

“A DESCRIPTIVE STUDY TO IDENTIFY THE KNOWLEDGE AND ATTITUDE TOWARDS MENTAL ILLNESS AMONG GENERAL PUBLIC OF URBAN AREA, KOLHAPUR CITY.”

Nursing

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ABSTRACT

BACKGROUND: Mental illness, also called mental health disorders, refers to a wide range of mental health conditions — disorders that affect your mood, thinking and behavior. Examples of mental illness include depression, anxiety disorders, schizophrenia, eating disorders and addictive behaviors

OBJECTIVES:

1. To identify the level of knowledge towards mental illness among general public of urban area, Kolhapur.
2. To identify the level of attitude towards mental illness among general public of urban area, Kolhapur.

METHOD: The samples for the present study were 100 adults among general public of urban area at Kolhapur city. Non probability purposive sampling technique was used for the study. Tool consist of structured knowledge questionnaire of 25 yes or no type questionnaire items to identify level of knowledge towards mental illness and 25 questions of attitude scale to identify level of attitude towards mental illness. The demographic variables include age, gender, education, occupation, family income, religion, family history of mental illness, contact with mentally ill patient, and source of information.

RESULT: 100 samples were selected conveniently from selected area of Kasaba Bawada, of which 58% were females and 42% males, Most of them in the age group of 20 – 30 years. Mean knowledge score of the samples was 14.62 towards mental illness. The findings of the study revealed that the level of knowledge scores among adults of urban area, The samples were having average knowledge 79(79%), were 19 (19%) good knowledge and 2(2%) of them were having poor knowledge.

The study finding on the attitude scores of urban adults revealed that majority 94(94%) of the sample had unfavorable attitude, and rest 6(6%) of them had favorable attitude and no one had highly favorable attitude towards mental illness.

CONCLUSION: The finding reveals that most of the samples in urban community had average knowledge regarding mental illness. The findings reveal that most of the samples in urban community had unfavorable attitude towards mental illness.

KEYWORDS

Identify; Attitude; Mental illness; General public; Urban area.

INTRODUCTION:

Mental illness is an age old problem of mankind as a recorded in the literature of the oldest civilizations of the world over. Mental disorders are widely recognized as a major contributor (14%) to the global burden of disease worldwide. World Health Organization (WHO) reported that in 2017, Around 1-in -7 people globally (11 -18%) have one more mental or substance use disorders. Globally, this means around one million people in 2017 experienced one. The largest number of people had an anxiety disorder, estimated at around 4% of the population. A study conducted by W.H.O. in 2015 shows that 1 in 5 Indians may suffer from Depression in their lifetime, equivalent to 200 million people. Due to stigma associated with mental illness, a lack of awareness, and limited access to professional help, only 10 to 12% of these suffers will seek help. Stigma remains a powerful negative attribute in all social relation. It is a considered an amalgamation of 3 related problems: a lack of knowledge (ignorance), negative attitudes (prejudice), and exclusion or avoidance behaviours (discrimination). Scheff reported that people who are labeled as mentally ill associate themselves with society's negative conceptions of mental illness and that society's negative reactions contribute to the mentally ill people even further. A persistent negative attitude and social rejection of people with mental illness has prevailed throughout history in every social and religious culture. Of all the health problems, mental illnesses are poorly understood by the general public. Such poor knowledge and negative attitude towards mental illness threatens the effectiveness of patient care and rehabilitation. This poor and inappropriate views about mental illness and negative attitude.

The mentally ill can inhibit the decision to seek help and provide proper holistic care. Better knowledge is often reported to result in improved attitudes towards 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 attitude towards mental illness and mentally ill people.

MATERIALS AND METHODS:

The researcher decided to frame a structured questionnaire. Prior permission was obtained from the concerned authority. For, maximum co-operation, the investigators introduced themselves to the respondent and willingness of the participants was ascertained. The respondents were assured the anonymity and confidentiality of information provided by them. The data was collected from the subject

on 21/05/2019 which took on an average 30 minutes for each subject. The data collected were recorded systematically for each subject & was organized in a way that facilitates computer entry & data analysis. It comprised of 10 items seeking information on socio demographic variables. It consists of a structured knowledge questionnaire on knowledge regarding mental illness of 25 questionnaire of yes or no type. A response of 'yes' was allotted a score of 1 mark and response to 'no' is 0. So the total score obtained was categorized as follows. Three point rating scale was used to assessing attitude regarding mental illness.

Research Approach: Quantitative approach

Research Design: Descriptive Design

Population: The population selected for the study comprised of adults between the age group of 20 to 50 years residing at selected urban area at Kolhapur.

Sampling Technique: Purposive Sampling technique

Sample Size: 100 adults

Tool:

Part A- Selected baseline Socio-Demographic data.

Part B- Structured Questionnaire to assess knowledge regarding mental illness

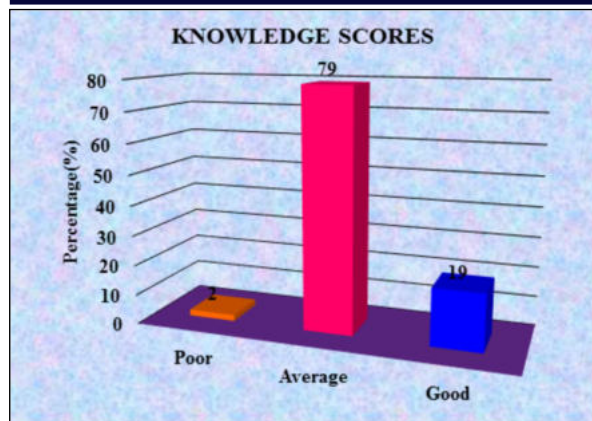
Part C: Three point rating scale was used to assessing attitude regarding mental illness

RESULTS:

100 samples were selected conveniently from selected area of Kasaba Bawada, of which 58% were females and 42% males, Most of them in the age group of 20 – 30 years. Mean knowledge score of the samples was 14.62 towards mental illness. The findings of the study revealed that the level of knowledge scores among adults of urban area, The samples were having average knowledge 79(79%), were 19 (19%) good knowledge and 2(2%) of them were having poor knowledge.

Table No. A: Description Of Sample Related To Knowledge Scores Of Adults Towards Mental Illness
n = 30

Sr. no	Variables	Frequency (f)	Percentage (%)
1.	Poor	2	2%
2.	Average	79	79%
3.	Good	19	19%



DISCUSSION:

The role of the nurse is crucial and vital rendering holistic health care (which includes mental health care) of an individual within the community setting. Mental health care can be provided by assessing existing knowledge and attitude towards mental illness among the vital groups of the society such as adults. This may in turn aid in organizing various programmes such as mental health awareness programmes, helping in early detection and prevention in mental illness by adults within the community, co-operative with the health professional in caring mentally ill person within the family and community setting. By assessing awareness regarding mental illness and attitude towards mental illness nurse can able to identify stigma, discrimination and avoidance mentally person within the community.

A. Characteristics Of Selected Socio Demographic Variables:

47 (47%) Belongs to age group 20 - 30 years, 58 (58%) were female, 81 (81%) belongs to Hindu religion, 74 (74%) were married, 41 (41%) studied up to secondary, 35 (35%) were business and private employees, 41 (41%) monthly family income is between Rs. 5000 – 10,000, 89 (89%) Have no family history of mental illness, 79 (79%) had no contact with mentally ill patient in community, major sources of information 70 (70%) is radio & TV.

B. Based On The First Objective: To Identify The Level Of Knowledge Regarding Mental Illness Among General Public

The finding related to knowledge scores revealed that maximum numbers of adults 79% had an average level of knowledge, 2% had a poor and 19% are having good knowledge towards mental illness.

C. Based On The Second Objective: To Assess The Level Of Attitude Regarding Mental Illness.

The findings related to attitude scores revealed that majority of the adults 94% had an unfavorable attitude and 6% had a favorable attitude 0% had highly favorable attitude towards mental illness.

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Conflicts Of Interest: None

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