

A DESCRIPTIVE STUDY TO ASSESS THE KNOWLEDGE REGARDING MENTAL ILLNESS AMONG ADULTS IN SELECTED AREA, AT LUCKNOW

Ms. Mini Paul

Family Nurse Practitioner, Health Care Clinic, Walgreens, Oviedo, Florida.

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ABSTRACT:

Feeling stressed or having the blues is a normal response to the psychological or social challenges most people encounter at some time or another. Hence there is a need to assess the knowledge regarding mental illness in a selected area at Lucknow. The objectives of the study are to assess the knowledge to assess the level of knowledge regarding mental illness among adults of Selected area and to find the association between knowledge scores regarding mental illness with selected demographic variables, on knowledge and attitude and also the correlation between knowledge and attitude scores of students among adults of selected area. The sample selected for the study includes 120 adults of selected area. Non-probability purposive sampling method was used. Data was collected by using structured knowledge questionnaire, based on demographic data, 30 items on knowledge. The knowledge of mental illness among adults was found 40% good knowledge, average knowledge among 26% adults, very good knowledge among 44% adults and no one with poor knowledge. Chi-square values indicate a significant association between the knowledge scores of adults with income i.e. calculated value 14.861 is more than table value 9.51 at 0.05 levels). . So enhancement in knowledge aspect is required.

KEYWORDS: Knowledge; Mental Illness; Adults.

ABOUT AUTHOR



Author Ms. Mini Paul is currently working as full time Family Nurse Practitioner and Manager at Health Care Clinic. Autonomously, conduct physical assessments, perform and interpret diagnostic tests, diagnose and treat common conditions, provide screenings, interventions, counseling, and prescribe medications as needed to patients in specified age categories. She has also worked as registered nurse (part time 24 hrs. /week) in the Cardiovascular surgical ICU with 28 beds at University Health Network, Toronto, Canada (2008-2009), as Assistant Lecturer/Clinical Instructor with Mahatma Gandhi University. Mahatma Gandhi University, Kerala, India (1997-1999), as Clinical Instructor with PSG College of Nursing PSG College of Nursing, Coimbatore, India (1995-1997).

INTRODUCTION:

Mental illness affects one in four peoples in the world-by-world health report. There is still no cure because of stigma. Thus, mental health problem constitutes one of the mental health problems in community. These were a general belief that clients with mental health problem were potentially dangerous. For mental health care to become accessible within existing resource constraints, it must be provided through primary health services. Finally mental health care through primary health services is less expensive and make cost effective both for service providers and recipients.

Closer co-operation between families, mental health professionals and society will result in more efficient and compassionate care. The general public needs a resorted sense of empathy and community in which the different people with mental illness.

Community health nurses should work with families at all levels of functioning. Individuals have been members of family system. Thus, past and present family system, family relationships affect a patient's self-concept, behavior, expectations, values and beliefs, understanding principles of family dynamics and interventions is important. It helps a community health nurse make more acute observations of the individual as well as family. Competence in this area will enhance the ability to select interventions related to promote adaptive functioning and will facilitate the use of positive coping strategies, identify problems of individuals and family.

In India, the number of cases reported due to mental illness are 1-2% neurosis, psychosomatic diseases 2-3%, mental retardation 0.5-1%, psychiatric disorders in children 1-2%, outpatient department attended in government hospital 3.63 million/year, outpatient department attended in private hospitals 2.63 million/year, 15 to 20% of all help seekers in general health services in both developed and developing countries.

Mental disorders have been found to be relatively common, with more than one in three people in most countries. WHO global survey indicates that anxiety disorders are the most common in all country, followed by mood disorders in all countries, while substance disorders and impulse control disorders were consistently less prevalent.

Attitudes of patients and public towards mental illness and treatment is very influencing factor. The investigator feels that often the mentally ill are neglected and humiliated predominantly because of the blind belief that there is no cure for mental illness and hence they could not be assigned any responsibility. These above experiences, provoked the investigators to assess the knowledge on mental illness among adults of selected area.

STATEMENT OF THE PROBLEM:

A descriptive study to assess the Knowledge regarding Mental Illness among adults of selected areas at Lucknow

OBJECTIVES OF THE STUDY:

- 1) To assess the level of knowledge regarding mental illness among adults of selected area.
- 2) To find the association between knowledge scores regarding mental illness with selected demographic variables among adults of selected area.

OPERATIONAL DEFINITIONS:**Assess:**

In this study, it refers to check the extent of knowledge level regarding mental illness among adults with the help of structured knowledge questionnaire.

Knowledge:

In this study, it refers to the correct response obtained from adults regarding mental illness, its causes, symptoms and treatment by using structured Knowledge questionnaire.

Mental Illness:

In this study, it includes an illness or syndrome with psychological or behavioral manifestations or impairment in functioning.

Adults of Selected area:

In this study, it refers to adults in the age group of 21-50 years, who are residing in selected area at Lucknow

Hypothesis

H₁- There is a significant association between knowledge scores regarding mental illness with selected demographic variables among adults of selected area.

Assumption:

- May have some knowledge regarding mental illness.
- May have misconceptions regarding mental illness.

METHODOLOGY:

The present study has been undertaken to assess the knowledge of adults regarding mental illness.

Research Approach:

The investigator has adopted the quantitative descriptive survey approach to assess the knowledge of adults regarding mental illness.

Research Design:

The research design selected for the study is non experimental descriptive research design.

Setting of the Study:

The study was conducted in gomti nagar at Lucknow

Sample and sample size:

A sample is a selected proportion or a subset of units which comprise the population. The sample for the present study included 120 adults of selected area at Lucknow

Sampling Technique:

Non probability purposive sampling technique was used to select the sample according to the purpose of study.

Sampling Criteria:**(a) Inclusion Criteria:**

1. Adults of selected area at Lucknow
2. Adults who are willing to participate in the study.

(b) Exclusion Criteria:

1. Who are not available during the period of data collection?
2. Adults who are mentally and physically ill.

Description of the Tool:

The tool for data collection comprised of three sections.

Section A:

Demographic data consisting of 12 items seeking information about the baseline data such as age, gender, religion, residential area, type of family, occupation, monthly income of the family, source of information about mental illness and any known person mentally ill.

Section B:

Consisted of 30 items on knowledge about mental illness like meaning of mental illness, its causes, symptoms and treatment. In knowledge aspect the items were objective type with choosing the most appropriate response for each item. The correct answer was given a score of 'one' and wrong answer 'zero'

Data Collection Method:

Permission was obtained from the leader to conduct the study. The investigator personally visited each respondent and introduction about the investigator and the purpose of the study was given, and nature of the study was briefly explained. The questionnaire was administered after getting the respondent's consent. Hypothesis is tested at 0.05 level of significance.

Plan for Data Analysis and Interpretation

The data collected has been analysed by using the descriptive method and inferential statistics. The plan for data analysis is as followed by the Percentage, Mean and standard deviation to assess the existing knowledge.

RESULTS:

The data obtained was analyzed in terms of the objectives of the study using descriptive and inferential statistics. Experts in the field of nursing and statistics directed the development of data analysis plan which is as follows:

- a) Organizing data on a master sheet.
- b) Tabulation of the data in terms of frequencies, percentage, to describe the data.

Description of demographic variables of students:

Result shows that the majority of respondents 40% belonged to the age group of 21-30 years whereas 38% belonged to 31-40 years and 22% adults belonged to 41-50 years. With regard to gender, majority of respondents 53% were female and 47% were male. Most the adults 64% belonged to Hindu religion, 10% belonged to Muslim, 9% were Christians and others religion 17%. The majority of adults are 77% married, 23% unmarried.

The majority 76% of adults were from joint family and 34% from nuclear family. The majority of education of adult's 35% secondary, 34% primary, 18% higher education, 12% graduation and 1% uneducated. The majority of adults had business 35%, agriculture 34%, govt. service 17%, private service 13% and only 1% was unemployed. All of adults were residing staying in selected area. Majority 65% of adults family income was below Rs. 10,000, 27% in 10,000- 20,000 and that of 8% was above Rs. 20,000 rupees per month.

Majority of the adults 58% had get information from radio/television, 23% had get information from mass media, 9% had get information from newspaper, 5% had get information from books, 2% had get information from health education programme, and 3% had get information from others. Majority 93% of adults were not having mentally ill person in their family and 7% of them having mentally ill person in their family. Majority 56% of adults were seen mentally ill person and 44% not seen mentally ill person in their community

Assessment of the Knowledge related to mental illness among students.

The knowledge related to mental illness among of adults was assessed using structured knowledge questionnaire.

Section A: Analysis of the Knowledge related to mental illness among students.

In order to assess the knowledge related to mental illness among of students, percentage scores were graded arbitrarily as follows: poor $\leq 10\%$, average 11-20%, good 21-30% and very good 31-40.

The knowledge of mental illness among adults was found 40% good knowledge, average knowledge among 26% adults, very good knowledge among 44% adults and no one with poor knowledge

Association between knowledge scores with selected demographic variables regarding mental illness among adults.

The knowledge of mental illness among adults was found 40% good knowledge, average knowledge among 26% adults, very good knowledge among 44% adults and no one with poor knowledge. Chi-square values indicate a significant association between the knowledge scores of adults with income i.e. calculated value 14.861 is more than table value 9.51 at 0.05 levels). But there is no significant association between the knowledge scores of adults and other demographic variables such as age, gender, religion, marital status, type of family, education, occupation, any mentally ill person in family, seen any mentally ill person in community and source of information regarding mentally illness. However, the above finding reveals that there was association between the knowledge scores of adults with income. So the hypothesis H_1 was accepted.

CONCLUSION:

The above finding reveals that there was association between the knowledge scores of adults with income. The further research related to mental illness needed to improve the awareness among the community

RECOMMENDATIONS:

1. A similar study needs to be conducted in other colleges in order to generalization.
2. A similar study can be done on a large sample for the generalization.

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