

Comparison of Educational Lecture Method and Psychogame in Enhancing Adolescents' Mental Health Literacy

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Background

Indonesia-National Adolescent Mental Health Survey (I-NAMHS 2022):

1 of 3 (34,9%) had a mental health problem
1 of 20 (5,5%) had a mental health disorder

- Mental health literacy**, as one of the criteria for good mental health, refers to an individual's understanding of how to achieve and maintain positive mental well-being.
- One of the key factors supporting adolescents mental health is **promoting mental health** to them

Objective

To compare the effectiveness of educational lecture method and Psychogame in enhancing adolescents' mental health literacy

Methods

- Quantitative study** with an **experimental design** (two-group pretest post-test design)
- Comparative test** : Independent T-Test or Mann-Whitney U Test.
- Subjects** : Students of Mataram 5th Junior High School, aged 13–15 years.
- Instrument** : Mental Health Literacy Questionnaire (MHLQ)

Results

Table 1. Subject characteristics

Characteristics	Lecture		Psychogame	
	n	%	n	%
Gender				
Male	45	45,9%	51	49%
Female	53	54,1%	53	51%
Age (years)				
13 Years	36	36,7%	56	45,5%
14 Years	60	61,2%	44	51,5%
15 Years	2	2%	4	3,8%

Gain Score Analysis

Psychogame 0,04 (SD ± 0,44) > **Lecture** -0,06 (SD ± 0,25)

The P-Value of Mann-whitney test 0,045 concluded that there is a **significant difference between the two methods**

Table 2. Comparative gain score analysis

No	MHLQ Item	Gain Score		P- Value
		Lecture	Psychogame	
1	Minor anxiety helps in achieving excellent performance.	-0,03 ± 0,04 (3,06%)	0 ± 0,04 (0%)	0,58
2	Someone who sees and hears things that are not real is considered to have a delusional disorder.	0,04 ± 0,05 (4,08%)	0,03 ± 0,04 (2,88%)	0,84
3	Three symptoms of depression are sleep disturbance, feelings of unworthiness, and suicidal thoughts.	0,06 ± 0,05 (6,12%)	-0,03 ± 0,05 (2,88%)	0,22
4	People with mental disorders could reach a healthy mind.	-0,06 ± 0,05 (6,12%)	0,02 ± 0,05 (1,92%)	0,25
5	Constantly having suicidal thoughts is a normal reaction to overcome stress.	-0,01 ± 0,04 (1,02%)	0,03 ± 0,04 (2,88%)	0,52
6	Alternative treatments such as spiritual therapy or herbal medicine can cure depression.	0 ± 0,05 (0%)	0,03 ± 0,03 (2,88%)	0,65
7	Panic disorder, social anxiety disorder, and generalized anxiety disorder are examples of anxiety disorders.	0,01 ± 0,04 (1,02%)	0,03 ± 0,05 (2,88%)	0,56
8	Academic challenges at school could lead to post-traumatic stress disorder (PTSD).	-0,02 ± 0,04 (2,04%)	0,1 ± 0,04 (9,61%)	0,03*
9	Someone with Attention Deficit/Hyperactivity Disorder (ADHD) can achieve academic excellence with the help of treatment and specialized learning techniques.	0,01 ± 0,04 (1,02%)	0,02 ± 0,04 (1,92%)	0,87
10	Breathing exercises are techniques that can help you in stressful situations.	-0,23 ± 0,05 (23,47%)	-0,04 ± 0,05 (3,85%)	0,01*
	Total	-0,06 ± 0,25 (6,18%)	0,04 ± 0,44 (3,54%)	0,04*

The P-value obtained from the Mann–Whitney U test showed a significant difference in item numbers 8 and 10, as well as in the overall gain score.

	Psychogame	Lecture
Advantages	high engagement, visually appealing, reduces the perception of "studying"	shorter duration and can be used for big group settings
Challenges	longer duration, requires more facilitators, limited to small group settings, needs more supervision	maintained participants' attention throughout the lecture

Psychogame

Scan for Psychogame tutorial video



Psychogame box



All components



Symptom and action card based on WHO Mental Health in Schools: Manual



SDQ detection card



Chance card

Keywords

lecture, Psychogame, mental health literacy, adolescent

Conclusion

The study concluded that Psychogame is more effective than educational lecture method in enhancing adolescents' mental health literacy. For future research, it is recommended to evaluate the effectiveness of Psychogame among adolescents of different age groups.

References

