

Effect of Holistic Approach Program on Mental Health among Adolescents of Barangay Dita, City of Santa Rosa, Laguna

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Abstract

Latest studies have shown growing concerns on the adolescents' mental health problems specifically depression, anxiety and stress. This study utilized one group pre-test post-test descriptive design that aims to determine the prevalence of mental health problems and to determine the effect of holistic approach program to adolescents at risk. Two-phase sampling technique was applied. Initial sampling was done to determine those who have mental health problems among the population. Using modified and translated DASS-21, result revealed an over-all prevalence of 89%. Second-phase sampling included the 32 adolescents with mental health problems and underwent holistic approach intervention program. The specific prevalence showed 93.75% for depression, 84.38% for anxiety and 75% for stress. The following causes of mental health problem addressed were heavy use of social media, lack of socialization and self-esteem, peer pressure, academic difficulties, unhealthy diet, lack of sleep, low spirituality, conflict with family and friends. After the 8-sessions of the intervention program, initial over-all prevalence (100%) decreased (56.25%); depression, anxiety, and stress decreased as well (9.34%, 50% and 18.75%). Prevalence of lack of self-esteem and socialization decreased (53.12% to 18.75%), praying time increased to 62.50%. Eating junkfoods decreased (100% to 46.87%) and lack of sleep decreased as well (75% to 15.62%). Peer pressure decreased (43.75% to 18.75%), conflicts with family and friends decreased from 65.62% to 12.5% and 62.50% to 25%, respectively. Academic difficulties were resolved (62.5% to 6.25%). Therefore, the holistic approach intervention program was seen to be an effective tool in addressing depression, anxiety and stress among the adolescents.

Keywords: mental health, adolescents, anxiety, depression, stress, holistic approach program