

“A study to evaluate the effectiveness of information booklet on knowledge regarding management of psychological distress among adolescents in selected colleges, Bangalore”.

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**Abstract**

The present study is intended to assess the effectiveness of information booklet on knowledge regarding management of psychological distress among adolescents in Kanyakumari High School and JS PU College, Bangalore. 100 adolescents were selected by Stratified random sampling technique in selected colleges, Bangalore. Pre-experimental design with one group pretest posttest design was adopted and structured questionnaire was prepared and used to collect the data. Results showed that Out of 100 adolescents, majority 49% of the adolescents had inadequate knowledge and 35% had moderate knowledge in the pretest. Where as in posttest 50% of the subjects had adequate knowledge, 43% had moderate knowledge regarding the management of psychological distress. The mean knowledge scores of the subjects at pre-test were 17.14 (57.13%) with standard deviation of 4.621 found to be inadequate knowledge regarding Management of psychological distress. After administration of information booklet mean knowledge scores of the subjects was 22.81 (76.03%) with standard deviation 4.282 found to be improvement in the level of knowledge among adolescents. There was a significant association between level of knowledge of adolescents and selected demographic variables such as age, family type, food pattern and class studying at  $p < 0.05$  level of significance.

**Keywords:** knowledge; Attitude; Adolescents; Management, psychological distress.

**Introduction**

Adolescence is a transformative period marked by rapid biological, cognitive, and social changes. However, 10-20% of adolescents worldwide experience mental

health issues, which can have lasting impacts on academic performance, physical health, substance abuse, and behavior<sup>1</sup>.

Early mental health issues, primarily stress, anxiety, and depression, affect 15-30% of adolescents, resulting in significant global economic burden and loss of Quality life years<sup>2</sup>. Adolescent stress is linked to anxiety, depression, and suicide and predominantly affecting females<sup>3</sup>.

### Need for the Study

Adolescent depression affects 11% of 13- to 18-year-olds, increasing suicide risk and predicting future psychological difficulties<sup>4</sup>. Female adolescents are twice as likely to experience depression and anxiety<sup>5</sup>. Poor sleep hygiene and insufficiency can impair cognitive and behavioral abilities in children and adolescents<sup>6</sup>.

A Kosovo study of 200 adolescents found that excessive electronic use, bedtime fears, and insomnia correlated with higher psychological distress, while higher self-esteem was linked to lower distress<sup>7</sup>.

Hence the researcher decided to evaluate the effectiveness of information booklet on knowledge regarding the management of psychological distress among adolescents.

### Objectives

- To assess the pre-test knowledge level of adolescents regarding management of psychological distress.
- To evaluate the effectiveness of Information booklet on knowledge of adolescents regarding management of psychological distress.
- To determine the association between pretest knowledge of adolescents regarding management of psychological distress and selected demographic variables.

### Hypotheses

**H<sub>1</sub>:** There is a significant difference in the pretest and posttest knowledge scores of adolescents regarding management of psychological distress.

**H<sub>2</sub>:** There is a significant association between the pretest knowledge of adolescents regarding management of psychological distress and selected demographic variables.

### Research Methodology

#### Research Design

The research design used in the study was pre-experimental design with one group pretest posttest design.

The schematic representation of research design is as follows

**R** → **O<sub>1</sub>** → **X** → **O<sub>2</sub>**

#### Variable under Study

**Independent variable:** Information booklet regarding the management of psychological distress.

**Dependent variables:** Knowledge of adolescents regarding their management of psychological distress.

**Demographic Variables:** Age, gender, religion, family type, food pattern, class studying, family income, source of information on prevention of psychological distress and stress relieving habits.

#### Sample

Sample for the study will be 100 Adolescents.

#### Sampling Technique

Stratified random sampling technique was adopted to select the samples.

#### Description of the Tool

The tool consists of 2 sections: -

**Section A:** Structured questionnaires to elicit personal information such as Age, gender,

religion, family type, food pattern, class studying, family income, source of information on prevention of psychological distress and stress relieving habits.

**Section B:** The structured questionnaire had 30 items, assessing knowledge on: general information on psychological distress (5), symptoms (5), and prevention/management (20).

**Plan for Data Analysis**

- Frequency, percentage, Mean and standard deviation was used to analyze demographical data and knowledge scores of Adolescents regarding management of psychological distress.
- Paired ‘t’ test will be used to compare the knowledge level and Chi-square ( $\chi^2$ ) test will be used to find out the association between selected demographic variables and knowledge level of adolescents.

**Procedure for data collection:**

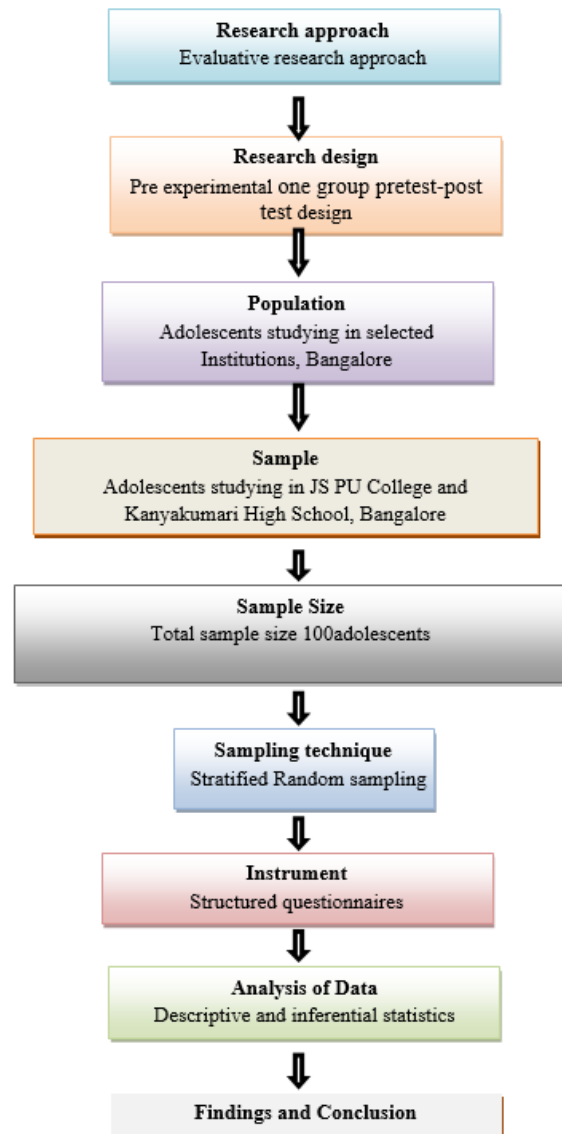
Data was collected from 100 adolescents in Kanyakumari High School and JS PU College Bangalore in 2023 using a structured interview schedule, lasting 20-30 minutes per participant, after obtaining their consent

**Results**

**Table 1: Demographic profile of Adolescents**

Demographic variables	Frequency (f)	Percentage (%)
<b>1. Age (years)</b>		
13-14 years	18	18.0
15-16 years	39	39.0
17-18 years	43	43.0
<b>2. Gender</b>		
Male	58	58.0
Female	42	42.0
<b>3. Religion</b>		
Hindu	74	74.0

**SCHEMATIC REPRESENTATION OF THE RESEARCH STUDY**



Muslim	17	17.0
Christian	6	6.0
Others	3	3.0
<b>4. Family type</b>		
Nuclear family	76	76.0
Joint family	24	24.0
<b>5. Food pattern</b>		
Vegetarian.	45	45.0
Mixed diet.	55	55.0
<b>6. Class studying</b>		
8th std	20	20.0
9th std	20	20.0
10th std	20	20.0
I PUC	20	20.0
II PUC	20	20.0
<b>7. Family income</b>		
Less than Rs. 10000	23	23.0
Rs. 10001-20000	46	46.0
More than Rs. 20001	31	31.0
<b>8. Source of information</b>		
Mass media	48	48.0
Health Personnel	26	26.0
Academics	10	10.0
Friends and Relatives	12	12.0
Others	4	4.0
<b>9. Stress relieving habits</b>		
None	46	46.0
Physical exercises	32	32.0
Yoga	13	13.0
Relaxation techniques	9	9.0

**Table 2: Distribution of adolescents according to level of knowledge regarding management of psychological distress**  
N=100

Knowledge level	Pre-test		Post test	
	Frequency	%	Frequency	%
Inadequate knowledge	49	49.0	7	7.0
Moderate knowledge	35	35.0	43	43.0
Adequate knowledge	16	16.0	50	50.0
<b>Total</b>	<b>100</b>	<b>100</b>	<b>100</b>	<b>100</b>

Pre-test results showed 49% of adolescents had inadequate knowledge, 35% moderate, and 16% adequate. Post-test results after receiving an information booklet showed a significant improvement: 50% adequate, 43% moderate, and 7% inadequate knowledge.

**Table 3: analysis of pre test and post test knowledge scores of adolescents N = 100**

Knowledge aspects	No. of Items	Max. Score	Mean	Mean %	Median	SD
Pre test	30	30	17.14	57.13	18	4.621
Post test	30	30	22.81	76.03	22.5	4.282

Pre-test results showed adolescents had moderate knowledge (mean score: 17.14, 57.13%). Post-test results showed significant improvement (mean score: 22.81, 76.03%) after receiving an information booklet, indicating its effectiveness in enhancing adolescents' knowledge on managing psychological distress.

**Table 4: Comparison of knowledge scores of adolescents regarding management of psychological distress n=100**

Knowledge aspects	Pre test		Mean difference	t value	Inference
	Mean	SD			
Pre test	17.1	4.6	5.67	9.692	S
Post test	22.8	4.2			

The "t" value (9.692) is greater than the table value at 0.05 significance, indicating a highly significant difference between pre-test and post-test knowledge scores. Thus, the hypothesis that the information booklet improves adolescents' knowledge on managing psychological distress is accepted.

**Findings**

Mean pretest knowledge score 17.14 (57.13%), indicating moderate knowledge. Post-test mean score was 22.81 (76.03%), showing significant improvement in

knowledge about managing psychological distress after receiving the information booklet. The obtained "t" value 9.692 is greater than the table value both at 0.05 level of significance. Therefore, "t" value is found to be highly significant. The study found a significant association between adolescents' knowledge levels and factors like age, family type, diet, and class level (p<0.05).

**Conclusion**

The study concludes that adolescents' knowledge about managing psychological distress improved significantly after receiving an information booklet. Additionally, a significant association was found between knowledge and demographic variables such as age, family type, diet, and class level.

**Recommendations**

On the basis of the findings of the study following recommendations have been made:

- A Similar study can be replicated on large sample to generalize the findings.
- A Similar study can be conducted in different setting.
- A study can be conducted to assess the effectiveness of innovative teaching methods.

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