"A STUDY TO ASSESS THE KNOWLEDGE REGARDING IMPORTANCE OF MENTAL HEALTH AMONG HIGH SCHOOL TEACHERS IN SELECTED SCHOOL, BENGALURU"

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ABSTRACT

BACKGROUND

Mental health disorders which are the leading cause of disability and contribute to approximately 8 million deaths worldwide annually are major public health issues. People with mental health issues die 10-12 years younger than the general population. Fewer than half people with mental disorders receive treatment for their condition and often the quality of treatment is standard. To address these challenges the public health workforce must can develop, implementing, and disseminating programs and policies to prevent mental disorders, increase access to and ensure quality of treatment and improve quality of life for people with mental disorders[1]

Similarly, mental disorders in schools have been recognized as a crucial aspect of public health training since the mid 1900s. In 1959, a report from conference entitled mental health teaching in schools of public health acknowledged the need for integrating mental health into curricula at schools of public health and defining in the core knowledge of public mental health.[2]

OBJECTIVES OF THE STUDY

1. To assess the knowledge of mental health among high school teachers.
2. To find the association between knowledge scores with the selected variables.

ASSUMPTIONS:

1. The teachers in selected schools will have some knowledge regarding importance of mental health knowledge.

2. Level of knowledge regarding the importance of mental health can be measured by Structured questionnaire.

In the present study, descriptive approach was selected. The structured questionnaire was developed by the researcher was adapted to collect the data. Main study was collected in Chikkabanavara government high school, with the sample of 40 teachers teaching in various selected schools in Bangalore. The samples were selected by using purposive sampling technique and the collected data was analyzed and interpreted based on descriptive and inferential statistic.

RESULTS

The analyzed data's in the study revealed that majority of subject belongs to the age groups of 30-40years (14), with majority of female teachers 87.5% (26), 50 % (20) of them are having experience of (1-10), maximum of them are B.Ed. qualified with 52.5% (21). The school teachers have average knowledge regarding importance of mental health. The overall mean percentage of knowledge score was found to be 67.33%.

CONCLUSION

The present attempted to assess the knowledge regarding the importance of mental health among teachers in selected schools in Bangalore. Nursing intervention can help impart awareness regarding mental health and illness, creating definitive system of support. There is a clear need for more education, advice and support for mental health issues among in schools.