

## Effectiveness of Mental Health Awareness Module to Overcome Suicidal Ideation Among Advanced Secondary Academy Scholars

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### Keywords

Mental health, Suicidal Ideation Scale, Module

### Abstract

The study was conducted on 60 advanced secondary academy scholars to probe whether any significant effect of mental health awareness modules to overcome suicidal ideation among advanced secondary academy scholars. Investigator developed a mental health awareness module to overcome suicidal ideation and a questionnaire for the Suicidal Ideation Scale for Adolescents and it was used to collect the data which was treated in statistical ways. The result of the study revealed that there's a significant difference between the experimental group and control group of post-test on the mental health awareness module reduced the suicidal ideation level of advanced secondary academy scholars. Therefore, we can say that after the training, the mental health awareness module influences the experimental group of scholars to overcome suicidal ideation.

### 1. Introduction

Mental Health has become a major issue during the adolescent period. Adolescent scholars are facing further cerebral problems because of the impact of moment technology on their health and academic performance. Inordinate use of computers, the internet, and TV affects the academic performance and overall Mental Health of scholars.

While living in a technologically developing society, adolescents as individuals are bedded in a social matrix and are profoundly affected by it. The multitudinous experimental and behavioral challenges arise inescapably in the social terrain on a continuum from family to educational and other social situations, and can only be resolved within it. Similar challenges arise due to the incongruence

between the demands encountered in the terrain and the particular social coffers and chops they've at their disposal to manage the experimental tasks. Moment, teenagers considerably use social networking spots and traditionally this social media is taking the place of real relationships which has resulted in lowered mortal connections and increased social isolation.

Multiple factors affect internal health. The further threat factors adolescents are exposed to, the lesser the implicit impact on their internal health. Factors that can contribute to stress during adolescents include exposure to adversity, pressure to conform with peers, and disquisition of identity. Some adolescents are at lesser threat of internal health conditions due to their living conditions, smirch,

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demarcation or rejection, or lack of access to quality support and services.

Mental health creation and forestallment interventions aim to strengthen an existent's capacity to regulate feelings, enhance druthers to threat-taking actions, make adaptability for managing delicate situations and adversity, and promote probative social surroundings and social networks.

This study requires a multi-position approach with varied delivery platforms – for illustration, digital media, health or social care settings, seminars, or the community – and varied strategies to reach adolescents, particularly the most vulnerable.

## Suicidal Ideation

Suicide is a social and mental health problem, and is a leading cause of death, especially among adolescents. Adolescence is a period between childhood and adulthood. It is a time of rapid change and difficult challenges. This is the time when boys and girls daydream about what they want to be when they develop intense idealism and feel a new relationship with their friends.

Suicide of students has risen from 5.5% of all cases in 2010 to 6.2% in 2013. In the current scenario in India, According to National Crime Records Bureau, 2016, A general cause for concern is the stress from parents to do well in the national and state board examinations, especially at the higher secondary level. As scores in these exams often decide college admissions and subsequent employment opportunities, students aged 16 to 19 are often subjected to pressure at home to succeed. On the contrary, it must also be noted the parent's expectations of their academic achievements and criticisms of their underperformance could be contributing factors to suicidal behavior. When they don't suicide becomes a way out. In 2015 alone, 2471 suicide was attributed to "failure in examination".

## Specific Warning Sign

- Taking About Dying – any mention of dying disappearing, jumping, shooting oneself, or other types of self-harm
- Change in Personality – Sad, withdrawn, irritable, anxious, tired, indecisive, or apathetic
- Change in behavior – Difficulty in concentrating on school work, or routine tasks
- Change in Sleep Patterns – Insomnia, often waiting early to wake or oversleeping, nightmares
- Change in Eating Habits – Loss of appetite and weight, overeating
- Fear of losing control – Acting erratically, harming self or others

## Prevent your child's Suicidal Behaviour

- Prioritize interacting with them in positive ways
- Increase their involvement in positive experiences
- Monitor appropriately your child's whereabouts and communications (i.e., texting, Facebook, Twitter) to keep them safe
- Get involved and be aware of your child's friends
- Communicate regularly with other parents in your community
- Limit your child's access to guns, knives, alcohol, prescription pills, and illegal drugs
- Communicate regularly with your child's school to ensure optimal safety and care for your child in the school setting

## Seek Professional help

- Be safe, not sorry!
- Take appropriate action when needed to protect your child
- Feel that something is not right
- Notice warning signs in your child (including worsening signs)
- Recognize if your child has a lot of risk factors for suicide and few protective factors

# Journal of Coastal Life Medicine

- Find mental health provider that has experience with suicidal youth
- Choose a mental health provider with whom you and your child feel comfortable
- Participate actively in therapy with your child
- Call 911 or take your child to a hospital in case of an emergency
- Suicidal thoughts or behaviors are a mental health emergency

## Statement of the Problem

To study the Effectiveness of the Mental Health Awareness Module to overcome Suicidal Ideation of advanced secondary academy scholars.

## Objects of the Study

1. To identify the position of mental health and being the position of suicidal ideation among advanced secondary academy scholars
2. To develop a Mental Health Awareness Module (MHAM)
3. To find out the Effectiveness of the Mental Health Awareness Module to overcome Suicidal Ideation among advanced secondary academy scholars.
4. To compare the mean scores of the experimental group and control group of suicidal ideation among advanced secondary scholars ahead and after the training.

## Hypotheses of the Study

1. The position of mental health is moderate among advanced secondary academy scholars.
2. The position of suicidal Ideation is moderate among advanced secondary academy scholars.
3. There's no significant difference between the experimental group and control group in the pre-test scores of advanced secondary academy scholars in suicidal ideation.
4. There's no significant difference between the experimental group and control group in the post-test scores of advanced secondary academy scholars in suicidal ideation.
5. There's no significant difference between the pre-

test and post-test scores of experimental groups on suicidal ideation after treatment of the Mental Health Awareness Module.

## A variable of the study

The present study includes the following dependent variable and independent variables  
**Independent Variable** - Mental Health Awareness Module

**Dependent Variable** - Suicidal Ideation

## Exploration Design

exploration design is a mapping strategy that's grounded on slice fashion. an experimenter designs the work before getting the training underway.

At first, the experimenter collected data from 180 advanced secondary academy scholars by using intentional slice ways, to assay the being position of mental health and suicidal ideation position. After that, the investigator selected 60 adolescent students with moderate levels of mental health and suicidal ideation for the main study.

In this study, the experimental design was employed. In this study, investigators named 60 advanced secondary academy scholars of XI and XII classes. They're the scholars of Thamarai Matriculation Advanced Secondary Academy, Thamaraipalayam( Private) in Erode District, Tamil Nadu.

Two groups with 30 scholars in each group were formed. One group is an experimental group and the other group is controlled. Among the colorful styles and procedures for the accession of data, the experimenter employed the tool Suicidal Ideation Scale for advanced secondary academy scholars – developed by Investigator was used for data collection. The Suicidal ideation scale can be scored by hand only.

Development and confirmation of Mental Health Awareness module. The construction of mental health awareness module is a veritably critical task. The investigator considered himself a coach. The investigator named content in the Mental health awareness module to overcome suicidal ideation and developed the objects and tutoring material through PPT, and flashcard tutoring strategy. The investigator collected the filmland, stills, and

# Journal of Coastal Life Medicine

postures for yoga and contemplation, from the internet. The filmland and postures apply to the content.

## 2. Experimental Procedure

Before administering the tools, it was necessary to approach the scholars. In this regard, authorization of the star of the seminaries from which the sample was taken to trial on the academy demesne after that investigator explained the planning and purpose of the study. After this, scholars of class XI and XII of the advanced secondary academy scholars were named and informed about the plan and purpose of the trial. After this, the sample would interact with the course of the trial, the fellowship was established with them and they were given the mental health awareness module to study the impact of the module.

### Phase-I: Formation of Groups

The experimental procedure was executed. The procedure consisted of three stages – the first stage involved the formation of two groups based on matched randomization using the level of suicidal ideation and mental health status as matching criteria. One group is experimental and another group is a control group.

### Phase -II: Treatment

After the formation of experimental and control groups based on matched randomization using suicidal ideation level as the criterion for matching, two groups were given specific treatment. On day one pre-test was conducted for both groups. From day two onwards, a mental health awareness module was administered for 1 hour and was conducted for 15 days for the Experimental Group. To find out the impact of the independent variables, the experimental variables are manipulated in the form of mental health awareness. The experimental group was given a demonstration for (breathing practices, meditation, yoga, sleeping schedule, self-awareness, self-control, locus of control, etc.) and subjects were provided with an instruction module. Control group no treatment was given. The mental health awareness module process was carried out for three weeks schedule.

### Phase – III post-test

After completing the treatment session, the subjects of both groups were administered the post-test on suicidal ideation, at the same time and the data was collected. In this way, post-test scores were obtained on the suicidal ideation of adolescent students of both groups.

### Tool used

The investigator used an appropriate questionnaire for both the pre-test and post-test. A questionnaire developed by the Investigator with a seven-point scale

### Statistical part

- Descriptive analysis • ‘t’ test (Paired sample)

Analysis of data and Interpretation

### Percentage Analysis

**Hypothesis 1: The level of Mental Health Status is moderate among Adolescent Students for the sample.**

Table: 1. Mental Health Status of the adolescent students

Level	N	Adolescent students		
		Low	Moderate	High
MHAS	180	22%	62%	13%

From the above table-1 that 22% of the adolescent have a low level of mental health, 62% of moderate level of mental health, and 13% of a high level of mental health, majority of the adolescent students have a moderate and low level of mental health.

**Hypothesis 2: The level of Suicidal Ideation is moderate among Adolescent Students for the Total sample.**

Table: 2. Suicidal Ideation of the adolescent students

Level	N	Adolescent students		
		Low	Moderate	High
Suicidal Ideation	180	16%	66%	18%

From the above table-2 that 16% of the adolescent have a low level of social anxiety, 66% of moderate

# Journal of Coastal Life Medicine

level of social anxiety, and 18% of a high level of suicidal ideation, majority of adolescents have moderate and high levels of Suicidal Ideation.

**Hypothesis-3: There is no significant difference between the experimental group and control group in the pre-test scores of adolescents on Suicidal ideation.**

Table-3 Differences between the experimental group and control group in pre-test scores of the mental health awareness module on suicidal ideation, using paired t-test

Variable	N	Exp. group		Con. group		T
		M	SD	M	SD	
SI	30	26.6	4.67	27.20	4.78	1.01

Above table-3 shows that the calculated 't' value (1.011) is less than the table value of 1.96 at 0.05 level, we can understand that both the experimental and control group of pre-test scores are **not**

**Table-4 Differences between an experimental group and control group in post-test scores of mental health awareness on suicidal ideation, using paired t-test**

Variable	n	experimental group		control group		T	Significant (2-tailed)
		mean	sd	mean	sd		
Suicidal Ideation	30	19.17	6.762	26.53	4.939	8.820	0.000

From the above table-4, the calculated 't' value (8.820) is greater than the table value of 2.58 at 0.01 level, we can understand that both experimental and control groups' post-test scores differed significantly. From the above discussion, the investigator concludes that mental health awareness reduces the suicidal ideation of adolescent students. Thus, we can say that the intervention impact of the mental health awareness module influenced the experimental group of adolescent students to overcome suicidal ideation.

The above results show that the **hypothesis is rejected**. So, there is a significant difference between an experimental group and a control group

**Table-5 Mean differences between pre-test and post-test within an experimental group on scores of mental health awareness on suicidal ideation, using paired t-test**

Variable	N	Pre-test		Post-test		T	Significant (2-tailed)
		mean	sd	mean	sd		
Social anxiety	30	26.63	4.672	19.17	6.762	9.378	0.000

**significantly** different. From the above discussion, the investigator concludes that before treatment both the experimental group and control group scores are similar in the pre-test on suicidal ideation.

From the results, the null hypothesis is accepted. So, there is no significant difference between the experimental group and control group in the pre-test scores of adolescent students in Suicidal ideation. Further, the mean scores of the experimental groups are 26.63, which is merely equal to the mean scores of the control group 27.20. It may conclude that, before treatment, both groups are similar in mental health awareness status on suicidal ideation among adolescent students.

**Hypothesis-4:**

There is no significant difference between the experimental group and control group in the post-test scores of adolescent students on Suicidal ideation.

in post-test scores of adolescent students on suicidal ideation. Further, the mean scores of the experimental groups are 19.17, which was found much less than the mean scores of the control group 26.53. It may conclude that after treatment there is a significant impact of the mental health awareness module in reducing the suicidal ideation level of adolescent students.

**Hypothesis-5:**

There is no significant difference between the pre-test and post-test scores of experimental groups of adolescent students with Suicidal ideation.

# Journal of Coastal Life Medicine

From the above table-5, the calculated 't' value (9.378) is higher than the table value of 2.58 at 0.01 level, we can understand that both pre-test and post-test scores in the experimental group differ significantly. From the above discussion, investigators conclude that mental health awareness training reduces suicidal ideation in adolescent students. Thus, we can say that after the intervention, the impact of the mental health awareness module influences the adolescent to overcome suicidal ideation among adolescent students.

The above results show that the **hypothesis is rejected**. So, there is a significant difference between pre-test scores and post-test scores of experimental groups of adolescent students with suicidal ideation. Further, the post-test mean score of the experimental group 19.17, was found much less than the pre-mean scores of the experimental group 26.63. It may conclude that after the treatment, there is a significant impact on the mental health awareness module in reducing the suicidal ideation of adolescent students.

## Scope of the study

The investigator proposes to develop a Mental Health Awareness Module specifically considering the different domains of the mental health of adolescents, by adopting standardized and reliable procedures the result raised out of this research will be highly beneficial for the social development of adolescents.

## Scope for Future Research

- A similar study can be conducted on other populations.
- Several other psychological variables can be taken for research.
- The study was conducted in only one private school in Erode District. It can be extended to other Government / Aided schools.
- A comparative study can be done by selecting schools from each district in Tamil Nadu States.

## Conclusion

There is a significant impact of the mental health

awareness module on suicidal ideation among adolescent students showing a level of reduction in suicidal ideation in the experimental group who had undergone the treatment than those who did not undergo mental health awareness treatment.

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