



## A STUDY TO ASSESS THE EFFECTIVENESS OF INFORMATION BOOKLET ON KNOWLEDGE REGARDING HUMAN RIGHTS OF MENTALLY ILL PATIENT AMONG CAREGIVERS ATTENDING PSYCHIATRIC OPD OF TERTIARY CARE HOSPITAL AT KARAD.

### Nursing

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### ABSTRACT

**Objectives:** 1. Assess the knowledge regarding human rights of mentally ill patients among patient Caregivers. 2. Assess effectiveness information booklet on knowledge regarding human rights of mentally ill patient among patient caregivers. 3. To find out the association between demographic variable and knowledge level.

**Materials and Methods:** One Group Pre test Post test Experimental Research Design was used to conduct the study among caregivers and totally 30 caregivers was selected by convenient sampling technique. The study was conducted at psychiatry OPD at Krishna hospital, Karad. The data were collected by structured questionnaire. The knowledge regarding human rights of mentally ill patient among caregivers was measured by structured questionnaire. The collected data were studied and analyzed in terms of objectives of the study using descriptive and inferential statistics.

**Results:** pre-test mean was 5.53 and post-test mean was 11.1 and the calculated t value was 9.415 was found significant at  $p < 0.0001$  level.

**Conclusion:** the information booklet is effective method for improving the knowledge level of mentally ill patient among caregivers attending psychiatric OPD.

### KEYWORDS

information booklet, human rights of mentally ill patient and caregivers

### INTRODUCTION

The professional nurse plays important role in health care system. A nurse working in psychiatry field plays important role in explaining rights to mentally ill patient.<sup>1</sup> Everyone has basic human rights including those who are mentally ill patients are one of the most vulnerable groups in society. It is the responsibility of the health care providers specially those working in psychiatric setup to protect their human rights. The relatives be aware of human rights of mentally patients.<sup>2</sup>

These are the rights of mentally ill patients:

- The right to wear their own clothes.
- The right to have individual storage space for their private use.
- The right to keep and use their own personal possessions.
- The right to spend a sum of their money for their own expenses.
- The right to have reasonable access to all communication media likes telephone, letter writing, and mailing.
- The right to hold civil service status.<sup>3</sup>

In the world, the prevalence of psychiatric disorder is 58.2 per thousand which means that in India there are about 5.7 crore people suffering from some sort of psychiatric disturbances. In many hospitals in India, there are anecdotal reports of violent persons with mentally ill. The dignity of persons with mental illness is not respected in mental health institution itself.<sup>4</sup>

Knowledge of family members regarding mental illness has an important role in the treatment process. The researchers have observed that family members often express fear of negative impact on the physical health of a person with mental illness due to prolonged medications and also observe that the care givers have inadequate knowledge regarding rights of mentally ill patients. Thus the present study was thus undertaken with the aim of to assess effectiveness of information booklet on knowledge regarding human rights of mentally ill patient among caregivers attending psychiatric OPD.<sup>5</sup>

### MATERIALS AND METHODS:

One Group Pre test Post test Experimental Research Design was used to conduct the study among caregivers and totally 30 caregivers was selected by convenient sampling technique.

The samples included in this study were who fulfilled the inclusion criteria with available at the time of data collection and who were willing to participate. Ethical permission was obtained before the data collection. After obtaining permission from the setting, the caregivers were asked their willingness to participate in the study and informed

consent was obtained. After collecting the demographic data, level of knowledge regarding human rights of mentally ill patient among patient caregivers was assessed. Then information booklet was given to the caregivers. Post test level of knowledge was assessed by using same questionnaire. The collected data were studied and analyzed in terms of objectives of the study using descriptive and inferential statistics.

### Description of the tools:

The structured questionnaire comprised two sections covering the following areas

**Section A:** socio demographic data: age, gender, religion, education, residence.

**Section B:** structured questionnaire to assess the level of knowledge regarding human rights of mentally ill patient.

### RESULTS:

**Table.1: Frequency and percentage distribution of socio-demographic variables of subjects**

Demographic Variables	Frequency	Percentage	
Age	20-30	12	40%
	31-45	12	40%
	46-60	6	20%
	Above 60	0	0%
Gender	Male	18	60%
	Female	12	40%
Education	Primary	11	36.66%
	Secondary	8	26.66%
	Graduate	10	33.33%
	Postgraduate	1	3.33%
Religion	Hindu	27	90%
	Christian	0	0%
	Muslim	3	10%
	Others	0	0%
Residence	Urban	14	46.66%
	Rural	16	53.33%

### Description of sample characteristics:

The data presented in table no.1 reveals that among all samples majority of (40%) were age group between 20-30 years and 31-45 years. As regards to gender majority of (60%) were male. As regards to education (36.66%) were having Secondary Education. The data

concerning the religion majority (90%) were Hindu. In relation to the residence majority (53.33%) were residing in rural area.

**Table.2 Frequency and Percentage Distribution of Pre-Test and Posttest Knowledge Score**

Knowledge Level	Score	Pretest		Posttest	
		F	%	F	%
Good	11-15	4	13.33%	19	63.33%
Average	6-10	9	30%	11	36.66%
Poor	0-5	17	56.66%	0	0%

Data presented in table.2 it reveals that majority 56.66% of caregivers was having poor knowledge in pretest and in posttest majority 63.33% were having good knowledge.

**Table3. Effectiveness of information booklet on knowledge regarding human rights of mentally ill patient among caregivers:**

Test	Mean	Standard Deviation	Mean difference	T Value	P Value
Pre Test	5.53	2.8373	5.57	9.415	p<0.0001
Post Test	11.1	1.5613			

Data presented in table no.3 reveals that pretest mean was 5.53 and posttest mean was 11.1 and the mean difference was 5.57. The calculated t value was 9.415 was found significant at p<0.001 level. Hence it was found that information booklet was effective to improve the knowledge regarding human rights of mentally ill patient among caregivers.

#### **Association between demographic variables and knowledge score:**

Age, gender, education, religion and residence were not found significantly associated pretest knowledge score at the level p<0.05.

#### **DISCUSSION:**

Result of a present study indicated that the mean pre-test score was 5.53 and mean post test score was 11.1 the mean difference of pre-test and post test score was 5.57. The knowledge level increased so it was found statistically significant at the level of p<0.0001. Thus information booklet was effective in the increasing knowledge regarding human rights of mentally ill patient among caregivers attending psychiatric OPD of tertiary care hospital at Karad.

The findings of different studies also indicated that information booklet increases knowledge for confirming the results of the present study it can be pointed out a study conducted by Chendake Mahesh (2014) to assess the knowledge regarding human rights of mentally ill. Was found that 85% of nursing student had average knowledge and 15% had poor knowledge regarding human right of mentally ill patients.<sup>2</sup>

#### **CONCLUSION:**

The current study explored about knowledge of care givers regarding human rights of mentally ill patients, and it was found that information booklet was effective method for improving the knowledge of care givers regarding human rights of mentally ill patient. Thus more information is needed to be given with the help of various teaching methods to improve the knowledge of caregivers of mentally ill patients.

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