



ASSESS THE KNOWLEDGE AND ATTITUDE REGARDING MENTAL ILLNESS AMONG CAREGIVERS OF PSYCHIATRIC PATIENTS AT CHETANA HOSPITAL, HYDERABAD, TELANGANA AND PROVIDE INFORMATION MODULE ON COPING MECHANISMS.

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ABSTRACT

This study was undertaken to assess the knowledge and attitude regarding mental illness among caregivers of psychiatric patients at Chethana hospital, Hyderabad, Telangana and provide information module on coping mechanisms. The research design used was descriptive design. 60 samples were selected by using non probability convenient sampling technique. Structured interview method was used to assess the knowledge and attitude regarding mental illness and provided information module on coping mechanisms for the same sample. Data was analysed by using descriptive and inferential statistics. The study results shows that Among 60 caregivers, majority of the caregivers 30(49.2%) had moderately adequate knowledge. There was a significant association observed between the knowledge of caregivers of psychiatric patients demographic variables with age at the level of $p < 0.05$. In case of attitude, 29(48.4%) had favourable attitude towards mental illness. There was a significant association between attitude of caregivers towards mental illness at the demographic variables such as age, education, marital status, knowledge about mental illness, source of information, treatment site at the level of $p < 0.05$. The above findings reveal that caregivers of psychiatric patients had moderately adequate knowledge and favourable attitude towards mental illness. Nurses have to educate the public psychological underpinnings of psychiatric disorders and about the value of human beings.

KEYWORDS : knowledge, attitude, caregivers of psychiatric patients, mental illness.

INTRODUCTION:

A great saying is there If you lose everything in your life it's not at all a problem, if you have a good family. A family unit is a unit which builds up a person's personality. How you behave and what you become in life is very much dependent on you family life. Psychologist believe that a child learns the most from his or her family life. The way your family members deal with you has a lifelong effect on you personality. The life with your family is very important it plays a major role in your development into the person you become those children who belong to the families which have a rich educational background tend to learn more. The people who have a smooth and well settled family life are generally less scar of life. Those who are a part of a broken family are generally less confident. These people always expect the worst in life. This is a general state of life resulting in building up of a negative personality.

Of all the health problems, mental illnesses are poorly understood by the general public. Such poor knowledge with negative attitude threatens the effectiveness of patient care and rehabilitation better knowledge is often people with mental illness and a belief that mental illnesses are treatable can encourage early treatment seeking and promote better outcomes. General public's view about mental illness remains largely unfavourable. The topic of mental illness itself evokes a feeling of fear, embarrassment or even disgust fostering negative attitudes towards mental illness and mentally ill people. The reluctance to seek professional psychiatric help means late presentations are common. The extent to which patients benefit from improved mental health services is influenced not only by the quality and availability of services but also by their knowledge and belief system.

Caregivers commonly report stigma by association resulting in discriminatory and prejudicial behaviours towards them. They often lack the knowledge and skills needed to assist their mentally ill relatives. They believe in their cultures that mental illnesses are attributed to spiritual origin. In some Asian communities, stigma associated with mental illness brings shame to a family and can affect the marriage potential of other relatives, so families keep the illness private and are often reluctant to seek professional help. Many people who have a mental illness and their care givers do not want to talk about it. But mental illness is nothing to be ashamed of! It is a medical condition, just like heart disease or diabetes. And mental health conditions are treatable. By continually expanding the understanding of how the human brain works, treatments are available to help people successfully manage mental health conditions.

Problem Statement:

Assess the knowledge and attitude regarding mental illness among

caregivers of psychiatric patients at Chetana hospital, Hyderabad, Telangana and provide informational module on coping mechanisms.

Objectives:

- To Assess the knowledge of caregivers of psychiatric patients regarding mental illness.
- To Assess the attitude of caregivers of psychiatric patients regarding mental illness.
- To find the association between knowledge and attitude of caregivers of psychiatric patients with selected demographic variables regarding mental illness.
- To provide information module on coping mechanisms.

Hypothesis:

H1- There will be significant association between knowledge and attitude of caregivers with their selected demographic variables.

Research Methodology:

A descriptive study was conducted to explore the caregivers of psychiatric patients knowledge and attitude towards mental illness at Chetana hospital Hyderabad, Telangana and provide information module on coping mechanisms, with the sample size of 60. Samples were selected using convenience sampling technique. Data was collected through structured interview method. the tool to collect the data from the selected samples consists of three sections.

Section A consists of demographic variables which include age of caregivers, gender, religion, residence, marital status, relation with patient, type of family, occupation, educational status, income, of caregivers of psychiatric patients, previous knowledge about mental illness, and source of information, treatment site consulted at first visit. Section B consists of questions to assess the knowledge of caregivers of mentally ill patients. Section C consists of Modified community attitude towards mental illness scale to assess the attitude of caregivers of mentally ill patients.

RESULTS:

The analysis revealed that demographic variables of samples shows that majority of caregivers were from the age group of 31 – 40 yrs 25(41.7%), majority are females 35(58.4%), majority of caregivers were Hindus 42(70%), most of the caregivers were married 51(85%), With regard to educational status of caregivers 22(36.6%) possess of Higher education, Regarding the residence of caregivers 36(60%) from rural area, Type of Family reveals that 36(60.7%) caregivers belong to nuclear family, With respect to Occupation 17(28.4%) were Private Employees, With respect to relation with Patient 20(33.4%) as spouse,

With respect to Monthly Income, 29(48.4%) were earning Rs10000-Rs20000, With respect to type of illness 15(25%) were schizophrenia, Regarding to previous Knowledge about Mental illness 30(50%) said Yes, With respect to source of information 16(26.7%) has information from media, With respect to Treatment site consulted in first visit 34(56.6%) were modern.

The results of present study shows that majority of the subjects 30(49.2%) had moderately adequate knowledge, 18(29.5%) had inadequate knowledge and 11(18%) had adequate knowledge. In case of attitude 29(47.5%) had favourable attitude towards mental illness, 7(11.5%) had most favourable attitude and 24(39.3%) had unfavourable attitude towards mental illness. There was a significant association observed between the knowledge and caregivers of psychiatric patients demographic variables with age at the level of $p < 0.05$. There was a significant association between attitude of caregivers towards mental illness and demographic variables such as age, education, marital status, knowledge about mental illness, source of information, treatment site at the level of $p < 0.05$.

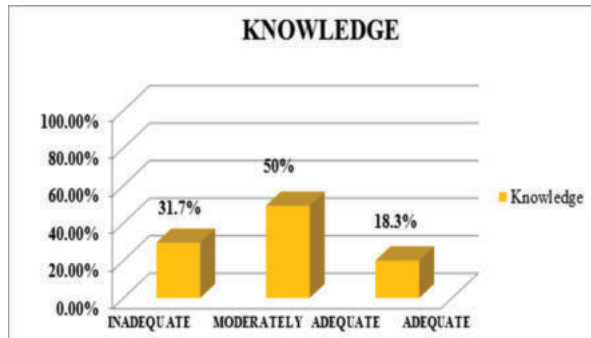


Fig.1: Distribution of caregivers in order to Knowledge

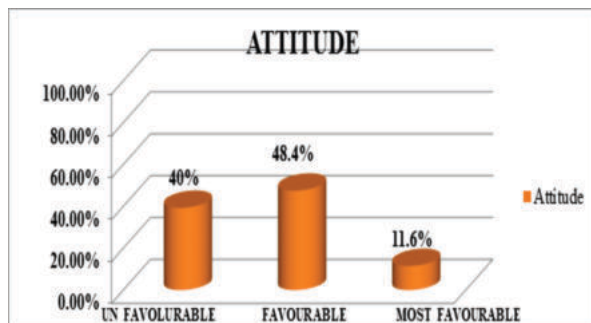


Fig.2 : Distribution of caregivers in order to Attitude

DISCUSSION:

The first objective was: To assess the knowledge regarding mental illness among caregivers of psychiatric patients. In this study analysis shows that majority of the subjects 30(50%) had moderately adequate knowledge, 19(31.7%) had inadequate knowledge and 11(18.3%) had adequate knowledge.

The second objective was: To assess the attitude regarding mental illness among caregivers of psychiatric patients. In this study shows that majority of the subjects 29(48.4%) had favourable attitude towards mental illness, 7(11.6%) had most favourable attitude and 24(40%) had unfavourable attitude towards mental illness.

The third objective was: To find out the association between knowledge and attitude of caregivers of psychiatric patients with their selected demographic variables regarding mental illness. Chi square value was computed to determine the association between the knowledge and attitude of caregiver's with the selected demographic variables. Significant association was found between knowledge of caregivers towards mental illness with demographic variables such as age at the level of $p < 0.05$. Significant association was found between attitude of caregivers towards mental illness with demographic variables such as age, marital status, educational status, knowledge about mental illness, source of information, treatment site consulted at the level of $p < 0.05$. Hence H1 hypothesis was accepted.

The fourth objective was: To provide informational module on coping

mechanisms. Provided informational module on coping mechanisms to caregivers of psychiatric patients who are participated in the study.

Table 1: Association between knowledge on mental illness among caregivers and with their selected demographic variables.

n=60

DEMOGRAPHIC DATA	KNOWLEDGE						CHI SQUARE
	INADEQUATE		MODERATELY ADEQUATE		ADEQUATE		
	F	P	F	P	F	P	
AGE:1)20_30 years	4	6.7%	5	8.3%	3	5.0%	23.11 6df **
2)30- 40years	3	5.0%	14	23.3%	8	13.3%	
3)40- 50years	6	10.0%	11	18.3%	0	0.0	
4)50 years and above.	6	10.0%	0	0.0	0	0.0	
TOTAL	19	31.7%	30	50%	11	18.3%	

There was a significant association between attitude of caregivers towards mental illness and demographic variables such as age, education, marital status, knowledge about mental illness, source of information, treatment site at the level of $p < 0.05$.

CONCLUSION:

The researcher suggesting that in India, 15million people are battling serious mental health problems. Nearly 50% of victims suffering serious mental health disorders go untreated. The fortunate part is that most mental illnesses can be successfully treated. The Government of India also has taken special interest in mental health care in the form of National Mental Health Programme. Stigma is one of the major difficulties faced by people with mental illness, due to which they hesitate seeking help. The mental health services are not utilized by the beneficiaries properly. Many of them suffer alone silently. By accident, we are all responsible for this situation. The researcher strongly believes that appropriate information regarding care of the mentally ill to the caregivers and develop positive attitude would, bring changes in the life of the mentally ill patients.

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