



A Study to assess the Mental Health of School Children in NTR Nagar, Nellore



Tutor. T. Chandana,
Dept. of MHN
Narayana College of Nursing,
Chinthareddypalem, Nellore.

Abstract: School children refers to the age group between 6-12 years. Childhood are the vital times for the proper personality development and health promotion. Childhood is vital because of socialization process by the transmission of attitude, customs and behavior through the influence of family and community. Family's cultural and religious, belief, educational level, ways of living, economic status influence the promotion and maintenance of child health. Childhood is the period of the transitory changes such as language development, social abilities, social efficacy and cognitive development. **Objectives:** 1) To assess the mental health of school children. 2) To find out the association between the mental health of school children with their selected socio demographic variables. **Methods:** Quantitative research approach and descriptive research design was used for the study. The sample for the present study includes school children who were residing in NTR Nagar Nellore and who fulfill the inclusion criteria were included for the study. Non probability convenience sampling technique was used to select the subjects. Rating scale (inventory questionnaires) was adopted to collect the data. **Result:** 80(80%) of school children had positive mental health and 20(20%) of school children had negative mental health and there was no significant association between the level of mental health and socio demographic variable like age, gender, religion, education, occupation of father, type of family, and family income. **Conclusion:** The study concluded that majority of school children had positive mental health. Even though there is a need to provide different techniques such as play therapy, individual therapy, group therapy, family therapy, and relaxation techniques to improve the mental health of school children. **Key Words:** Mental health, School children.

Introduction:

School children refers to the age group between 6-12 years. Childhood are the vital times for the proper personality development and health promotion. Childhood is vital because of socialization process by the transmission of attitude, customs and behavior through the influence of family and community. Family's cultural and religious, belief,

educational level, ways of living, economic status influence the promotion and maintenance of child health. Childhood is the period of the transitory changes such as language development, social abilities, social efficacy and cognitive development. Development of the children is the process of intervention. In this age group the normal child acquires new skills and possible activities and greater



stabilities. The child is more realistic and objective in his outlook. The child emotional development is sense of industry vs inferiority.

Mental health is a state of emotional, psychological and social wellness evidenced by satisfying interpersonal relationships, effective behavior, coping, positive self concept and emotional stability. It is the important aspect of one's total health status. The child needs good mental health to develop in a healthy way, build strong relationships, adapt to change and deal with life's changes.

Children who have good mental health are, they feel happy and positive about themselves, maintaining healthy relationships with family and friends, involved in all activities and feel like they belong to their communities and have a sense of achievement.

Need For Study:

Green H et al (2005) reported that, worldwide 10-20% of children experience mental disorders. One in five children shows the signs and symptoms of the mental disorders such as ineffective problem solving, poor reality testing, and impaired cognitive functioning.

J. et al (2008) reported that 72% of the children in care have emotional and behavioral problem. Nearly 8000 children suffered from severe depression.

“**National Morbidity Survey**” (2003) reported that in India number of cases reported due to mental illness are 1-2% of neurosis and psychosomatic diseases, 2-3% mental retardation. In

one class room of 25 students five of them struggling with the same issues. A majority of 80% of children need the mental health service in India. In Andhra Pradesh, mental disorders is account to be 3-12% by students mainly learning problem and emotional problem.

The study helps to identify the mental health among school children with regard to the prevalence of mental disorders and also helps in understanding the status of mental health of school children.

Operational Definitions:

Mental health:

It refers to a state of wellbeing characterized by the absence of mental or behavior disorder whereby the person has made a satisfactory adjustment as an individual and to the community in relation to emotional, personnel, social and spiritual aspect of their life.

School children:

This refers to the children in the age group of 6-12 years.

Methodology:-

Research Approach:

Quantitative research approach was adopted for the study.

Research Design:

Non experimental descriptive research design was utilized for this study.

Research Settings:

The study was conducted in NTR Nagar, Nellore.

Sample:



The sample includes school children who are in 6-12 years of age group who fulfill the inclusion criteria.

Sampling Technique:

Non probability convenience sampling technique was used to select the samples.

Sample Size:

Sample size was 100 school children who are residing in NTR Nagar, Nellore.

Criteria for sample selection:

Inclusion Criteria:

School children who are

- Living in NTR Nagar, Nellore.
- Willing to participate in the study.
- Present at the time of data collection.

Exclusion Criteria:

School Children who are

- Mentally Challenged

Description of the tool:

It consists of two parts:

Part - I: It consist of socio demographic variables.

Part - II: It consists of Standardized Inventory Questionnaires which consists of 38 questions to assess the Mental Health of school children.

Scoring Key:

Part – II: Scoring system was developed as for each questions.

- 0 - Never
- 1 - Almost
- 2 - Sometimes
- 3 - Fairly often

- 4 - Very often
- 5 - Always

Score Interpretation

Score Interpretation	Level of Mental Health
0 - 95	Positive Mental Health
96 - 190	Negative Mental Health

Data collection Procedure:

Data collection was carried out for a period of 1 week from 20.3.17 to 25.3.17. 100 samples of school children were selected by using Non probability convenience sampling technique. The researcher was obtained the written consent from samples by assuring anonymity and explained the purpose of the study .The data was collected with minimum of 20 samples per day from 9am to 12pm. The structured inventory questionnaires was administered to school children who fulfill the inclusion criteria and data collection was taken 30 minutes for each sample. The data was analyzed and tabulated by using inferential and descriptive statistics according to the objectives of the study.

Results:

Table no.1: Frequency and percentage distribution of level of mental health among school children.

(n=100)

Mental health	Fre (f)	Per (%)
a. Positive mental health	80	80
b. Negative mental health	20	20
Total	100	100

With regard to level of mental health 80(80%) of school children had positive mental health and



20(20%) of school children had negative mental health.

Table - 2: Mean and standard deviation of level of mental health among school children.

Category	Mean	Standard deviation
Mental health	89.69	10.36

Mean and standard deviation of level of mental health of school children, that mean score was 89.69 with standard deviation of 10.36.

With context to, association between the level of mental health and socio demographic variables of school children there was no significant association between the level of mental health and socio demographic variable like age, gender, religion, education, occupation of father, type of family, and family income.

Conclusion: The study concluded that majority of school children had positive mental health. Even though there is a need to provide different techniques such as play therapy, individual therapy, group therapy, family therapy, and relaxation techniques to improve the mental health of school children.

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