



Research Article

A STUDY TO ASSESS THE LEVEL OF KNOWLEDGE AND ATTITUDE REGARDING MENTAL ILLNESS AMONG GENERAL PUBLIC AT MOLAPAKKAM VILLAGE, PUDUCHERRY

¹*Ms. Santhiya, V., ²Mrs Prabavathy, S. and ³Dr. Renuka.K.,

¹Msc Nursing Dept of Psychiatric Nursing, Kasturba Gandhi Nursing College, Puducherry

²Associate Professor Dept. of Psychiatric Nursing, Kasturba Gandhi Nursing College, Puducherry

³Principal, Kasturba Gandhi Nursing College, Puducherry

ARTICLE INFO

Article History:

Received 14th September, 2016

Received in revised form

22nd October, 2016

Accepted 15th November, 2016

Published online December, 30th 2016

Keywords:

Knowledge,
Attitude,
Mental Illnesses,
General Public.

ABSTRACT

Background of the study: Mental health is a positive state in which one is responsible for self-awareness, self-directive, reasonable worry free and can cope with usual daily tensions. Such individual's functions well in society are accepted within a group and are generally satisfied with their lives. Mental illness has to be found common, over a third of people in most countries reporting sufficient criteria at some point of their life. So, the study was conducted on to assess the level of knowledge and attitude regarding mental illness among general public at Molapakkam village, Puducherry.

Aim: The study objectives was to assess the level of knowledge and attitude, correlate the level of knowledge and attitude regarding mental illness among general public and associate the level of knowledge and attitude regarding mental illness among general public with the selected demographic variables.

Materials and methods: A descriptive study was conducted among 200 samples of general public of Molapakkam village. The samples were selected on the basis of purposive sampling technique. The knowledge was assessed through 20 self structured questionnaires and attitude was assessed self structured five point likert scale.

Result: The study result shows that out of 200 samples, 14.5% had inadequate knowledge, 35.5% had moderately adequate knowledge and 50% had adequate knowledge regarding mental illness. While analyzing the attitude, 4% had negative attitude, 36.5% had neutral attitude and 59.5% had positive attitude regarding mental illness. Hence, overall 50% of general public were at the level of inadequate and moderate knowledge and 40% of the general public were at the level of negative and neutral attitude. Thus, this study result clearly indicates that there is a great need in creating awareness on mental illness among general public and by that, it will erase the fallacy from their minds.

Copyright©2016, Santhiya et al. This is an open access article distributed under the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.

INTRODUCTION

Mental health is a positive state in which one is responsible for self-awareness, self-directive, reasonable worry free and can cope with usual daily tensions. Such individual's functions well in society are accepted within a group and are generally satisfied with their lives (Verghese, 2011). There are various criteria of mental health, those criteria are adequate contact with reality, control of thoughts and imagination, efficiency in work and play, social acceptance, positive self-concept and a healthy emotional life. If the individuals cannot able to fulfill these criteria will lead to mental illness.

*Corresponding author: Ms. Santhiya, V.,
Msc Nursing Dept of Psychiatric Nursing, Kasturba Gandhi Nursing College, Puducherry.

Mental health is an ability to cope, manage changes, life events and transition such as bereavement or retirement. All human beings need mental health and no matter what is the state of their psyche. Mental illness is a condition that disturbs a person thinking, mood, ability to relate to others and daily functioning. Mental Health Professionals can play a major role in the prevention of fallacy regarding mental illness among communities. Mental illness has to be found common, over a third of people in most countries reporting sufficient criteria at some point of their life. Epidemiological studies report prevalence rates for psychiatric disorders varying from 370/1000 population in India.

Statement of the Problem

A Study to assess the Level of Knowledge and Attitude regarding Mental Illness among General Public at Molapakkam Village, Puducherry

OBJECTIVES OF THE STUDY

- To assess the level of knowledge and attitude regarding mental illness among general public
- To correlate the level of knowledge and attitude regarding mental illness among general public
- To associate the level of knowledge and attitude regarding mental illness among general public with the selected demographic variables.

METHODOLOGY

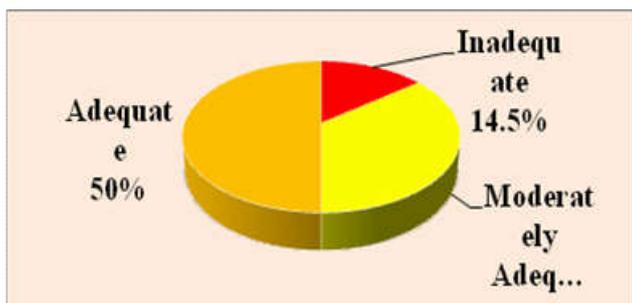
Descriptive research was used to assess the level of knowledge and attitude regarding mental illness among general public at Molapakkam village at Puducherry

The target population who fulfills the inclusion criteria are selected for this study, a Purposive Sampling Technique was used to select 200 samples. A 20 Self-Structured Questionnaires were formulated to assess the Level of Knowledge. Each corrected answer was given a score of one and wrong answer zero score. The score between Inadequate 0–9, Moderately Adequate 10–15, Adequate 16–20 and 20 Questionnaires Five point Likert attitude Scale were formulated to assess the Level of Attitude. The score between 0–59 Negative attitude, 60–70 Neutral attitude, 71–100 Positive attitude regarding mental illness. the tool was validated by experts in department of psychiatric nursing faculty. Valuable suggestions were incorporated and tool was finalized. Permission was obtained from undergraduate research monitoring committee and institute ethical committee. The reliability of tool was established by conducting a pilot study. The data collection was conducted for one month in Molapakkam Village at Puducherry. The investigator first introduced themselves to the patient and developed a good rapport with them. The investigators explained the purpose of the study and then gained their confidence by obtaining a written consent from samples. The data collection was done by interview method a separate questionnaire was used for each patient. Approximately 30 minutes were spent for each sample. Similarly the same data procedure was followed for the entire 200 samples.

MAJOR STUDY FINDINGS

Table 1. Distribution of Level of knowledge regarding mental illness among general public

(N=200)			
Sl: No	Level of knowledge	Samples	Percentage (%)
1.	Inadequate	29	14.5
2.	Moderately Adequate	71	35.5
3.	Adequate	100	50



The study findings reveal that out of 200 samples 29 (14.5%) had inadequate knowledge, 71(35.5%) had moderately adequate knowledge and 100 (50%) had adequate knowledge regarding mental illness

Table 2. Distribution level of attitude regarding mental illness

(N=200)			
Sl: No	Level of attitude	Samples	Percentage (%)
1.	Negative	8	4
2.	Neutral	73	36.5
3.	Positive	119	59.5

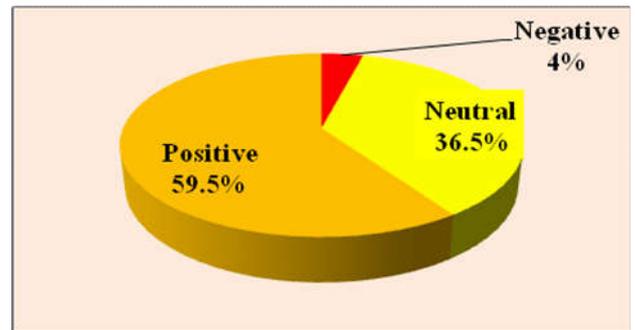


Table 2 shows frequency and percentage distribution of subjects by level of attitude regarding mental illness. Out of 200 samples, 8(4%) have Negative attitude, 73(36.5%) have Neutral Attitude and 119(59.5%) have Positive Attitude regarding mental illness. Table 3 and Figure 3 shows the proportion of adequate knowledge was high (60.6%) in 20-40 years, the moderately Adequate knowledge was high (45.6%) with the age (41-60 years) and inadequate knowledge was high (25%) with the age (41-60 years). The association between age and the level of knowledge was found statistically significant. Chi square value is 19.522 & at p <0.001. Table 3 and Figure 4 shows the proportion of Inadequate knowledge was high (64.2%) among illiterate, the Moderately Adequate knowledge was high (38%) among Schooling and Adequate Knowledge was high (47.1%) among Schooling. The association between Educational Status and the level of knowledge was found statistically significant. Chi square value is 36.836 & p <0.001

Table 3 and Figure 5 shows the proportion of Inadequate knowledge was high (22.2%) among high socio-economic status, the moderate knowledge was high (61.1%) among high socio-economic status and adequate knowledge was high (57.3%) among moderate Socio-economic status. The association between Socio-economic Status and the level of knowledge was found significant. Chi square value is 13.022 & at p value =0.011(p<0.05). Table 4 shows that there is an association between the level of attitude regarding mental illness among general public with the selected demographic variables such as age, education status are significant association and gender, religion, occupation, monthly income, socio economic status, family members are not associate between the level of attitude regarding mental illness among general public. Table 4 and Figure 6 shows the proportion of positive attitude was high (65.2%) in 20-40 years, the neutral attitude was high (48.5%) with the age (41-60 years) and negative attitude was high (4.5%) with the age (20-40 years). The association between age and the level of attitude was found statistically significant. Chi square value is 6.375 & at p value was 0.041(p<0.05).

Table 3. Association between levels of knowledge regarding mental illness with the selected demographic variables

(N=200)

DEMOGRAPHIC VARIABLES	LEVEL OF KNOWLEDGE				CHI- SQUARE	p VALUE
	Inadequate	Moderate	Adequate	Total		
1.Age (in years)						
a) 20-40	12(9.09%)	40(30.3%)	80(60.6%)	132	19.522 df=2	<0.001 S*
b) 41-60	17(12.8%)	31(23.4%)	20(15.1%)	68		
2.Educational status						
a) Illiterate	9(64.2%)	3(21.4%)	2(14.2%)	15	36.836 df=3	<0.001 HSS**
b) Schooling	18(14.8%)	46(38%)	57(47.1%)	121		
c) Post graduate	2(1.6%)	22(18.1%)	41(33.8)	65		
3.Socio economic status						
a) Low class	15(19.7%)	25(32.8%)	36(47.3%)	76	13.022 df=3	0.011 S*
b) Middle class	10(9.4%)	35(33.3%)	61(57.3%)	106		
c) High class	4(22.2%)	11(61.1%)	3(16.6%)	18		

HSS** - Highly Statistically Significant

S* - Significant

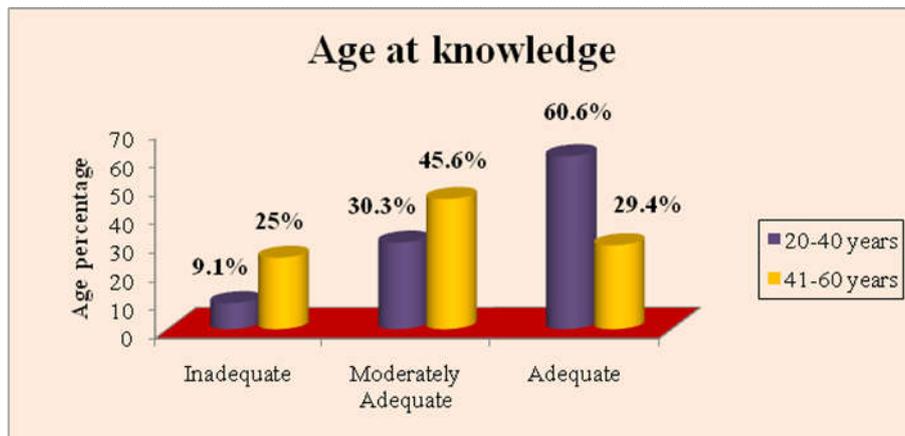


Figure 3. Association of level of knowledge regarding mental illness with the selected demographic variables.

Table 4: Association between levels of attitude regarding mental illness with the selected demographic variables

(N=200)

DEMOGRAPHIC VARIABLES	LEVEL OF ATTITUDE				CHI- SQUARE	p VALUE
	Negative	Neutral	Positive	Total		
1.Age (in years)						
a) 20-40	6(4.5%)	40(30.3%)	86(65.2%)	132	6.375 df=2	0.041 *S
b) 41-60	2(2.9%)	33(48.5%)	33(48.5%)	68		
4.Education status						
a) Illiterate	1(7.1%)	10(71.4%)	3(21.4%)	14	17.8 df=3	<0.001 HSS**
b) Schooling	7(5.7%)	47(38.8%)	67(55.3%)	121		
c) Graduate	0	16(24.6%)	49(75.3%)	65		

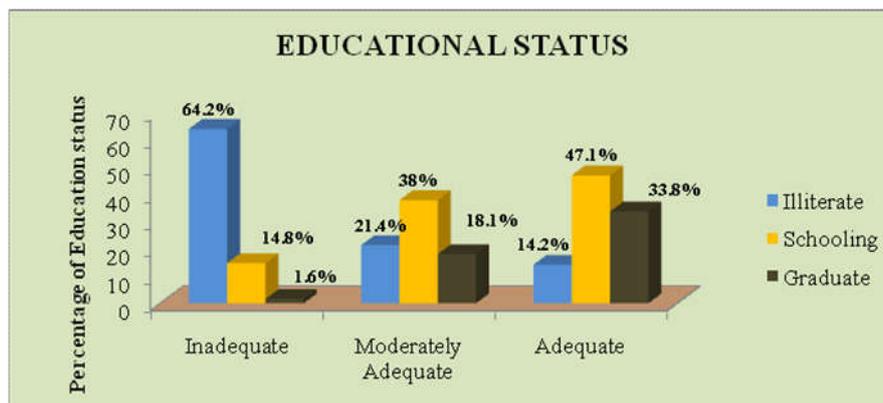


Figure 4. Educational Status by Knowledge:

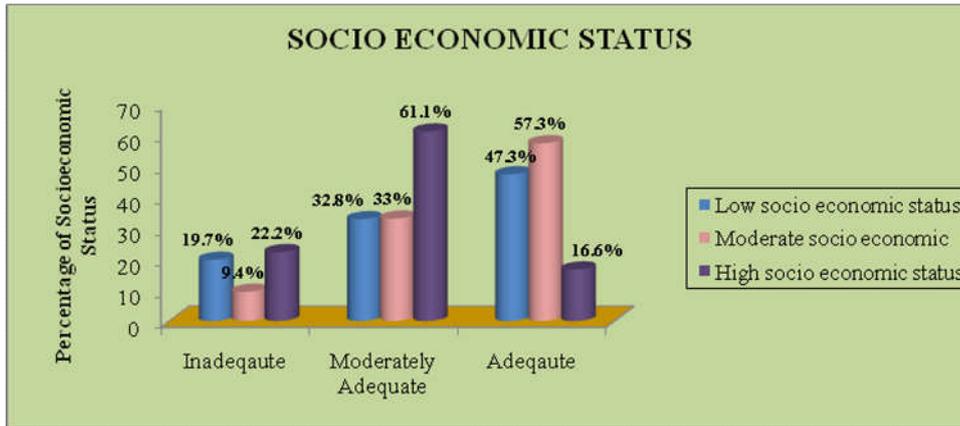


Figure 5. Socio-economic status by knowledge

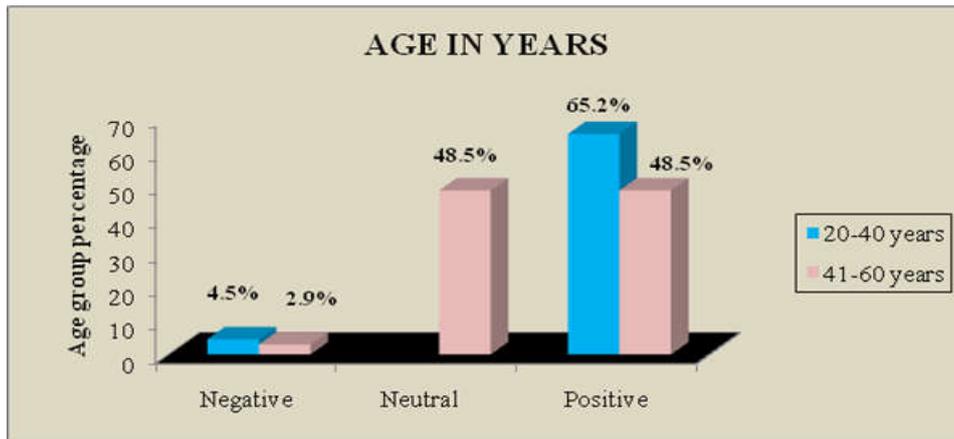


Figure 6. Association between levels of attitude regarding mental illness with the selected demographic variables

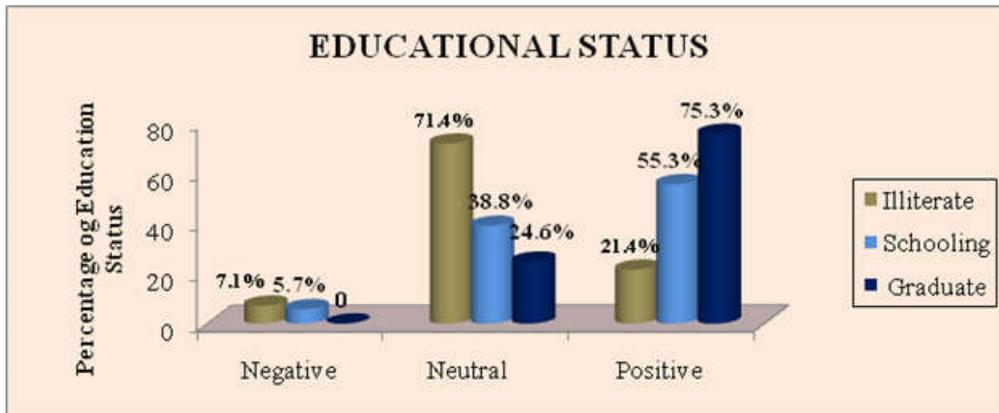


Figure 7. Educational status by attitude

Table 4 and Figure 7 shows the proportion of negative attitude was high (7.1%) with the illiterate, neutral attitude was high with (71.4%) among illiterate and positive attitude was high with (75.3%) among graduates. The association between educational status and level of attitude was found Highly Statistical Significant & Chi square = 17.8 & p<0.001. Hence, overall 50% of general public were at the level of inadequate and moderate knowledge and 40% of the general public were at the level of negative and neutral attitude. Thus, this study result clearly indicates that there is great need creating awareness on mental illness among general public and by that, it will erase the fallacy from their minds.

A study was conducted by Santhiya V. (2016) on the purpose of assess the level of knowledge ad attitude regarding mental illness among general public. the result shows that there is an significant relationship between the selected demographic variables.

Implications: The present study can help nurses to enrich the awareness through outreach programme regarding mental illness to general public. Basic nursing education should give importance to the mental health, mental illness, early detection of mental illness and to remove the fallacy on mental illness.

The findings of the study help the psychiatric nurses and students to develop the inquiry baseline. The general aspect of the study result can be made by further researcher to identify the level of fallacy regarding mental illness among general public.

Conclusion

Thus the study findings clearly reveal that the knowledge and attitude of general public regarding mental illness is on the rise except for outreach programmes to create the awareness and instill a positive approach regarding mental illness. More focus should be given for the people with low socio-economic status and poor education.

Conflict of interest: Nil

Source of funding: No funding was received for the study.

Acknowledgement

I would like to extend my gratitude Prof. Dr. Renuka K., M.Sc. (N), Ph.D., Principal, KGNC, Puducherry, Mrs. S. Prabavathy, Associate Professor, Dept of MHN, KGNC, and Ms. Beniya Elizabeth Rani R., Assistant Professor, Dept of MHN, KGNC, Mr. A. Lokeshmaran, Assistant Professor in Biostatistics, Dept of Community Medicine, MGMCRI, Puducherry for their consent support and valuable suggestions.

Ethical clearance: Ethical clearance has been obtained from institutional ethical committee before conducting the study.

REFERENCES

- Dr. Bimla Kapoor, 2005. "Text book of Psychiatric Nursing" Volume: 1, Kumar Publishing House Publication, P- 4.
- Dr. Lalitha, K. 2000. "Textbook of mental health and psychiatric nursing" 2nd edition. Bangalore Gajanana Publication. P: 244.
- Polit & Beck. 2001. "Nursing research generating and assessing evidence for nursing practice". 9th edition Lippincott Williams and Wilkins Published. P.732 [First Indian Reprint]
- Townsend, M.C. 2006. "Text book of Psychiatric mental health nursing" 5th edition, Davis Company publication, P- 265-71.
- Verghese M. 2011. "Text book of Essential of Psychiatric & Mental Health Nursing" 3rd edition Elsevier Publication P- 29 – 31.
- Vimala, D. Rajan, A.K., Siva, R., Bragunza, D. 2003. "A study to assess the knowledge, attitude and practices of family members of clients with mental illness". Nurse J India.
- World Health Organization. Global survey of WHO report (national morbidity survey reported), America. 2011.
