

### A STUDY ON ASSESSMENT OF KNOWLEDGE ON DEPRESSION AMONG STAFF NURSES IN SELECTED HOSPITALS AT ERODE IN TAMIL NADU

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#### ABSTRACT

*Depression has become one of the most significant issues in public mental health worldwide because of its significant level of social and economic burden. Comorbid depression has been linked to poor medical outcomes and high mortality rates in patients with physical disease. The relationship between depression and physical disease can be complex and reciprocal. Moreover, physical disease can enhance an individual's risk for depression. It is said that long hours of working under strict deadlines cause up to 75% of working people to suffer from depression. Work pressure and deadlines have led 53% of the respondents to skip meals and go for junk food. Women employed in sectors that demand more time such as media, knowledge process outsourcing, and touring jobs are unable to take leave when unwell and force themselves to work mainly due to job insecurity, especially, during the current financial meltdown, the report said. Factors such as exposure to industrial pollutants and environmental toxins, poor quality of sleep, lack of exercise, sunlight exposure, poor nutrition, excessive intake of alcohol, and drug abuse also cause depression.*

**Key Words:** Depression, staff nurse, mental health.

#### ABOUT AUTHORS



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## INTRODUCTION

Depression is a common illness worldwide, with more than 264 million people affected. Depression is different from usual mood fluctuations and short-lived emotional responses to challenges in everyday life. Especially when long-lasting and with moderate or severe intensity, depression may become a serious health condition. It can cause the affected person to suffer greatly and function poorly at work, at school and in the family. At its worst, depression can lead to suicide. Close to 800 000 people die due to suicide every year. Suicide is the second leading cause of death in 15-29 year-olds.

Government of India has taken so many measures whereby various provisions related to patient safety, admission, discharge, confidentiality of information and protection of property are made. There has been a sea-change in current understanding of mental illness. It is recognised that persons may be biologically predisposed to certain forms of mental illness. There is a close interaction between life events, stress, lack of support and other environmental factors in precipitating wide range of mental illnesses ranging from serious mental illness to common mental disorders and to personality and behavioural disorders. These factors that trigger mental illnesses also influence recovery from mental illness. One very important development is our understanding that early intervention is more effective and is likely to have a better outcome. Such understanding also helps recognise the need to expand mental health care settings like in general hospitals and in primary health care facilities. This will reduce the stigma of mental illness and improve access to early interventions.

## NEED FOR THE STUDY

Depression is a common mental disorder. Globally, more than 264 million people of all ages suffer from depression. Depression is a leading cause of disability worldwide and is a major contributor to the overall global burden of disease. More women are affected by depression than men. Depression can lead to suicide. There are effective psychological and pharmacological treatments for moderate and severe depression. Depression is a common illness worldwide, with more than 264 million people affected. Depression is different from usual mood fluctuations and short-lived emotional responses to challenges in everyday life. Especially when long-lasting and with moderate or severe intensity, depression may become a serious health condition. It can cause the affected person to suffer greatly and function poorly at work, at school and in the family. At its worst, depression can lead to suicide. Close to 800 000 people die due to suicide every year. Suicide is the second leading cause of death in 15-29 year-olds.

Although there are known, effective treatments for mental disorders, between 76% and 85% of people in low- and middle-income countries receive no treatment for their disorder. Barriers to effective care include a lack of resources, lack of trained health-care providers and social stigma associated with mental disorders. Another barrier to effective care is inaccurate assessment. In countries of all income levels, people who are depressed are often not correctly diagnosed, and others who do not have the disorder are too often misdiagnosed and prescribed antidepressants.

The burden of depression and other mental health conditions is on the rise globally. A World Health Assembly resolution passed in May 2013 has called for a comprehensive, coordinated response to mental disorders at the country level.

Nurses are one of the largest groups of professionals working in the mental health Care system. Their presence in the health care system plays a very important role and helps in speedy recovery from the mental illnesses. Nurses as individuals and nursing as a profession have been advocating for the welfare of the patients. One impact of consumer movements has been to promote increased accountability on the part of all health professionals including nurses. Today's nurses, whether student or staff nurse or those at the administrative level must be aware of mental illness and its nursing care and have knowledge on depression etc.

## STATEMENT OF THE PROBLEM

'A study on assessment of knowledge on depression among staff nurses in selected Hospitals at Erode in Tamil Nadu'

## OBJECTIVES

1. To study the existing level of knowledge on depression among staff nurses in a selected hospitals at Erode.
2. To find out the association between levels of knowledge regarding depression among staff nurses in selected hospitals at Erode and their selected socio-demographic variables.

## RESEARCH METHODOLOGY

**Research approach:** Descriptive Survey Approach was used in this study.

**Research design:** Non Experimental Research design

**Variables:** Knowledge on depression among staff nurses

**Setting of the study:** Selected hospitals at Erode, Tamil Nadu.

**Sample:** 100 Samples are selected for this study.

**Sampling Technique:** Non Probability – Purposive Sampling Technique was used for this Study.

**Tool:** Self-questionnaires for knowledge on depression

## RESULTS

The findings of the study showed that in level of knowledge on depression among staff nurses in psychiatric care, 40% of the subjects had inadequate level of knowledge, 35% of the subjects had moderate level of knowledge and 25% had adequate knowledge regarding depression in psychiatric care. There was a significant relationship between level of knowledge on depression among staff nurses and their selected socio demographic variables such as age, gender, education, occupation, income etc.

## CONCLUSION

The nurses' Knowledge on depression governing psychiatric nursing practice is very much necessary to care for the mentally ill patients. The practice of psychiatric nursing is influenced by care, particularly in its concern for the protection of rights of patients and the quality of care they receive. It has long been known that there is a dynamic relationship between the concepts of mental illness and the treatment of the mentally ill. Hence, this study has been conducted to assess the knowledge on depression among nurses in selected Hospitals at Erode.

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