



## PSYCHOLOGICAL INTERVENTIONS ON MENTAL HEALTH OF ADOLESCENT BOYS

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### Abstract

To achieve the purpose of the present study, thirty students from the schools of Chennai were selected as subjects at random and their age ranged between 16 and 18 years. The subjects were selected randomly and divided them into two equal groups. The groups were named as experimental (Psychological Intervention) and control group (CG). The experimental group underwent psychological intervention for six weeks which include deep breath relaxation technique, positive self-talk and Cognitive behavior therapy (CBT), whereas the control group had not exposed any experimental training. The mental health status was assessed through standardized tool prepared by Dr.Jagadish & Dr. A.K.Srivastava. The Scores range from 44 to 176. The mental health was assessed for both the groups before and after the experimental training. To find out the significant improvement paired 't' test was applied. The total score obtained by psychological intervention group was higher than the control group on mental health among adolescent boys.

**Keywords:** Psychological Intervention, Mental Health.

### INTRODUCTION

Psychological interventions includes treatments that focus on relapse prevention, positive psychotic symptoms, negative psychotic symptoms, and associated difficulties such as anxiety, depression, and substance use. Psychological interventions should be an integral part of treatment offered to young people and their families at all phases of the recovery process. These interventions can be used in individual therapy or group settings, and can be targeted to address a wide range of issues. (McGorry, 2012)

Mental health is a level of psychological well-being, or an absence of mental illness. It is the "psychological state of someone who is functioning at a satisfactory level of emotional and behavioral adjustment". From the perspective of positive psychology or holism, mental health may include an individual's ability to enjoy life, and create a balance between life activities and efforts to achieve psychological resilience. Deep breathing is a simple, but very effective, method of relaxation. It is a core component of everything from the "take ten deep breaths" approach to calming someone down, right through to yoga relaxation and Zen meditation. It works well in conjunction with other relaxation techniques such as Progressive Muscular Relaxation, relaxation imagery and meditation to have control over various psychological factors. ([www.mindtools.com](http://www.mindtools.com))

Positive self-talk means purposely giving oneself positive reinforcement, motivation, and recognition- just as one would do for a friend. Congratulate yourself when you do well, and remind yourself of your abilities, accomplishments, strengths and skills. Keep a to-do list, check off accomplishments,

and review your progress periodically. (Julie Griffin Levitt, Lauri Harwood 2009). Cognitive behavioral therapy (CBT) is a psychotherapeutic approach that addresses dysfunctional emotions, maladaptive behaviors and cognitive processes and contents through a number of goal-oriented, explicit systematic procedures. The name refers to behavior therapy, cognitive therapy, and to therapy based upon a combination of basic behavioral and cognitive principles and research. CBT is thought to be effective for the treatment of a variety of conditions, including mood, anxiety, personality, eating, substance abuse, tic, and psychotic disorders. (Lambert MJ, Bergin AE, Garfield SL 2004).

### PURPOSE OF THE STUDY

The purpose of the study was to find out the effect of psychological interventions on mental health of adolescent boys.

### REVIEW OF RELATED LITERATURE

Vijay Kumar, Pawan Kumar and Reena Kumari (2013) did a research on "Study of Mental Health of Pupil Teachers in Relation to their Gender and Locality". The present study was conducted to study and compare mental health of pupil teachers in relation to their gender and locality. A total sample of 160 Pupil-Teachers were taken from the selected eight B.Ed. colleges of H.P. To collect requisite data for the present study, the researcher used the mental health inventory (MHI) (Hindi Version) Constructed by Dr. Jagdish and Dr. A. K. Srivastav Deptt. of Psychology. B.H.U. Varanasi. Mental health inventory (MH1) covers six dimensions of mental health: For analysis and interpretation of data the investigator has used t'- test to find out the means difference in

different component of mental health of Pupil-Teachers. The finding of the study revealed that pupil teachers did not differ significantly in their mental health with respect to their gender and locality.

**METHOD**

To achieve the purpose of the present study, thirty students from the schools of Chennai were selected as subjects at random and their age ranged between 16 to 18 years. The subjects were selected randomly and divided into two equal groups. The groups were named as experimental (Psychological Intervention) and control group (CG). The experimental group underwent Psychological Intervention training for three days a week for a period of 6 weeks in addition to their school timings. Experimental treatment was given only in the

evening between 3.30.p.m. and 5.00.p.m. the regular practice, which includes deep breath relaxation technique, positive self-talk and cognitive behavioral therapy. The control group was not exposed to any experimental training. Before the training pre test was conducted to assess the mental health status prepared by Dr.Jagadish & Dr. A.K.Srivastava for both the groups. The Scores range from 44 to 176. After the experimental training period of 6 weeks, the post test was conducted. To find out the significant improvement paired t’ test was applied. (Thirumalaisamy,1998).

**RESULTS**

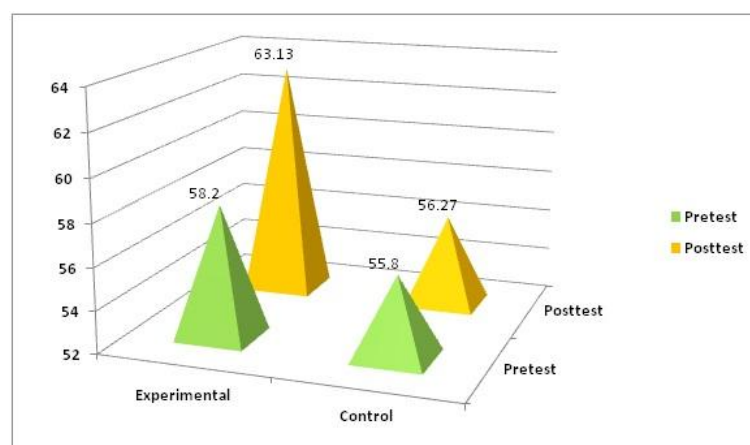
From the analysis of the data, the following results were drawn.

**TABLE I**  
**MEAN, STANDARD DEVIATION AND PAIRED T TEST OF MENTAL HEALTH AMONG ADOLESCENT BOYS**

Group	Test	Mean	SD (±)	Mean Difference	t’ ratio
Control	Pre	55.8	0.88	0.47	1.97
	Post	56.27			
Experimental	Pre	58.2	2.21	4.93	8.37*
	Post	63.13			

\* Significant at 0.05

**FIGURE 1**  
**SHOWS THE PRE AND POST TEST DIFFERENCES ON MENTAL HEALTH OF EXPERIMENTAL AND CONTROL GROUPS AMONG ADOLESCENT BOYS**



**DISCUSSIONS**

The result reveals that the total score obtained by psychological intervention group was higher than the control group on mental health among adolescent boys. This may be due to the regular practices of psychological interventions that include deep breath relaxation, positive

self talk and counseling which helped the students to have better control over different dimensions of mental health.

**CONCLUSION**

The conclusion was drawn within the

limitations of the study. The psychological intervention group has shown significant improvement on mental health of adolescent boys than the control group.

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