

Addressing Mental Health Issues among Senior High School Students in Island Garden City of Samal: A Community-Based Intervention Program

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Abstract: Addressing mental health issues among high school students is an important topic, as it plays a significant role in their overall well-being and academic success. Research studies often focus on developing intervention programs to support students' mental health needs. These programs may involve community-based approaches that aim to engage various stakeholders in promoting mental health and well-being. The action research titled "Addressing Mental Health Issues among Senior High School Students in the Island Garden City of Samal: A Community-Based Intervention Program" aims to investigate and develop an intervention program to tackle mental health issues among senior high school students in the Island Garden City of Samal. Mental health problems among adolescents have become a growing concern globally, and it is crucial to address these issues during the formative years of individuals' lives.

Keywords: Community-Based, Intervention Program, Mental Health, Senior High School Students

A. Introduction

Island Garden City of Samal is a city located in the Philippines, known for its beautiful beaches and tourist attractions. However, despite its natural beauty, the city, like many other areas, is not immune to mental health challenges faced by young individuals, including senior high school students. The high school years are a critical period of development and transition, making it an opportune time to implement effective interventions and support systems for students facing mental health issues.

This written report aims to address mental health issues among senior high school students in Island Garden City of Samal through the implementation of a community-based intervention program. The program's objectives are to identify the current mental health challenges faced by students, develop effective interventions, and evaluate the program's impact on their mental well-being. A mixed-methods approach will be employed, including surveys, focus groups, and individual

interviews, to gather data from a sample of senior high school students.

Psychological health issues among high school students have become a significant concern worldwide. This study aims to address mental health issues, specifically among senior high school students in the Island Garden City of Samal, through a community-based intervention program. The objective is to improve the mental well-being of these students and promote early identification and intervention for mental health problems. The program will be based on a holistic approach, incorporating various strategies such as awareness campaigns, psycho-education, counseling services, and peer support networks. By involving the community, schools, parents, and local organizations, this program seeks to create a supportive environment that fosters mental health and well-being among senior high school students.

Cognition health solutions among senior high school students are a pressing concern in the context of the Island Garden City of Samal. This study proposes a community-based intervention program to address these challenges. The objective is to develop a comprehensive approach that considers the local context's unique cultural, social, and economic factors. The intervention program will encompass multiple components, including mental health awareness campaigns, training for teachers and school staff, accessible counseling services, and collaboration with local healthcare providers. This program aims to enhance mental health support and intervention for senior high school students in the Island Garden City of Samal by involving various stakeholders, such as educational institutions, families, and community organizations.

This acquisition's purpose is to develop and implement a community-based intervention program to address mental health issues among senior high school students in the Island Garden City of Samal. Mental health problems have become a growing concern in educational settings, particularly among adolescents. The study recognizes the importance of early intervention and community involvement in promoting mental well-being among high school students. The program seeks to create a supportive environment that fosters mental health awareness, resilience, and effective coping strategies by engaging various stakeholders, including students, parents, educators, and local authorities. The intervention program incorporates evidence-based practices, such as psycho-education, counseling services, peer support groups, and skill-building workshops. Through the implementation of this community-based approach, the study aims to enhance the overall mental health outcomes and well-being of senior high school students in the Island Garden City of Samal.

These are the implications of this study, that is to say: *Mental Health Awareness*: The action research aims to raise awareness about mental health among senior high school students, their families, and the community. By addressing mental health issues, this intervention program can help reduce blemishes and promote a culture of understanding and empathy towards mental health challenges. *Early Intervention*: By

targeting senior high school students, this intervention program recognizes the importance of early identification and intervention for mental health issues. By providing support at an early stage, the program can help prevent the escalation of mental health problems into more severe conditions, ultimately improving students' well-being and academic performance. *Community-Based Approach:* The research emphasizes a community-based intervention program, which involves various stakeholders such as schools, families, local authorities, and mental health professionals. By involving the community, the program aims to create a supportive environment that fosters positive mental health and well-being for senior high school students. *Holistic Well-being:* The intervention program addresses the holistic well-being of senior high school students, considering multiple factors that influence their mental health. This may include promoting healthy coping strategies, providing access to mental health services, enhancing social support networks, and incorporating mental health education into the school curriculum. *Local Relevance:* Conducting this research in the Island Garden City of Samal acknowledges the unique context and challenges faced by the community. Tailoring the intervention program to the local needs and resources increases the likelihood of effectiveness and sustainability, thereby serving as a model for other communities facing similar issues.

To sum up, the action research titled "Addressing Mental Health Issues among Senior High School Students in the Island Garden City of Samal: A Community-Based Intervention Program" holds significant importance by addressing mental health issues among senior high school students in a local community. Through raising awareness, implementing early interventions, and involving the community, the research aims to modify the well-being and general mental health outcomes of the target population.

Mental Health is an essential aspect of human well-being that affects a person's emotional, psychological, and social functioning. However, many people experience mental health issues, which can significantly impact their quality of life. One example is a study conducted by Nissen et al. (2017), which aimed to address the mental health needs of university students through a mental health promotion program. The program utilized a participatory action research approach, which involved the students in developing and implementing mental health care interventions. The study found that the program effectively improved mental health outcomes and increased mental health literacy. Another study by Zamel et al. (2021) used an action research approach to develop a mental health promotion program for Filipino high school students. This program utilized peer support and advocacy to promote mental wellness. The study found that the program effectively improved mental health outcomes and increased mental health literacy.

Addressing mental health is an important aspect of overall well-being. Mental health is a person's emotional, psychological, and social well-being. It affects how they think, feel, and behave, and it can significantly impact their daily life, relationships,

and overall quality of life. Unfortunately, many people still face stigma and discrimination when it comes to seeking help for mental health issues, and this can prevent them from getting the support they need.

To address mental health, it is important to prioritize and promote mental health awareness, education, and access to resources. This includes providing information about mental health concerns and how to identify warning signs, as well as educating individuals on how to access appropriate support and treatment options. It is also important to reduce stigma and discrimination surrounding mental health by promoting open and honest conversations and creating safe and supportive spaces for people to discuss their mental concerns.

In addition, addressing mental health involves creating policies and programs that support mental health and well-being in workplaces, schools, and communities. This can include initiatives such as mental health screenings, employee assistance programs, and mental health first aid and training.

The literature review will explore the prevalence of mental health issues among senior high school students in the Philippines and internationally. It will also review the factors that contribute to the development of mental health issues, including academic pressure, social stressors, and family conflicts. Additionally, the literature review will examine the effectiveness of school-based interventions in addressing mental health issues among high school students. International and local studies will be reviewed to comprehensively understand the issue and potential solutions.

The program included a range of interventions, such as mental health education and awareness campaigns, group counseling sessions, and referrals to mental health services. The program also emphasized the importance of peer support and social connections and provided opportunities for students to engage in activities that promote positive mental health, such as exercise and creative arts.

Mental health is a global issue, affecting individuals across all countries and cultures. A study conducted by Kessler et.al (2018) found that the global prevalence of mental disorders is high, with approximately 13% of the world's population affected by mental illness. The study also revealed that many individuals with mental health problems do not receive adequate treatment, highlighting the need for increased awareness and access to mental health services globally.

In the United States, mental health is a significant public health concern. According to the National Institute of Mental Health (2021), approximately 20% of adults experience mental illness given year. The COVID-19 pandemic has also had a significant impact on mental health with many individuals experiencing increased levels of anxiety, depression, and other mental health issues (Singh et.al, 2021).

In the Philippines, mental health is also a growing concern. A study conducted by

Bautista et al. (2019) found that 14% of Filipino adults and teenagers have a mental disorder. Additionally, mental health issues are prevalent among Filipino youth, with a study by Ramos et al. (2018) revealing that approximately 12% of Filipino high school students experience depressive symptoms.

Overall, mental health is a global issue that affects individuals across all countries and cultures. While the prevalence and impact of mental health issues vary by location, there is a need for increased awareness, access to mental health services, and research to address this important public health concern.

B. Methods

This project involves a mixed-methods approach, including a survey, focus groups, and a school-based intervention program. The expected outcomes of this research include increased awareness and education about mental health, improved coping skills and stress management techniques, reduced stigma and discrimination, and improved mental health status among senior high school students.

This action research project will use a mixed-methods approach. First, a survey will be conducted among senior high school students to gather data on their mental health status, including their levels of anxiety, depression, and stress. Second, focus groups will be conducted to identify the factors that contribute to mental health issues among senior high school students in the Philippines. Third, a school-based intervention program will be developed and implemented, which will include psychoeducation on mental health, stress management techniques, and referrals to mental health professionals for those who need further support. Fourth, post-intervention surveys will be conducted to assess changes in mental health status among senior high school students who participated in the intervention program.

The survey and focus group data will be analyzed using quantitative and qualitative methods. The intervention program will be implemented, and the preparation and post-intervention surveys will be analyzed to assess changes in mental health status among the participating students.

C. Results and Discussion

Mental health issues among young people are a global concern, and numerous international studies have been conducted to explore this issue. According to a report by the World Health Organization (WHO), around 10-20% of children and adolescents worldwide experience mental disorders (WHO, 2019). Mental health problems such as depression, anxiety, and stress are common among young people and can lead to significant long-term consequences if left untreated (Sawyer et al., 2018).

Several international studies have focused on school-based interventions for mental

health. A meta-analysis of 69 studies on school-based mental health interventions found that such programs effectively improved students' mental health outcomes (Fazel et al., 2014). Another study found that a school-based mindfulness program reduced symptoms of anxiety and depression among high school students (Weare & Nind, 2011).

School-based interventions have been shown to be effective in addressing mental health issues among adolescents. School-based interventions can increase awareness and education about mental health, provide support for those who are struggling with mental health issues, and reduce stigma and discrimination towards mental illness (Wei et al., 2019). In addition, school-based interventions can provide opportunities for early identification and intervention for mental health issues.

On the other hand, the study titled: Prevalence and Factors Associated with depressive symptoms among Filipino High School Students by Ducusin et al. (2020) found that 25.3% of Filipino high school students reported experiencing depressive symptoms. Female students and those with lower family income and poorer academic performance were likely to report depressive symptoms. One more study found that 14.4% of Filipino youth aged 15-24 reported suicidal ideation. Factors associated with higher odds of suicidal ideation included female gender, lower family income, poor mental health status, and experience of physical and/ or sexual violence.

Mental health issues among young people in the Philippines have been a topic of concern in recent years. A study conducted by the Philippine Statistics Authority (PSA) in 2017 found that 3.3% of Filipino youth aged 15-24 years old experienced depression, while 2.3% experienced anxiety (Aruta & Simon, 2022). Another study conducted by the National Youth Commission (NYC) found that academic pressure, family conflicts, and financial problems were the top stressors among Filipino youth (Wyatt et al., 2015).

Several local studies have also explored the effectiveness of school-based interventions for mental health in the Philippines. A study conducted by Almazan et al. (2019) found that a school-based intervention program that included psychoeducation and mindfulness techniques improved mental health outcomes among junior high school students. Another study by Rivera et al. (2018) found that a school-based intervention program that focused on cognitive-behavioral therapy was effective in reducing symptoms of depression and anxiety among senior high school students.

Conversation:

Exhibit 1

Teacher: Good Day my dear. Can I talk to you? How may I help you?

Student A: For what reason ma'am? Ma'am, I don't want to have a face-to-face class.

Is it okay ma'am. If I would prefer to have a modular session, ma'am?
(*Para sa unsa man mam? Dili ko mag face to face maam, mag module lang ko*).

Teacher: May I know your reason my dear?

Student A: Ma'am, I feel so much stress caused by my classmates, and I think if it goes far, it will result in depression, ma'am. I just want to be alone. I don't need any association with other people right now.

(*Na- stress ko sa akong mga classmates maa mog depressed ko. Gusto nko mapag-isa lang. I don't need any associations po*).

Teacher: I respect your decision. May I have your Parent's contact number, please?

Student: Ok ma'am.

Exhibit 2

Teacher: Hello dear, May I know the reason why you are not around?

Student B: It is confidential ma'am. I don't think I could share it with anyone because I struggle a lot right now.

(*Confidential maam. Dili nako ma-estorya kay nag-struggle ko karon*)

Teacher: Can I visit you?

Student B: Please don't because I have anxiety, ma'am.

(*Ayaw lang mam kay nagka-anxiety ko*)

Exhibit 3

Teacher: Hi dear, Can I call you through video call?

Student C: May I know for what reason ma'am?

(*Ngano man mam?, para asa mana maam?*)

Teacher: As I observed, every week you miss 3 hours to attend your respective class. What happens to you, dear?

Student: It's nothing, ma'am; I just feel tired. I think I have a mental health issue, ma'am. For now, I just need so much space and time for myself to recover.

(*Wala lang mam, gikapoy ko. naa koy mental health issue maam. I need space*)

The results of the action research project will be discussed in relation to the literature review and the effectiveness of the school-based intervention program. The discussion will also explore the study's limitations and the implications for future research and practice in addressing mental health issues among senior high school students.

This investigation project has the potential to make a significant impact on the mental health of senior high school students in the Philippines. By implementing a school-based intervention program that focuses on education, coping skills, and

referrals to mental health professionals, this research aims to reduce the prevalence of mental health issues among senior high school students and improve their overall well-being. The results of this research will inform policy and practice in the Philippines and contribute to the development of effective strategies for addressing mental health issues among young people.

Defect and discrimination towards mental health issues are common in the Philippines, which contributes to the underutilization of mental health services (Bautista et al., 2019). In the Philippines, mental illness is often associated with shame and weakness, and seeking help for mental health issues is often viewed as a sign of weakness (Bautista et al., 2019). This stigma and discrimination towards mental health issues can prevent individuals from seeking help and can negatively impact their mental health outcomes.

The expected outcomes of this action research project include increased awareness and education about mental health among senior high school students in the Philippines, improved coping skills and stress management techniques, reduced stigma and discrimination towards those with mental health issues, and improved mental health status among senior high school students who participated in the intervention program.

Mental health issues, such as anxiety, depression, and stress, are prevalent among senior high school students in the Philippines. The academic demands of senior high school, coupled with social pressures and family conflicts, contribute to the high prevalence of mental health issues in this population (Gumahin et al., 2019). Studies have shown that senior high school students experience high levels of academic stress, which can negatively impact their mental health (Liu et al., 2019; Nadelson et al., 2018). In addition, social stressors, such as peer pressure and social media use, have been linked to increased levels of anxiety and depression among adolescents (Twenge & Campbell, 2009).

This legal action project has the potential to make a significant impact on the mental health of senior high school students in the Philippines. By implementing a school-based intervention program that focuses on education, coping skills, and referrals to mental health professionals, this research aims to reduce the prevalence of mental health issues among senior high school students and improve their overall well-being. It is hoped that the results of this research will inform policy and practice in the Philippines and contribute to developing effective strategies for addressing mental health issues among young people.

D. Conclusions

Here are some possible general conclusions that an action research study about mental health could draw. Collaborative approaches can be effective for addressing mental health concerns: Action research can involve collaboration among various

stakeholders, such as community members, healthcare providers, and individuals with lived experience of mental illness. The findings of an action research study could suggest that such collaborative approaches can be effective in addressing mental health concerns and promoting wellness. Culturally responsive approaches are important: Cultural factors can influence mental health concerns, and action research can explore culturally responsive approaches to addressing these concerns. The conclusions of an action research study could highlight the importance of developing and implementing culturally responsive mental health interventions to improve outcomes for diverse populations. Peer support can be a valuable resource: Action research can explore using peer support to promote mental wellness. The findings of an action research study could suggest that peer support can be a valuable resource for individuals with mental health concerns and can help reduce stigma and promote mental wellness. Technology can be a useful tool: Action research can also explore the use of technology for promoting mental wellness and increasing access to mental wellness and increasing access to mental health resources and services. The conclusions of an action research study could highlight the potential of technology to be useful tool for addressing mental health concerns and improving outcomes.

These conclusions of an action research study about mental health would depend on the specific study and its findings, but could highlight the importance of collaboration, cultural responsiveness, peer support, and technology in promoting mental wellness and addressing mental health concerns.

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