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Orginal Article

A Study to Assess the Knowledge and Attitude Towards Mental Illness Among Adults at Selected Rural Community Sikar, Rajasthan, With A View to Develop an InformationalBooklet on Prevention of Mental Illness

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Abstract

Introduction : Mental Health concerns everyone. It affects our ability to cope with and manage change, life events and transition. A person with a healthy mind should able to think positive, Faced various challenges and try to found out solutions, enjoy good relations with family friends, colleagues at work, and bring happiness to others in the community. It is these aspects of health that can be considered as mental health.

Material and method :A descriptive study was conducted to assess the knowledge and Attitude towards mental illness among an adult at selected rural community, Sikar District, Rajasthan. Purposive Sampling technique was used to collect data among 40 adults. The data was collected using the tools: demographic Performa, knowledge assessment questionnaire and five point attitude scale. The data was analyzed using descriptive and inferential statistics.

Results: The study results showed that majority of an adult had good knowledge (47.5 %), excellent knowledge (42.5%), and (10%) had poor knowledge regarding mental illness. 92.5 % of adults had favourable attitude towards mental illness. The study revealed a positives correlation between knowledge and attitude scores. No association was found between adults knowledge and selected demographic variables.

Conclusions: The intervention was very effective in assessing the knowledge and attitude towards mental illness among adults at rural community, with a view to develop an informational booklet on prevention of mental illness. The informational booklet is also effective regarding to improving knowledge about mental health.

Keywords: Knowledge;Attitude; Mental Illness;Rural Community; Adult; Informational Booklet

Introduction

"The secret of National Health lies in the people with Sound Mental Health"

Mental Health concerns everyone. It affects our ability to cope with and manage change, life events and transition. A person with a healthy mind should able to think positive, Faced various challenges and try to found out solutions, enjoy good relations with family friends, colleagues at work, and bring happiness to others in the community. It is these aspects of health that can be considered as mental health.

As we talk about the mind and body, they are like two sides of the coin. They share a great deal with each

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other but in present era a difference face of the world around us. If one of the two is affected then the other will certainly affected. Just because we think about the mind and body separately. It does not mean that they are independent of each other.

As the physical body fall ill, it effects to mind. This called Mental Illness. Mental illness is "A illness experienced by a person which affects their emotions, thoughts or behavior, which is out of keeping with their culture, beliefs and personality, and is producing a negative effect on their lives or the lives of their families".

Mental illness includes a broad range of health problems. For most people mental illness is a thought of as an illness associated with severe behavioral disturbances such as violence, agitation and being sexually inappropriate. Such disturbances are usually associated with severe mental disorders. However, the vast majority of those with a mental illness behaves and looks no different from anyone else. These common mental health problems include depression, anxiety, sexual problems and addiction.

There have been tremendous advances in our understanding of the causes and treatment of mental illness. Most of these treatments can be provided effectively by a general or community health worker

Objectives

1. To determine the level of knowledge of adults towards mental illness.
2. To assess the attitude of adults towards mental illness.
3. To find out the co-relation between knowledge score and attitude score of adults.
4. To find out the association between knowledge score to adults toward mental illness and selected demographic variables.
5. To develop an Informational Booklet on prevention of Mental Illness.

Hypothesis:-

To achieve the stated objectives the following hypothesis were formulated.

H_1 : There will be significant co-relation between the knowledge score and attitudescore of adults toward mental illness.

H_2: There will be significant association between knowledge of adults and selecteddemographic variables.

Research methodology

Research Methodology is a way of systematically solving the research problem. It is science of studying how research is done scientifically.

The methodology of research indicates the general pattern to gather valid and reliable data for the problem under investigation. This chapter presents the methodology adopted for the study. It includes the research approach, design of the study, setting, population, sample and sampling technique, methods of data collection procedure and plan of data analysis. The research method refers to the steps, procedure and strategies for gathering and analyzing data in a research investigation.

Research approach: A research approach tells us to what data to collect and how to analyze it. It also suggests possible conclusions to be drawn from the data. In the view of the nature of problem selected for the study and the objectives to be accomplished, a descriptive research approach was used.

Research design: A researchers overall plan for obtaining answers to the research questions or for testing the research hypothesis is referred to as the research design.

In the present study non-experimental descriptive research design for assessing the knowledge and attitude of an adult towards mental illness in selected Rural community Sikar, Rajasthan.

Population: Population is the total number of people who meet the criteria that the researcher has established for a study from, which the subjects will be selected and to whom the findings will be generated.

In the present study, the population includes an adult who resident of Rural Community, Sikar, Rajasthan, and between 18 – 40 years of age.

Sample: A sample is a small portion of the population selected for observation and analysis.

Sample size: The sample for this study comprised of 40 adults

Setting of the study: Study was conducted at Rural Community, Sikar, Rajasthan.

Research variables

Variables are qualities properties or characteristic of person, things or situations that change or vary.

Two types of variables are used in this study they are:

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1. Dependent Variable

2. Extraneous Variable

Dependent Variable: It is the outcome variable of interest, the variable that is hypothesized to depend on or be caused by another variable, the independent variable. In this study, knowledge and attitude are the dependent variable.

Extraneous variable: It is an uncontrolled variable that greatly influences the result of the study. In this study, extraneous variable are age, education, occupation, income and marital status.

Sample selection criteria:

Inclusion criteria:

- An adult who are selected Rural community at Sikar.
- An adult who are willing to participate in the study.
- An adult who are present during the time of the study.

Exclusion criteria:

- An adult who are not willing to participate in study.
- An adult who cannot read and understand Hindi or English language

Results

The analysis of data is organized and presented under the following broad heading:

Section 1: Description of study subjects by Socio-Demographic characteristicsusing frequency and percentage distribution.

Table No: - 1 Frequency and percentage distribution of subjects according to Gender.

N=40

S.NO.	Gender	Frequency	Percentage (%)
1	Male	26	65%
2	Female	14	35%
Total		40	100%

Table No: - 2 Frequency and percentage distribution of subjects According To Age.

N=40

S.NO.	Age	Frequency	Percentage (%)
1	18-23 years	04	10%
2	24-29 years	20	50%
3	30-35 years	10	25%
4	36-40 years	06	15%
Total		40	100%

Table No: - 3 Frequency and percentage distribution of subjects According to Education Level.

N=40

S.NO.	Education level	Frequency	Percentage (%)
1.	Secondary	04	10%
2.	Hr. Secondary	05	12.5%
3.	Graduate	19	47.5%
4.	Post Graduate	12	30%
Total		40	100%

Table No: - 4 Frequency and percentage distribution of subjects According to Occupation.

N=40

S.NO.	Occupation	Frequency	Percentage (%)
1.	Daily wages	05	12.5%
2.	Private Employee	16	40%
3.	Government Employee	13	32.5%
4.	Others	06	15%
Total		40	100%

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Table No: - 5 Frequency and percentage distribution of subjects According to Income / Month.

N=40

S.NO.	Income/Month	Frequency	Percentage (%)
1.	<2000Rs.	08	20%
2.	2001-5000Rs.	09	22.5%
3.	5001-10000Rs.	15	37.5%
4.	>10000	08	20%
Total		40	100%

Table 6: Frequency and percentage distribution of subjects according to Marital Status.

N=40

S.NO.	Marital status	Frequency	Percentage (%)
1.	Married	23	57.5%
2.	Unmarried	12	38%
3.	Divorced	03	7.5%
4.	Widow	02	5%
Total		40	100%

Section 2: Description of adults knowledge towards mental illness using frequency and percentage distribution.

In this section researcher analyzed the knowledge level of an adults regarding mental illness.

Table 7: Knowledge level of an adults regarding mental illness.

N=40

S.NO.	Knowledge level	Frequency	Percentage (%)
1.	Excellent (16-20)	17	42.5%
2.	Good (11-15)	19	47.5%
3.	Average (6-10)	04	10%
4.	Poor (Below 5)	00	0%
Total		40	100%

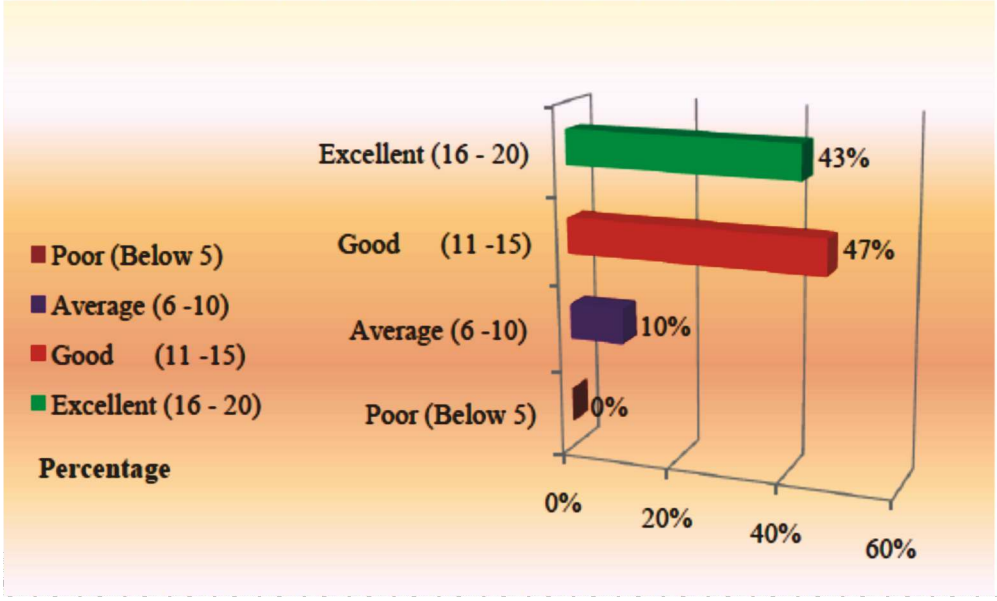

FIG. 1 Bar Diagram shows level of knowledge of an adult towards mental illness.

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Table-8: Mean, Median and standard deviation of knowledge score of an adults.

N=40

Knowledge level	Mean	Median	S.D.
	Frequency	Percent	
Knowledge Score	15	15	2.86

Section 3: Description of adult's attitude towards mental illness using attitude scale, mean, median and S.D.

Table-9: Frequency and percentage distribution of adults according to attitude of Mental Illness.

N=40

S.NO.	Attitude Score	Frequency	Percentage	Grade
1.	81-100 61-80 41-60	13 15 09	32.5% 37.5% 22.5%	Favorable attitude
2.	21-40 <20	03 0	7.5 0	Infavorable attitude

Table-10: Mean, Median and Standard Deviation of attitude score of an adult.

N=40

Attitude Score	Mean	Median	S.D.
1	70	75	8.900

Table-11: Mean knowledge and attitude of an adults regarding mental illness.

N=40

S.No.	Aspects	Statements	Mean score	Range Score	Response		
					Mean	Mean (%)	S.D. (%)
I	Knowledge	20	20	10-20	15	75%	14.3%
II	Attitude	20	20	30-96	70	70%	8.9%

Section 4: Correlation between an adults knowledge and attitude using Karl Pearson" s correlation co-efficient formula.

H_1 =There will be significant co-relation between the knowledge score and attitude score of an adults towards mental illness.

There is a positive co-relation between knowledge score and attitude score of adults with

r = .85, d.f. = 39, p = >0.05

Thus, H_1 is accepted.

Section 5: Association of an adults knowledge with demographic variables using Ch- Square.

This section shows the association between the knowledge of an adults and variablessuch as Gender, Age, Education, Occupation, Income and Marital Status. In order todetermine the significance of the association, Chi-square was used. An adults weredivided into two groups based on median knowledge scores, those above medianscore (15) and below median score (15).

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Table-12: Chi- Square Values showing the associations of knowledge withselected demographic variables.

H2- There will be significant association between knowledge of an adults and selecteddemographic variables

N=40

S.NO.	Variables	Above >median	Below <median	X^2	d.f.	Result
1.	Gender Male	11	15	0.001124	1	η
	Female	6	08			
2.	Age 18-29	14	10	0.2693	1	η
	30-40	08	08			
3.	Education Sec., Hr. Sec	04	06	0	1	η
	Graduate, Post graduate	12	18			
4.	Occupation Daily wages, private employee	15	06	4.82	1	η
	Govt. employee, others	07	12			
5.	Income <2000-5000Rs.	13	08	0.851	1	η
	5001->10000Rs.	09	10			
6.	Marital status Married, unmarried	21	14	2.82	1	η
	Divorced, widow	01	04			

X2 = 3.84 at 0.05 level of significance.

η = Not significant

Thus, H2 is not accepted.

On the basis of analysis there was no association between knowledge score andselected demographic variable, because the calculated value is less than the tablevalue of x2= 3.84, at the 0.05 level of significance. So, H2is rejected.

Implications of study: -

The findings of the study have revealed implication for the following fields.

Nursing Practice:

- Present study would help the nurses to understand the knowledge and attitude towards mental illness.
- Nurses are often views as a link between the patient and health care system.
- Efforts must be made by all Nurses to increase the knowledge and awareness regarding mental illness.
- Planned health education programme by the health. Professionals should be made an ongoing process.

Nursing Education:

Though the content of General nursing and B.sc. nursing provide information. It is essential to provide opportunity for the students to educate regarding mental illness among patients in both community and clinic as setting.

Nursing Administration:

- The administrator should take active part and develop self instructional module regarding mental illness.
- Nurse administrator should take instructional module regarding mental illness.
- Nurse administrator can plan programs in educating community with available resources and implements cost effective measures.
- A nurse administrator can always put emphasis on the preventive measuresself help group can be organized to enhance preventive measure activities.
- Nursing leaders can plan with governmental and non-governmental organization for their

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complete health promotion.

Nursing Research:

- In India only few research studies have been done on knowledge and attitude regarding mental illness. Similar studies need to be conducted on larger samples so that it helps on generalization.
- A descriptive study can be conducted in different aspects of health in old age people (Geriatric).
- Mental illness is the most common and seen in all age group. It is essential to examine Nurse Knowledge and attitude base regarding mental illness.
- Experimental and clinical studies could be conducted to assess the knowledge and attitude regarding asthma.
- Emphasis on the skills to develop and prepare educational materials fitting to the needs

Conclusions:

The study suggested that nurses can play a vital role in educating the peoples in relation to mental health and mental illness and its prevention.

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Conflict of Interest: There are no conflicts of interest

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