

# A Study to Evaluate the Effectiveness of Computer Assisted Planned Teaching Programme on Knowledge and Attitude Regarding Mental Hygiene among School Teachers in Selected Schools of Bhilai, C.G

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### Abstract

**Background:** Today, adolescents face increasing mental health challenges due to family conflicts, academic pressure, and societal expectations, leading to higher rates of suicide and mental disorders. Schools play a vital role in promoting mental health through mental hygiene programs. This study evaluates the knowledge and attitude of school teachers regarding mental hygiene and the effectiveness of a computer-assisted teaching program in improving both. The study aims to assess teachers' awareness and attitudes towards mental hygiene, with a focus on improving their ability to support students' mental well-being.

**Methodology:** Using a pre-experimental design with a one-group pre-test post-test approach, the study involved 60 school teachers from Bhilai, Chhattisgarh. Data were collected using a multiple-choice questionnaire for knowledge and a Likert scale for attitude.

**Results:** Statistical analysis showed significant improvements. Knowledge mean scores rose from 13.26 to 20.48, and attitude mean scores increased from 41.96 to 53.51 after the program. A strong positive correlation ( $r = 0.89$ ) was found between knowledge and attitude.

**Conclusion:** These improvements can better equip teachers to support students' mental health, ultimately benefiting the overall well-being of adolescents in schools.

**Keywords:** Effectiveness, Computer assisted planned teaching programme, Knowledge, Attitude, Mental hygiene, School teachers, School.

## INTRODUCTION

Mental hygiene refers to the science of maintaining mental health and preventing mental disorders like psychosis and neurosis.<sup>1</sup> The World Health Organization (WHO) defines health as complete

physical, mental, and social well-being, highlighting the importance of mental health. It includes all measures taken to promote and preserve health, rehabilitation of the mentally disturbed, prevention of mental illness, and aid in coping in a stressful world.<sup>2</sup> The history of mental hygiene dates back to ancient times. In India, Ayurveda developed

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early methods for treating mental illness. In the early 20th century, the mental hygiene movement gained momentum in the West, largely due to Clifford Beers, who, after recovering from mental illness, wrote "*A Mind That Found Itself*". This book raised awareness about mental health and led to the establishment of mental hygiene institutes worldwide. In 1919, Beers founded the International Committee for Mental Hygiene, and by the 1930s, mental hygiene societies were formed in 25 countries. The World Federation for Mental Health was established in 1948 to promote mental health globally.<sup>3</sup>

Today, adolescents face increasing mental health challenges due to family conflicts, academic pressure, and societal expectations, leading to higher rates of suicide and mental disorders.<sup>4</sup> Schools play a vital role in promoting mental health through mental hygiene programs.<sup>5</sup> Additionally, multimedia technologies, such as computer-based training (CBTs), are used in education to raise awareness about mental health, making the content more engaging and accessible. These innovations are transforming how mental hygiene education is delivered, especially in schools.

According to researcher's opinions that teachers should be more cognizant of the pressure and stress that increasingly faster-paced lifestyle in adolescence like physical, emotional and social problems. Researcher is interested to take up the study to enhance their knowledge on prevention and helping us to have good physical and address positive mental health, in their local setting such as schools can have a better mental status of the adolescents population.

## METHODOLOGY

**Research Approach:** quantitative research approach

**Research Design:** Pre-experimental one group pre test- post test design.

**Population:** The school teachers of bhilai(C.G)

**Sample:** 60 School teachers and the study was conducted in Nalanda English Medium Higher Secondary School, Jamul, Durg, Bhilai (C.G)

**Sampling techniques:** Non- probability, Convenience Sampling technique.

**Setting of the study:** The study was conducted in Nalanda English Medium Higher Secondary School, Jamul, Durg, Bhilai (C.G)

**Tools and Techniques:** Self structured knowledge questionnaire and likert scale self structured statements of attitude widely used to measure attitude.

**Data collection:** The computer assisted planned teaching programme was distributed including the knowledge and attitude assessment with the time taken 30 minutes. After 7 days of administration of computer assisted planned teaching programme, post test was conducted.

**Ethical Consideration:** Obtained written permission from school of principal prior to data collection. The investigator assured the confidentiality to the subjects and to their responses and consent was obtained.

### Content validity and reliability:

The correlation co-efficient of knowledge test was found  $r = 0.98$ . Since the computed correlation of knowledge is high, the tool is found to be reliable.

## RESULTS

Findings related to socio-demographic variables

- The majority of subjects shows that 46.67 % (28) belongs to 25-35 year of age group, 33.33% (20) belongs to 36-45 year and 20% (12) belongs to 46 - 55 year of age group.
- The majority of subjects 90% (54) had female and 10% (6) had male group.
- The majority of subjects teaching experience 53.33% (32) were 3.1 - 6 years, 28.33% (17) had 1- 3 years experience, 18.34% (11) had 6.1 - 9 years experience and 0% (0) had above 9 years experience.
- The majority of subjects 36 (60%) annual income belongs to 120,000-220,000/-, 17 (28.84%) belongs to 220,001 - 320,000/-, 7 (11.66 %) belongs to 320,001 - 420,000 and least 0 (0) belongs to >420,001/-.
- The majority of subjects area of residence 52 (86.66 %) had live in urban area and least 8 (13.34 %) live in rural area.
- The 70 % (42) majority of subjects marital status had married, 25% (15) had unmarried, 0% (0) had divorce and 5% (4) had widow.
- The majority of subjects religion 70% (42) had hindu, 16.66% (10) had christian, 8.34 % (5) had muslim, 5% (3) had sikh and 0 % (0) had others.
- The 70 % (42) majority of subjects attend any workshop / seminar and 30 % (18) had attend any workshop / seminar regarding mental hygiene.

- The majority of subjects source of information 33.34% (20) gain information from internet, 20 % (12) gain information from newspaper and peer group, 16.66% (10) gain information from books and least 10% (6) gain information from journals/ articles.
- The majority of subjects educational status 36.67% (22) had post graduate with B.ED, 30% (18) had graduation with B.ED and Graduation/Post graduate, 1.67% (1) had Intermediate with D.ED and any other educational status.

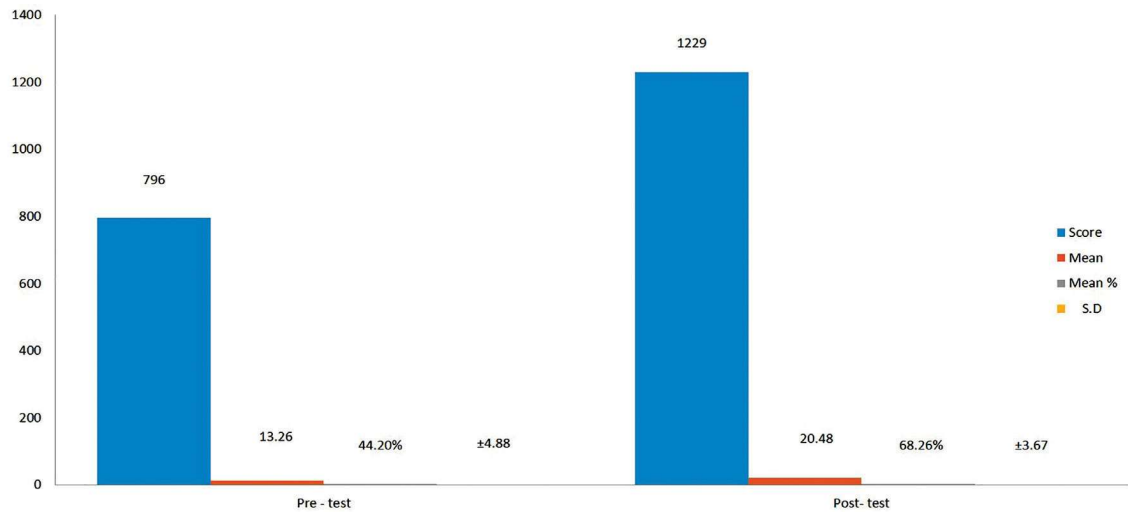


Fig. 1: Distribution of school teachers according analysis of pre-test and post-test knowledge score using mean, mean % and standard deviation

The knowledge regarding mental hygiene pre test mean is 13.26, mean % is 44.2 % and SD is 4.88 where as in post- test mean is 20.48, mean % is 68.26 % and SD is 3.67, therefore Gain % is 24.06 %.

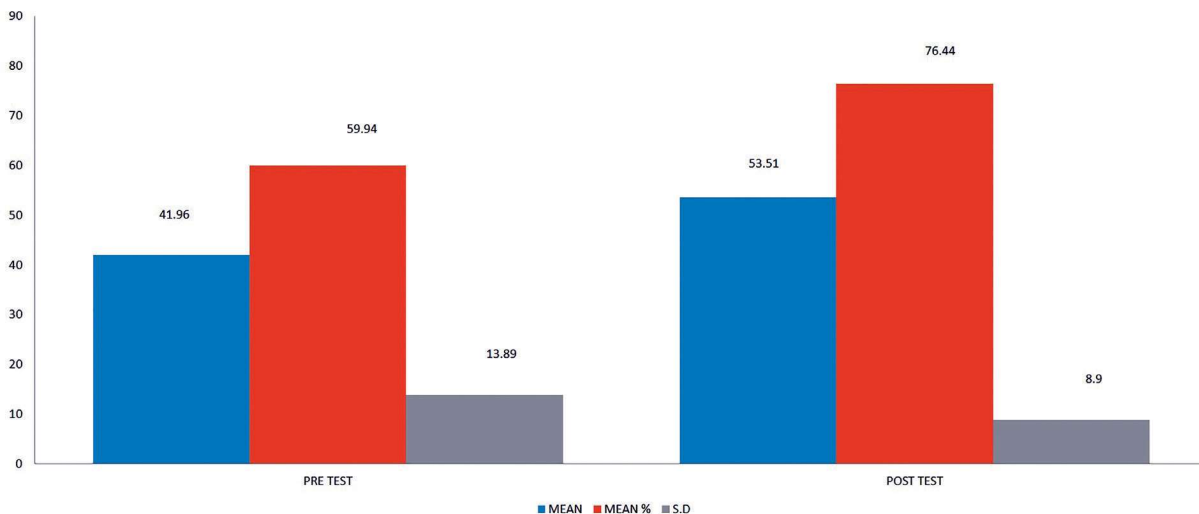


Fig. 2: Distribution of school teachers according to analysis of pre-test and post-test attitude score

Table 3.A: Effectiveness of pre -test and post - test knowledge score of computer assisted planned teaching program

Computer Assisted planned teaching program	Mean ± SD	Df.	Paired 't' Value	Table Value	Inference at 0.05
Pre - Test	13.26± 4.88	59	9.25	2.02	Highly Significance
Post - Test	20.48±3.67				

It represents that there was highly significant difference between the pre - test and post - test knowledge score of planned computer assisted

teaching program as calculated value 9.25, ( df.59) was greater than table value 2.02 at 0.05 level of significance.

**Table 3.B:** Effectiveness of pre-test and post-test attitude score of planned computer assisted teaching programme on knowledge and attitude regarding mental hygiene

Planned computer assisted teaching programme	Mean ± SD	DF	Paired 't' value	Table value	Inference at 0.05
Pre-test	41.96±13.89	59	5.44	2.02	Highly Significance
Post-test	53.51±8.90				

It represent that there was highly significance between pre test and post test attitude score of planned computer assisted teaching programme as

calculated value 5.44, (DF. 59) was greater than table value 2.02 at 0.05 level of significance.

**Table 4:** Analysis of correlation in knowledge and attitude score

Study Variables	Mean	Correlation coefficient	Inference
Knowledge	13.26	0.89	Towards positive co-relation.
Attitude	41.96		

It represent that towards positive correlation about 0.89 between knowledge (mean 13.26) score and attitude (41.96) score.

15.18 an 14.78 respectively in pretest and 75.53 and 17.03 in post-test respectively. Study summarized that conducted programme was successful to leave impact on teachers, regarding the topic.

## DISCUSSION

The findings of the present study are compared and contrasted with those of other similar studies. Findings of present study were compared with a following findings.

A study was conducted on Anand (2005) Attitude and knowledge regarding mental hygiene of class X high school students in the age group 14-15 years age was investigated. A sample of 262 high school students (169 boys and 93 girls) participated in the study. A Likert-type mental hygiene scale developed by the investigator was used. Correlation and chi square were used for data analysis. The mental hygiene of adolescents, their academic achievement and the educational and occupational status of parents were positively related.

Lal (2008) studied An experimental study in Kerala;Kalamassery, in terms of knowledge, attitude and practices in 120 school teachers, divided both in experimental and control group respectively. Mean scores of teachers in experimental group on 'perception of supportive role to be played in handling problem in children' had increased from 45.45 to 102.20. Knowledge on 'awareness of developmental needs of growing children and its relevance to promotion of mental health' revealed,

## CONCLUSION

The study findings showed that there was a significant increase in knowledge and attitude in school teachers regarding prevention and helping us to have good physical and address positive mental health, in their local setting such as schools can have a better mental status of the adolescents population.

**Conflict of interest:** No any conflict of interest declared by the author

**Funding:** Author have not received any fund from any sources

**Ethics declaration:** The study was ethically approved by Shri Shankaracharya College of Nursing, Bhilai.

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