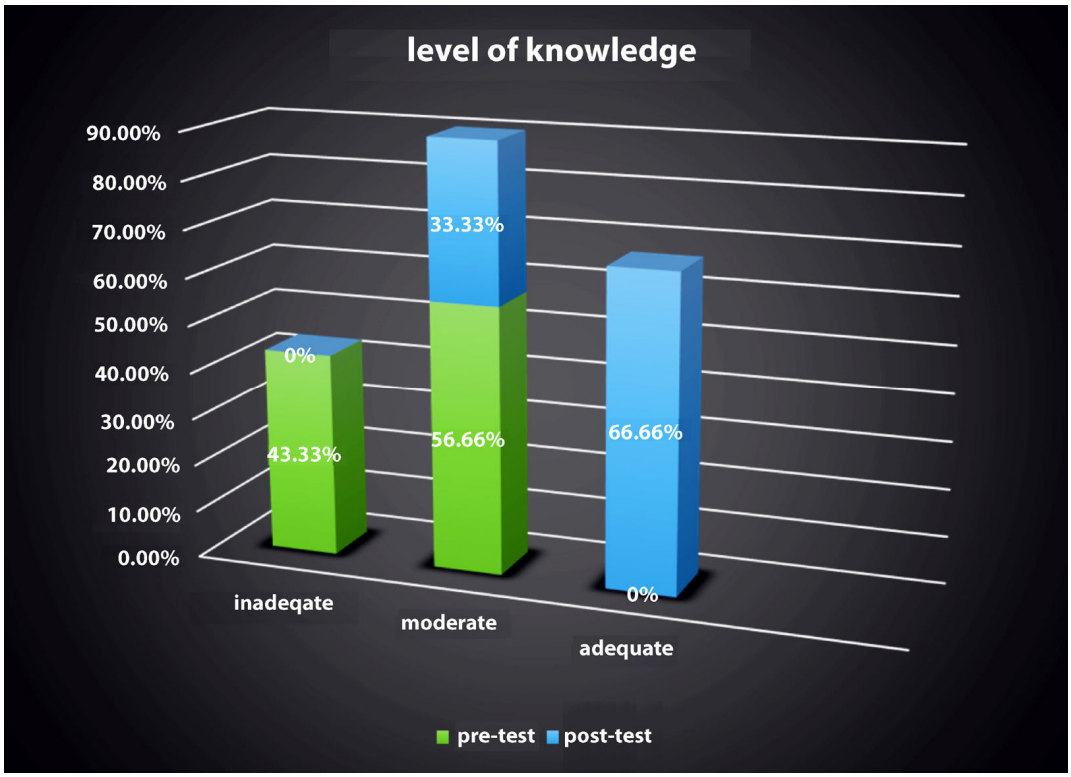

Figure 1: Conceptual frame work of open system ***theory by:*** Bertalanffy and J.W Kenny

DISCUSSION

The main aim of the study was to evaluate the knowledge of Anganwadi workers before and after administration of Structured Teaching Programme on knowledge regarding mental health promotion and early identification mental illness in toddler and preschooler.

CONCLUSION

Effectiveness of structured teaching programme on mental health promotion and early identification of mental illness in toddler and preschooler among Anganwadi workers. The findings of the study enlighten the fact that structured teaching programme on mental

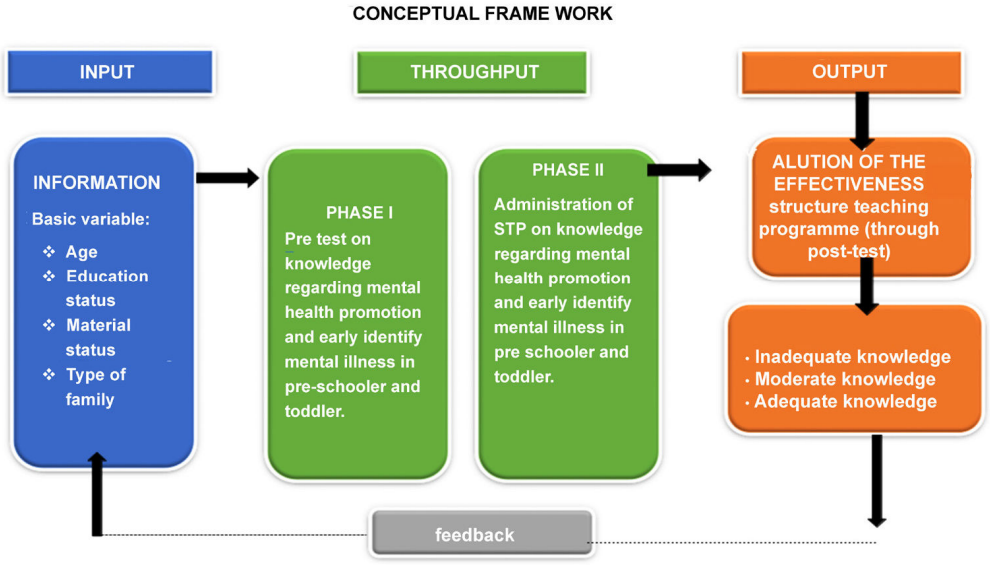

Figure 2: Conceptual frame work of open system ***theory by:*** Bertalanffy and J.W Kenny

health promotion and early identification of mental illness in toddler and preschooler among Anganwadi workers preparation can also be used to improve the knowledge of Anganwadi health workers

RECOMMENDATION

On the basis of finding of the study the following recommendation are made:

1. The similar study can be replicated with larger sample with different demographic characteristics.
2. The similar study can be done in different settings.
3. The comparatively study can be conducted to determine the knowledge of different age group on knowledge regarding mental health promotion and early identification of mental illness in toddler and preschooler among Anganwadi workers.
4. The similar study can be conducted by using experimental group.
5. The similar study can be conducted by using different modalities.

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