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"A STUDY ON AWARENESS ABOUT HUMAN RIGHTS OF MENTALLY ILL PERSON AMONG MENTAL HEALTH PROFESSIONALS: A COMPARATIVE STUDY"

Mental Health Nursing

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ABSTRACT

The study titled, "An Exploratory Study on Awareness about Human Rights of Mentally Ill Person among Mental Health Professionals: A comparative study" Compare the awareness about Human rights of mentally ill Person among Male and Female Mental Health Professionals at Central Institute of Psychiatry, Kanke, Ranchi, Jharkhand was conducted with the following **Objectives:**To evaluate the overall awareness about human rights of mentally illperson among male and female mental health professionals at Central Institute of Psychiatry, kanke, Ranchi, Jharkhand. To compare the awareness about human rights of mentally illperson among the mental health professional at central institute of psychiatry, kanke, Ranchi, Jharkhand **Methods:-**An Exploratory approach was adopted for the study. A total sample of 80 male and 80 female Mental health professionals(Junior Residents, Clinical Psychology Students, Nursing Officer, Psychiatric Social Worker Students Ward Attendants & Nursing Students) provide care toMentally Ill Person at Central Institute of Psychiatry, Kanke, Ranchi, were selected through purposive sampling technique who fulfilled the Inclusion & exclusion Criteria the Human Rights of Mentally Ill Person questionnaire contains 30 questions under 6 domains are: - Personal needs,Communication, Decision making, Hospital Stay, Legal aspects &Violation practices. The responses are classified as "yes" or "no" scores for that are 2 and 1 respectively. The scores on human rights awareness were classified for the interpretation as 30-40 poor level of awareness, 41-50 average level of awareness and 51-60 good level of awareness. The analysis was done by using percentage, mean, standard, deviation percentage frequency and Pearson's Chi – Square test .**Result :**Maximum number of male mental health professional were 81.3% & 61.3% female in the age group of 20-30 yearshighest education level was male were Graduate 45.0% and 38.5%, female was post-Graduate about human rights of mentally ill person by education, majority of mental health professional belong to Hindu were male 77.5% and 68.8% werefemale, most of the mental health professional 52.5% were male & 68.8%. werefemale staying in urban areamaximum 27.5% male mental health professional belong to income group of > Rs.75,000 & 30.0% female were Rs.20,001 to Rs.30,000. Similarly, most of the 27.5% male mental health professional about human rights of mentally ill person giving care to psychiatric patients about 6 months to 1 year & 35.0% female was about above 5 years. Hence, it can be concluded that male Mental Health Professionalsshowed relatively more awareness than the female about human rights of mentally ill person. Hence, it can be concluded that PSW Students showed relatively more awareness about Personal Needs, Communication,Decision Making of human rights of mentally ill person. Clinical Psychology Students showed relatively more awareness about Hospital Stay, Legal Aspects&more awareness about Violation Practicesof human rights of mentally ill person.

KEYWORDS

INTRODUCTION

The World Health Organization (WHO) conceptualizes Mental health as a "state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community."

WHO gives particular emphasis to protect and promote human rights, empowering people with lived experience and ensuring a multisectoral and multistakeholder approach. [1]

The **Universal Declaration of Human Rights (UDHR),** adopted by the UN General Assembly in 1948, was the first legal document to set out the fundamental human rights to be universally protected. The UDHR, which turns 75 on 10 December 2023, continues to be the foundation of all international human rights law. Its **30 articles** provide the principles and building blocks of current and future human rights conventions, treaties and other legal instruments.

Human rights refer to the fundamental rights and freedoms that every individual inherently possesses being human, regardless of their nationality, ethnicity, gender, religion, or any other status. These rights are considered universal and are applicable to all people.

The concept of human rights is rooted in the belief that every person is entitled to be treated with dignity, equality, and respect.Human rights include a wide range of principles and entitlements, such as the right to life, liberty, and security; freedom from torture and slavery; the right to work, education, and healthcare; freedom of expression, religion, and assembly, and the right to participate in government and enjoy cultural rights. These rights are not only moral and ethical imperatives but also serve as a legal foundation for holding governments and individuals accountable for respecting and upholding the right.In this essence, human rights reflect a shared commitment to fostering equality, justice, and dignity for every individual, forming the cornerstone of international law and ethical standards that guide the behaviour of nations, organizations, and individuals alike. [2]

Mental illness referred to a broad range of conditions that affect a person's thinking, emotions, behaviour, or a combination of these, that significantly impact an individual's daily functioning, relationships, and overall well-being. Mental illnesses are diverse and can vary in severity, duration, and the specific symptoms. [3,4]

The Person with Mental illness suffers discrimination in the society. The stigma of mental illness may deprive them of employment, right to education, right to shelter and even exercise basic civil, political, social, economic, and cultural rights. The social exclusion also led to different types of abusing even torture, exploitation and humiliation that designate the person as "less than human." [5,6]

The incidence of human rights violations in mental health care across nations has been described as a "global emergency" and an "unresolved global crisis." [7]

Several studies have been conducted across the globe so far and the findings are indicating that people with mental illness are stigmatized and discriminated against not only by general public but by health professionals as well. It is high time to scale up research in this area to provide a solid foundation for health policymakers in revising mental health acts in accordance with the national and international human rights charters.

There is a strong relationship between mental health and human rights. It's about understanding and supporting their basic rights. Mental health professionals, are at the forefront of helping people with mental

health issues, not just about giving the right diagnosis or treatments, but also, about making sure these individuals are treated with dignity and have their rights respected.

Considering these facts, the current study aims to explore the awareness about human rights of mentally ill persons among mental health professionals in selected psychiatric hospital in Ranchi. The study will determine the knowledge gap and help the administrative body to take necessary action for its practicability.

Need of the Study

Despite of significant improvements in mental health service delivery, in the past decade, there is still substantial reporting of the continuing of stigmatizing attitudes, and human rights violations and abuses in mental health settings. The human rights perspective requires awareness among mental health professionals to actively promote necessary conditions for mentally ill persons to fully realize their rights.

Worldwide about 10.7% population suffers from some form of mental illness. Sadly, people suffering from mental health issues are also victims of abuse and violation of their basic legal rights. For example, some are bullied, abused, and forced to do some things which violate their basic right to freedom and life.

Patients are usually lacked with privacy during any procedure, even during taking bath. Hardly ever they are asked to give consent for their treatment. Patients who refuse to take medications during their stay in hospital are usually being administered under force. But no doubt the aim behind is to not to make their diseased condition going down.

A free India was not an exception. In spite of several legislative laws and amendment of mental health care act, there found violation of rights with mentally ill patients by health professionals even in reputed psychiatric institutions.

Health professionals even after gaining specialized qualification in mental health stream, were often found inadequate in providing recommended rights to the patients during their hospital stay also. At times, the health professionals are found using verbal and physical altercations with their patients against their negative acts due to illness.

In an analysis with the health professionals of three Latin American countries, it was found that greater respect for the rights of patients produced higher levels of job satisfaction." [10]

Also, itcannot be ignored that there is always a real danger that unfair discrimination and paternalistic attitudes against people with mental illness can too easily lead to coercive measures, which in turn can impact their mental health. (Szmukler, Citation2020).

Inspite of several amendments of laws on legal and ethical consideration of mentally ill patients, there found massive inefficiency in practice among mental health professionals.

The present study was conducted in selected Central Institute of Psychiatric to assess the awareness of human rights of mentally ill persons among mental health professionals.

Statement of the Problem

A problem statement articulates the problem and describes the need for a study through the development of an argument. In the current study, the problem statement is……

"An Exploratory Study on Awareness about Human Rights of Mentally Ill Person among Mental Health Professionals: A comparative study"

Objectives

Objectives of a research study are the specific accomplishments the researcher hope to achieve by conducting the study. Followings are the Objectives of this study:

i.) To evaluate the overall awareness about human rights of mentally illperson among male and female mental health professionals at Central Institute of Psychiatry, Kanke, Ranchi, Jharkhand.

ii.) To compare the awareness about human rights of mentally illperson among the mental health professionals at Central Institute of Psychiatry, Kanke, Ranchi, Jharkhand.

OperationalDefinitions

An operational definition of a concept specifies the operations that researchers must perform to measure it.

Human Rights -

Human Rights is pertaining to basic rights of patients with mental illness as per the Mental Health Act which includes the rights to the personal needs, communication, decision making, legal aspects and Hospitalstay. [11]

Awareness -

It refers to the understanding about the human rightsof mentally ill personamong the Male and Female Mental health professionals at CentralInstitute of Psychiatry, Kanke, Ranchi, Jharkhand.

Mentally Ill Person-

It refers to an individual those who are diagnosed with mental health disorder as classified by standardized diagnostic criteria e.g. DSM-5 or ICD-10

Mental Health Professional -

A mental health professional is a health care practitioner orsocial and human service provider who offers services for the purpose of improving an individual's mental health or to treat mental disorders. [12] Our study refers to individuals with formal qualification or training in mental health field, including Junior Residents**,** Clinical Psychology Students, Nursing Officer, Psychiatric Social Worker StudentsWard Attendants & Nursing Students.

Exploratory Study -

Exploratory research is a methodology approach that investigates research questions that have not previously been studied in depth. (scribber.com) In this study, it aims at investigating relatively unexplored area or generating preliminary insight into the awareness off human rights of mentally ill person among mental health professionals.[13]

Comparative Study -

A comparative study is an adequate research methodology to determine and quantify the relationships between two or more variables. [14](http//www.wikipedia.org) In this study, it aims to make a comparison of awareness between male and female mental health professionals about human rights of mentally ill persons

Assumption

An assumption is a basic principle that is believed to be true without proof or verification. A principle that is accepted as being true based on logic or custom, without proof.In the present study, it is assumed that: -

- Mental health professionals may have some levels of awareness about human rights of mentally ill person.
- Human rights of mentally ill person are violated most often due to poor awareness.

Hypothesis

There is a significant difference in the awareness about human rights of mentally ill person among the male and female Mental health professionals at Central Institute of Psychiatry, Kanke, Ranchi, Jharkhand.

Limitation

- The study is limited to who are willing to participate
- The study is limited to mental health professionals (Junior Residents**,**Clinical Psychology Students, Nursing Officer, Psychiatric Social Worker Students,Ward Attendants & Nursing Students) working in Central Institute of Psychiatry, Kanke, Ranchi, Jharkhand

Delimitation

Male and Female mental health professionals those who give care to mentally ill personat Central Institute of Psychiatry, Kanke, Ranchi, Jharkhand. Datacollectionperiodislimitedto15days.

Review of Literature

Mental health is a basic human right for all people. Everyone, whoever and wherever they are, has a deserving and inherent right to the highest attainable standard of mental health.This includes:

- The right to available, accessible, acceptable and good quality care; and

- The right to liberty, independence and inclusion in the community.

Having a mental health condition should never be a reason to deprive a person of their human rights or to exclude them from decisions about their own health.

"Everyone is entitled to all the rights and freedoms set forth in this Declaration, without distinction of any kind, such as race, colour, sex, language, religion, political

The review of literature includes the studies as follows.

- **Studies Related to Awareness About Human Rights of Mentally Ill Person**

Artin A. Mahdanian, et al (2023), conducted a literature review on 26 articles to have an overview of the current global situation of human rights in mental health services. They found significant improvements in mental health service delivery in the past decade. [15]

Arévalo CF,et al (2023), conducted a study in Mental Health Facilities of Gran Canaria, aimed to explore how the healthcareprofessionals working at the medium and long-term hospitalization services and perceive, from the human rights standpoint, the quality of the care that they provide. Therespondents identified the lack of health care resources and social support, the predominant paternalism in the care provided and the prevailing biomedical approach as the main causes that erode the respect for human rights. In this context, an improvement in the professionals' training seems to be one of the potential solutions to address this issue. [16]

Abdulla A, **et al (2022),**stated that the association between the HCPs' beliefs and attitudes towards service users' rights inseeking treatment in the UAE and to identify or may predict the stigmatized attitudes and behaviors among HCPs. Their findings demonstrate that HPCs understand mental disorders and feel that individuals' rights should be equal to those who do not have mental disorders while believing inautonomy and freedom, but there is a level of discrimination and a high level ofsocial distance. HCPs are less tolerant when interacting with those with mental disorders outside their professional lives.[17]

Agarwal V,et al (2022), stated that civil rights problems in mental well-being and the solutions to those challenges in standard-setting and institutional practice, as well as proposes an integrated approach to adapting the emerging principles of practice to divisive mental health concerns.This study is based on review of literature focused on mental health and human rights with special reference to international standards and clinical practices. Recent articles related to mental health and human rights and mechanisms suggested by United nations were included to draw conclusion.Review of literature suggested that, treatment should go hand in hand with mental health and civil rights education in the neighborhood, as well as opportunities for engagement in shared interests in the group and interaction of other individuals with living experience.[18]

MayssaRekhis,et al. (2021) conducted a study to assess the awareness about the rights of people with mental illness in the psychiatric hospitals in Tunisia among the service users, the family members, and the staff. They reported that, the highest levels of awareness were associated with the freedom from torture or degrading treatment and the right to live with dignity and respect, whereas the lower importance were assigned to the right to participation in recovery plans, to give consent and to exercise legal capacity. [19]

Abdallah Ali A, **et al. (2021)** aimed to assess nursing staff knowledge and compliance regarding psychiatric patients' rights and its relationship with family caregivers' awareness in Egypt. They reported that most of the study participants have satisfactory knowledge level while many of them practice poor compliance, and more than half of family caregivers had moderate level of awareness regarding psychiatric patient rights. Additionally, strong positive correlation exists among nurse's knowledge, and compliance regarding psychiatric patients' rights as well as family caregivers' awareness. [20]

Souza DS,et al. (2020) comprehend the existing possibilities for the exercise of human rights by persons with mental disorders who are institutionalized in a psychiatric hospital, from the perception of professionals. They reported that the professionals know the human rights and try to preserve them in the hospital scope, although they recognize that the persons hospitalized are not entirely respected due to the lack of public policies.[21]

Szajna A,et al. (2020) explored the relationship among knowledge, attitudes and practice among generalist nurses working at a large tertiary care hospital in South India. Participants demonstrated positive attitudes and sufficient knowledge about mental illness. [22]

Gaiha SM,et al. (2020) examined the magnitude and manifestations of public stigma, and synthesized evidence of recommendations to reduce mental-health-related stigma among young people in India. They reported one-third of young peopledisplay poor knowledge of mental health problems and negative attitudes towards people with mental healthproblems. People withmental health problems are perceived as dangerous and irresponsible. [23]

Thakur P, Apte S. A. (2019) aimed to study the knowledge of adults regarding human rights of persons with mental illness in selected urban areas of Pune city and found although the knowledge is good (74.25 % had good knowledge level with mean score of 10.45) among the population but the stigma related to mental illness still persists.[24]

Osman A, AwadAlla S. (2019) evaluate the nurses knowledge and attitudes regarding psychiatric patient rights in Al-Amal psychiatric hospital in Riyadh City. They found that 90% nurses had read legislation related to patients rights and 100% of participants have a good knowledge and attitudes about patient's rights.[25]

Merhej R. (2019) address the question whether or not mental health legislations in a number of Arab countries effectively safeguard the human rights of people with mental illness and protect them from stigmatizing and discriminatory practices. They found that beyond society and culture, persistence of mental illness stigma in the Arab world. [26]

Hassen A, et al. (2019) The studiesreported nursing knowledge about mental patient's rights 64(42.7%) were good in knowledge, 59(39.3%) were moderate, 27(18%) were poor in knowledge have shownthat how well mental health nurses understand patient rights and advocacy.Nursing perception for patient advocacy 105(70%) were positive perception, 25(16.7%) were neutral perception and 20(13.3%) were negative perception. [27]

DanilakoglouCh, Nikolopoulou V, et al. (2019)conducted a study at the Psychiatric Hospital of Thessaloniki among a sample of 166 mental health professionals (psychiatrists and nurses) reported that the higher level of education is associated with a more positive attitude towards mental health patients, and also that psychiatrists who have a mental health patient in their family have a more positive attitude towards these patients than

Research Methodology

Research Approach

ToaccomplishtheobjectivesofthestudyExploratoryresearch approach was considered to be the most appropriate approach for the study. AnExploratory survey approach was adopted for the study.

Research Design

A research design is a well-defined plan of action. it is planned sequence of the entire research process. It is a blue print of research activity. Keeping the objectives of the study in view an exploratory study approach was adopted for the study. The investigator wanted to see the awareness about human rights of mentally ill person among male and female mental health professionals at Central Institute of Psychiatry, Kanke, Ranchi, Jharkhand iscompared.

Variables

Independent Variables- Awareness
Dependent Variables- Human rights of mentally ill person
Attributable Variables- age,education, professional designation, religion, locality, income/month & working experience

Setting of the Study

The study was conducted in Central Institute of Psychiatry Kanke, Ranchi and Jharkhand.

The Rational for the Selecting the Institution are-

- Availability of the adequate number of subjects
- Familiarity with settings

- Easy accessibility
- Feasibility of the conducting the study

Population
The target population of the studywas Male and Female Mental health professionals

Sample and Sampling Technique
Sample-Male and Female Mental health professionals (Junior Residents**,** Clinical Psychology Students, Nursing Officer, Psychiatric Social Worker Students Ward Attendants & Nursing Students).

Sample Size– The subjects were 160Mental health professionals(80-Males and 80-Females)

Sampling Technique
Male and Female Mental health professionals provide care to mentally ill person who fulfilled the sampling criteria. The sample selection was done by purposive sampling technique.

Inclusion Criteria
- Male and Female Mental health professionals those who provide mental health care to mentally ill person at Central Instituteof Psychiatry Kanke, Ranchi and Jharkhand
- Mental health professionals who are willing to participate in the study

Exclusion Criteria
- Male and Female Mental health professionals who are not willing to participate in the study.

Tools Used for DataCollection
The tools used for the research purpose are:
- Socio-demographicschedule.
- Self-constructed awareness questionnaire on Human rights of mentallyill person.

Description of theTool and Scoring Technique
Socio-demographic Information Schedule Male & Female Mental Health Professionals' particulars to elicit data on age, Gender, education, Occupation, income, religion, locality, years of care to psychiatric patients.

Self-constructed awareness questionnaire on human rights of mentally ill.
The tool was developed by the researcher with the guidelines given by the Mental Health Act. The questionnaire contains 30 questions and 14 sub questions under 6 domains.
The 6 domains of the questionnaire are:
1. Personal needs
(Item.No.1,2,3,4,4. a,5,5. a,6,6. a,7,7. a,8,8. a)
2. Communication
(Item.No.9,9. a,10,10. a)
3. Decision making
(ItemNo.11,11. a,12)
4. Hospital Stay
(Item.No.13,14,14. a,15,16,16. a,17,18)
5. Legal aspects
(Item.No.19,19. a,20,20. a,21,21. a,22,22. a,23,24,25)
6. Violation practices
(ItemNo.26,27,28,29,30)

The responses of the Male & Female Mental Health Professionals are classified as “yes” or “no” andscores for that are 2 and 1 respectively. The scores on human rights awareness were classified for the interpretation as 30-40 poor level of awareness, 41-50 average level of awareness and 51-60 good level of awareness.

Data Collection Procedure
Research tool can be defined as the instrument in the hands of research to measure what they indent to in their study and making the research the easier attempt to find out in a systematically and scientific manner. It can also be defined as tool in a hand-held item that aids in accomplishing a task. Subjects were taken for the study after fulfilling the inclusion and exclusion criteria. Formal permission taken by the Director of CIP; it is done by giving set of questions to the Male & Female Mental Health Professionals at CIP The average time taken by each respondent during filling the questionnaire was 30 minutes. During the data collection, the researcher introduced herself and briefed the purpose of her visit to the Male & Female Mental Health Professionals who fulfilled the sampling criteria. Each subject was informed about the purpose of the study and an informed consent was taken. Data were gathered by using the English version of the tool.

Difficulties During Data Collection
- Some participant showed no interest to fill the questionnaire.
- Questionnaire were not completed;
- some questions were left empty.
- Lack of time.
- Some participants were uncooperative

Data Analysis and Interpretation
This chapter deals with the analysis and interpretation of the data gathered from 160 Male & Female Mental Health Professionals. The analyzed data weretabulated and presented according to the objective sunder the following headings.

Organization of Data
Section: A
Demographic variables of Male & Female Mental Health Professionals.

Section: B
To evaluate the overall awareness about human rights of mentally illperson among male and female mental health professionals at Central Institute of Psychiatry, Kanke, Ranchi, Jharkhand.

Section: C
To compare the awareness about human rights of mentally illperson among the mental health professionals at Central Institute of Psychiatry, Kanke, Ranchi, Jharkhand.

Section – A
Table 1: Demographic variables of Mental Health Professionals about human rights of mentally ill person.

variables		Male		Female	
		n	%	n	%
Age	21 to 30 yrs.	65	81.3%	49	61.3%
	31 to 40 yrs.	11	13.8%	08	10.0%
	41 to 50 yrs.	04	5.0%	15	18.8%
	Above 51 yrs.	-	-	8	10.0%
Education	Primary education	-	-	01	1.3%
	10th	02	2.5%	06	7.5%
	12th	18	22.5%	22	27.5%
	Graduation	36 22	45.0%	18	22.5%
	Post-Graduation	02	27.5%	31	38.5%
	Other		2.5%	02	2.5%
Professional Designation	Junior Residents	10	12.5%	10	12.5%
	CP Students	10	12.5%	10	12.5%
	Nursing Officer	20	25.0%	20	25.0%
	PSW Students	10 10	12.5%	10	12.5
	Ward Attendants	20	12.5%	10	12.5%
	Nursing Students		25.0%	20	25.0%
Religion	Hindu	62	77.5%	55	68.8%
	Christian	07	8.8%	16	20.0%
	Muslim	10	12.5%	08	10.0%
	Others	01	1.3%	01	1.3%
Locality	Urban	42	52.5%	55	68.8%
	Rural	38	47.5%	25	31.3%
Income/month	< Rs.20,000	9	11.3%	12	15.0%
	Rs.20,001 to Rs.30,000	19	23.8%	24	30.0%
	Rs.30,001 to Rs.50,000	20	25.0%	13	16.3%
	Rs.50,001 to Rs.75,000	10	12.5%	13	16.3%
	> Rs.75,000	22	27.5%	18	22.5%
Working Experience	6months to 1 year	22	27.5%	10	12.5%
	1 year to 2 years	17	21.3%	18	22.5%
	2 years to 5 years	03	3.8%	04	5.0%
	above 5 years	17	21.3%	28	35.0%

Table-1 & Fig. No.1-7depict that subject studied are distributed into various categories according to male and female mental health professional age,education, professional designation, religion, locality, income/month & working experience In the present study age wise distribution of the mental health professional about human rights of mentally ill person showed that the maximum number of male

mental health professional were 81.3% & female were 61.3% in the age group of 20-30 years, followed by those in age group 31-40 years male were 13.8% & female were 10.0%, 41-50 years male were 5.0% & female were 18.8% and above 51 yrs. were in least percentage only female were 10.0%. Highest percentage of mental health professional education was male were Graduate 45.0% and female were post-Graduate 38.5% followed by male were post-Graduate 27.5% and female were intermediate 22.5%, male was intermediate 22.5% and female were Graduate 22.5%, male was 10th& other 2.5% and female were 10th 7.5% & other 2.5%, primary education was 1.3%. As regard to religion, male mental health professional belong to Hindu were 77.5% and 68.8% werefemale, male belong to Christian were 8.8% and 20.0% werefemale, male belong to Muslim were 12.5% and 10.0% werefemale, being least percentage of 1.3%. were male & female belonging to others. Highest percentage of male mental health professional staying in urban area were 52.5% & female were 68.8% least percentage of male staying in rural area were 47.5% & female were 31.3%. maximum 27.5% male mental health professional belong to income group of > Rs.75,000 & 30.0% female were Rs.20,001 to Rs.30,000 followed by 25.0% male income group of Rs.30,001 to Rs.50,000 & 22.5% female were > Rs.75,000, 23.8% male income group of Rs.20,001 to Rs.30,000 & 16.3% female were Rs.30,001 to Rs.50,000 & Rs.50,001 to Rs.75,000, 12.5% male income group of Rs. 50,001 to Rs.75,000 & 15.0% female were < Rs.20,000, 11.3% male income group of < Rs.20,000. Similarly, most of the 27.5% male&12.5% female mental health professional giving care to psychiatric patients about 6 months to 1 year followed by 21.3% male& 22.5% female was giving care about 1 year to 2 years, 3.8% male& 5.0% female was giving care about 2 years to 5 years and 21.3% male& 35.0% female was about above 5 years.

Thus, it can be concluded that maximum number of male mental health professional about human rights of mentally ill person,maximum number of male mental health professional were 81.3% & 61.3% female in the age group of 20-30 yearshighest education level was male were Graduate 45.0% and 38.5%, female was post-Graduate about human rights of mentally ill person by education, majority of mental health professional belong to Hindu were male 77.5% and 68.8% werefemale, most of the mental health professional 52.5% were male & 68.8%. werefemale staying in urban areamaximum 27.5% male mental health professional belong to income group of > Rs.75,000& 30.0% female were Rs.20,001 to Rs.30,000. Similarly, most of the 27.5% male mental health professional about human rights of mentally ill person giving care to psychiatric patients about 6 months to 1 year & 35.0% female was about above 5 years.

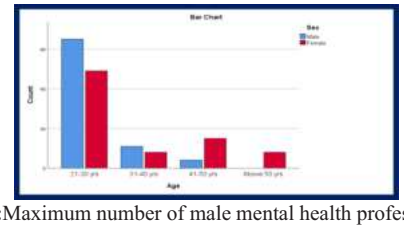

Figure 1: Maximum number of male mental health professional were 81.3% & 61.3% female in the age group of 20-30 years

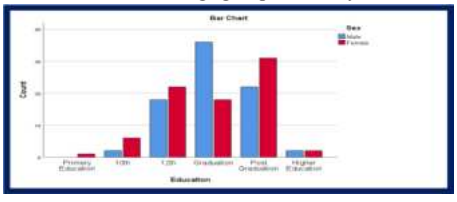

Figure 2: Highest education level was male were Graduate 45.0% and 38.5%, female was post-Graduate about human rights of mentally ill person by education

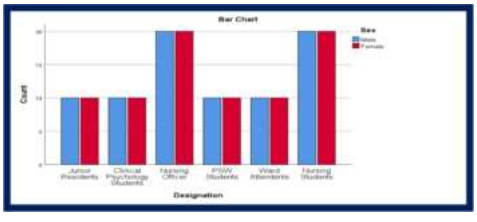

Figure 3: Percentage distribution of the male & femalemental health professional about human rights of mentally ill person by designation

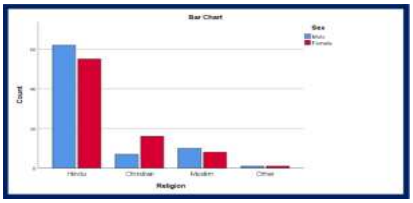

Figure 4: Majority of mental health professional belong to Hindu were male 77.5% and 68.8% werefemale.

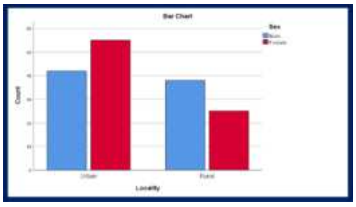

Figure 5: Most of the mental health professional 52.5% were male & 68.8%. werefemale staying in urban area

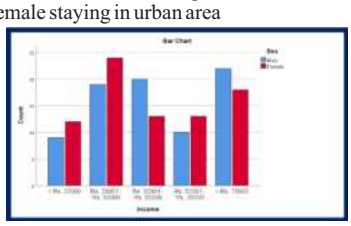

Figure 6: Maximum 27.5% male mental health professional belong to income group of > Rs.75,000 & 30.0% female were Rs.20,001 to Rs.30,000.

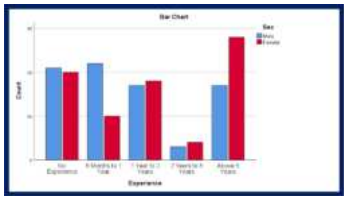

Figure 7: Most of the 27.5% male mental health professional about human rights of mentally ill person giving care to psychiatric patients about 6 months to 1 year & 35.0% female was about above 5 years.

Table- 2 Percentage Distribution of the level of awareness about human rights of mentally ill person among Male & Female Mental Health Professionals N=160

S No.	Awareness Level	Male		Female	
		Frequency	Percentage	Frequency	Percentage
1.	Poor (30-40)	13	16.3%	13	16.3%
2.	Average (41-50)	22	27.5%	23	28.7%
3.	Good (above 51)	45	56.3%	44	55.0%

Table-2 & Fig. No. 8 Shows that Maximum mean percentage 56.3% were have good awareness score male Mental Health Professional and 55.0% female were 55.0% and average awareness score male was 27.5% and female were 28.7%, whereas only 16.3% were having poor awareness score about human rights of mentally ill person among Male & Female Mental Health Professionals.

Hence, it can be concluded that male Mental Health Professionals showed relatively more awareness than the female about human rights of mentally ill person.

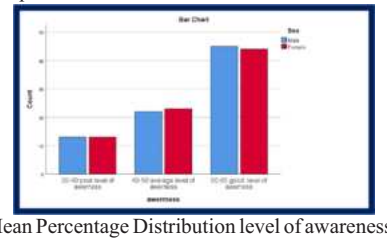

Figure 8: Mean Percentage Distribution level of awareness about male Mental Health Professionalsshowed relatively more awareness than the female about human rights of mentally ill person.

Table- 3 Comparison of the awareness about Personal Needs of human rights of mentally ill person among Mental Health Professionals N=160

Personal Needs	N	Mean	Std. Deviation	F	Sig.
Junior Residents	**20**	7.1000	1.25237	18.453	.000
CP Students	**20**	7.2500	1.40955		
Nursing Officer	**40**	7.1000	1.00766		
PSW Students	**20**	7.9000	.30779		
Ward Attendants	**20**	7.2500	1.01955		
Nursing Students	**40**	5.3000	1.47109		

Table-3 & Fig. No. 9 Maximum mean of awareness regarding Personal Needs of human rights of mentally ill person among Mental Health Professionals show that PSW Students have higher awareness followed by Clinical Psychology Students, Ward Attendants, Junior Residents, Nursing Officer and Nursing Students lower awareness.

Hence, it can be concluded that PSW Students showed relatively more awareness about Personal Needs of human rights of mentally ill person.

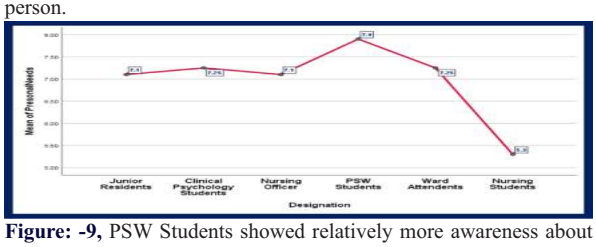

Figure: -9, PSW Students showed relatively more awareness about Personal Needsof human rights of mentally ill person.

Table- 4 Comparison of the awareness about Communication of human rights of mentally ill person among Mental Health Professionals N=160

Communication	N	Mean	Std. Deviation	F	Sig.
Junior Residents	**20**	1.5500	.51042	3.679	.004
CP Students	**20**	1.8500	.48936		
Nursing Officer	**40**	1.9000	.30382		
PSW Students	**20**	2.0000	.00000		
Ward Attendants	**20**	1.9500	.22361		
Nursing Students	**40**	1.7750	.47972		

Table-4 & Fig. No. 10 Maximum mean of awareness regarding Communication of human rights of mentally ill person among Mental Health Professionals show that PSW Students have higher awareness followed by Ward Attendants, Nursing Officer, Clinical Psychology Students, Junior Residents, and Nursing Students lower awareness

Hence, it can be concluded that PSW Students showed relatively more awareness about Communication of human rights of mentally ill person.

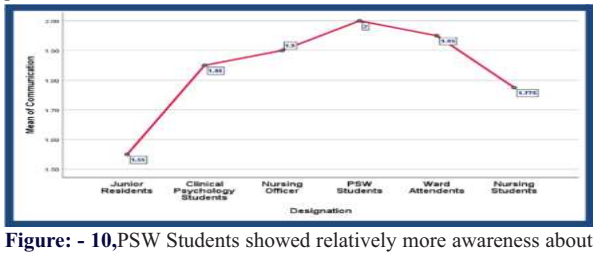

Figure: - 10,PSW Students showed relatively more awareness about Communication of human rights of mentally ill person.

Table- 5 Comparison of the awareness about Decision Making of human rights of mentally ill person among Mental Health Professionals N=160

Decision Making	N	Mean	Std. Deviation	F	Sig.
Junior Residents	**20**	2.2500	.91047	10.957	.000
CP Students	**20**	2.3500	1.03999		
Nursing Officer	**40**	2.5000	.78446		
PSW Students	**20**	2.6000	.82078		
Ward Attendants	**20**	1.8500	.98809		
Nursing Students	**40**	1.1750	1.05945		

Table-5 & Fig. No.11 Maximum mean of awareness regarding Decision Making of human rights of mentally ill person among Mental Health Professionals show that PSW Students have higher awareness followed by Nursing Officer, Clinical Psychology Students, Junior Residents, Ward Attendants, and Nursing Students lower awareness

Hence, it can be concluded that PSW Students showed relatively more awareness about Decision Making of human rights of mentally ill person.

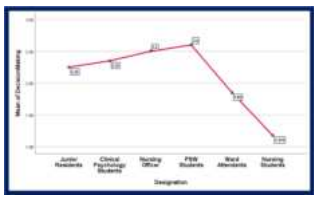

Figure: - 11 PSW Students showed relatively more awareness about Decision Making of human rights of mentally ill person.

Table- 6 Comparison of the awareness about Hospital Stay of human rights of mentally ill person among Mental Health Professionals N=160

Hospital Stay	N	Mean	Std. Deviation	F	Sig.
Junior Residents	**20**	4.9500	1.23438	8.741	.000
CP Students	**20**	5.8000	.89443		
Nursing Officer	**40**	5.0750	1.07148		
PSW Students	**20**	5.6000	.75394		
Ward Attendants	**20**	4.9000	1.07115		
Nursing Students	**40**	3.9750	1.56053		

Table-6 & Fig. No. 12 Maximum mean of awareness regarding Hospital Stayof human rights of mentally ill person among Mental Health Professionals show that Clinical Psychology Students have higher awareness followed by PSW Students, Nursing Officer, Junior Residents, Ward Attendants, and Nursing Students lower awareness

Hence, it can be concluded that Clinical Psychology Students showed relatively more awareness about Hospital Stayof human rights of mentally ill person.

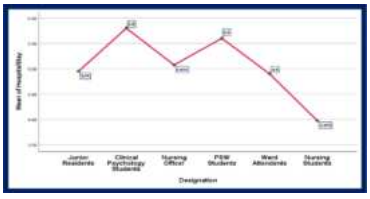

Figure: - 12 Clinical Psychology Students showed relatively more awareness about Hospital Stayof human rights of mentally ill person.

Table- 7 Comparison of the awareness about Legal Aspects of human rights of mentally ill person among Mental Health Professionals N=160

Legal Aspects	N	Mean	Std. Deviation	F	Sig.
Junior Residents	**20**	6.2000	1.10501	24.433	.000
CP Students	**20**	6.6000	.68056		
Nursing Officer	**40**	6.1500	.89299		
PSW Students	**20**	6.5000	.88852		
Ward Attendants	**20**	5.9000	1.11921		
Nursing Students	**40**	4.3750	1.00480		

Table-7 & Fig. No. 13 Maximum mean of awareness regarding Legal Aspects of human rights of mentally ill person among Mental Health Professionals show that Clinical Psychology Students have higher awareness followed by PSW Students, Junior Residents, Nursing Officer, Ward Attendants, and Nursing Students lower awareness

Hence, it can be concluded that Clinical Psychology Students showed relatively more awareness about Legal Aspects of human rights of mentally ill person.

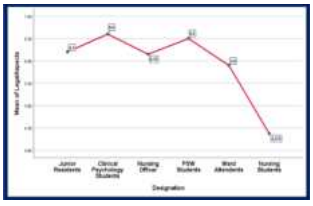

Figure: - 13 Clinical Psychology Students showed relatively more awareness about Legal Aspectsof human rights of mentally ill person.

Table- 8 Comparison of the awareness about Violation Practices of human rights of mentally ill person among Mental Health

Professionals N=160

Violation Practices	N	Mean	Std. Deviation	F	Sig.
Junior Residents	**20**	4.2000	1.10501	9.112	.000
CP Students	**20**	4.7500	.44426		
Nursing Officer	**40**	4.1750	1.15220		
PSW Students	**20**	4.5000	.60698		
Ward Attendants	**20**	3.7000	1.21828		
Nursing Students	**40**	3.1750	1.08338		

Table-8 & Fig. No.14 Maximum mean of awareness regarding Violation Practicesof human rights of mentally ill person among Mental Health Professionals show that Clinical Psychology Students have higher awareness followed by PSW Students, Junior Residents, Nursing Officer, Ward Attendants, and Nursing Students lower awareness

Hence, it can be concluded that Clinical Psychology Students showed relatively more awareness about Violation Practicesof human rights of mentally ill person.

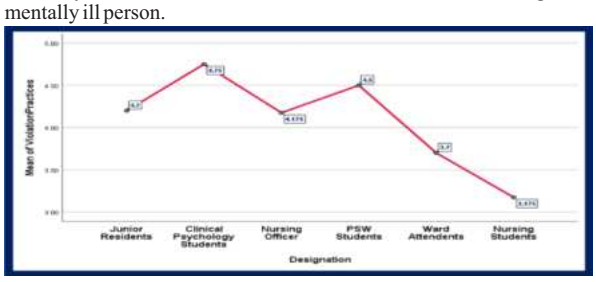

Figure: - 14 Clinical Psychology Students showed relatively more awareness about Violation Practicesof human rights of mentally ill person.

Chapter-V
DISCUSSION

The chapter deals with the detailed discussion on the findings of the study obtained from the statistical analysis. Mental Health Professional plays a vital role in the course and prognosis of mental illness. It is believed that Mental Health Professional are playing key role in the treatment of mentally ill patients and they should be supported by enhancing adequate knowledge.

The Quality Assurance in Mental Health Project (1999) and Mental Health Care and Human Rights Report, 2008 - both by the National Human Rights Commission India, on the basis of its observation recommended that sensitization of professionals and other staff is essential for improving quality of care of the mentally ill. It opined that the sensitization should include facets like the right to treatment with respect and dignity, right against exploitation study findingsarediscussedaspertheobjectivesofthestudy. and abuse and right to proper treatment and family life. The

Demographic variables of patients.

Maximum number of male mental health professional about human rights of mentally ill person,maximum number of male mental health professional were 81.3% & 61.3% female in the age group of 20-30 yearshighest education level was male were Graduate 45.0% and 38.5%, female was post-Graduate about human rights of mentally ill person by education, majority of mental health professional belong to Hindu were male 77.5% and 68.8% werefemale, most of the mental health professional 52.5% were male & 68.8%. werefemale staying in urban areamaximum 27.5% male mental health professional belong to income group of > Rs.75,000 & 30.0% female were Rs.20,001 to Rs.30,000. Similarly, most of the 27.5% male mental health professional about human rights of mentally ill person giving care to psychiatric patients about 6 months to 1 year & 35.0% female was about above 5 years.

The first objective was to assess the level of awareness about human rights of mentally ill person among Male & Female Mental Health Professionals

It was found that that Maximum mean percentage 56.3% were have good awareness score male Mental Health Professional and 55.0% female were 55.0% and average awareness score male was 27.5% and female were 28.7%, whereas only 16.3% were having poor awareness score about human rights of mentally ill person among Male & Female Mental Health Professionals.

This finding was consistent with the study done by**Melisha Nichol Lobo (2020)** The respondents had 65.09% of awareness of the existing human rights for the mentally ill in place and this also is seen in contrast with the studies by **Jagannathan and Rao, 2015** whose results showed though knowledge was satisfactory, it was not comprehensive enough to propagate it to others. Mainly in the domains like personal needs, communication, hospital stay and violation practices needed to be improved. studies by **Peace Iheanacho 2021** whose findings showed that participants 32 (44.4%) demonstrated moderate knowledge regarding the human rights of people with mental illness. Similarly,the mean awareness score of subjects regarding the human rights of mentally ill was 21.34 to 4.07 (out of maximum 30) with mean percentage 71.13% the maximum of subjects (61.54%) had good level of awareness. whereas more than one third (36.54%) belong to average level and only one subject (01.92%0had poor level of awareness.Illustrates the level of knowledge of the respondents about the rights of mentally ill patient which shows that among 140 respondents, 65 people (46.4%) have inadequate knowledge regarding human rights of mentally ill patients.

Indeed, there is a strong need to educate the healthcare professionals by conducting training programs about the human rights of mentally ill and their protection. So, that the stigma towards the mentally ill from the society can be removed with making it even more imperative to treat all humans equally regardless of the disease condition.

Chapter-VI
Summary, Conclusion, Implication & Recommendations

Summary of the study

Enjoyment of the human right to health is vital to all aspects of a person's life and wellbeing. There has been a dynamic relationship between the concept of mental illness, the treatment of the mentally ill and the law. The mental health professional especially nurses should know the basic legal and ethical aspects of psychiatry. Since the origin of human civilization, mentally ill patients have received the scant amount of care and concern for the community. For centuries, as a result of this, the rights of mentally ill have been abused and ignored. Psychiatric hospitals, informal healing center and family homes reported that low- income countries neglect the mentally ill patient. People with mental, neurological or behavioral problems are highly subjected to social stigma, discrimination, social isolation and poor-quality life which in turn results in human rights violations. Thenumber of people affected by mental and behavioral disorders is steadily increasing. In spite of the existing awareness about effective means in treating the psychiatric disorders, there is a very big gap betweenthetreatmentgivenandtheavailableresources.

Human rights are an important component for effectiveness in care. The health must know the rights of a mentally ill person; and should support, protect and meet their health needs. So, there is need to know whether the health caregivers are aware of the human rights of the patients who are mentally ill.

Major findings of the study

- In the present study age wise distribution of the mental health professional about human rights of mentally ill person showed that the maximum number of male mental health professional were 81.3% & female were 61.3% in the age group of 20-30 years, followed by those in age group 31-40 years malewere 13.8% & female were 10.0%, 41-50 years male were 5.0% & female were 18.8% and above 51 yrs. were in least percentage only female was 10.0%.
- Highest percentage of mental health professional education was male were Graduate 45.0% and female were post-Graduate 38.5% followed by male were post-Graduate 27.5% and female were intermediate 22.5%, male was intermediate 22.5% and female were Graduate 22.5%, male was 10^{th}& other 2.5% and female were 10^{th} 7.5% & other 2.5%, primary education was 1.3%.
- As regard to religion, male mental health professional belong to Hindu were 77.5% and 68.8% werefemale, male belong to Christian were 8.8% and 20.0% werefemale, male belong to Muslim were 12.5% and 10.0% werefemale, being least percentage of 1.3%. were male & female belonging to others.
- Highest percentage of male mental health professional staying in urban area were 52.5% & female were 68.8% least percentage of male staying in rural area were 47.5% & female were 31.3%.
- Maximum 27.5% male mental health professional belong to income group of > Rs.75,000 & 30.0% female were Rs.20,001 to

Rs.30,000 followed by 25.0% male income group of Rs.30,001 to Rs.50,000 & 22.5% female were > Rs.75,000, 23.8% male income group of Rs.20,001 to Rs.30,000 & 16.3% female were Rs.30,001 to Rs.50,000 & Rs.50,001 to Rs.75,000, 12.5% male income group of Rs. 50,001 to Rs.75,000 & 15.0% female were < Rs.20,000, 11.3% male income group of < Rs.20,000.

- Similarly, most of the 27.5% male&12.5% female mental health professional giving care to psychiatric patients about 6 months to 1 year followed by 21.3% male& 22.5% female was giving care about 1 year to 2 years, 3.8% male& 5.0% female was giving care about 2 years to 5 years and 21.3% male& 35.0% female was about above 5 years.
- Maximum mean percentage 56.3% were have good awareness score male Mental Health Professional and 55.0% female were 55.0% and average awareness score male was 27.5% and female were 28.7%, whereas only 16.3% were having poor awareness score about human rights of mentally ill person among Male & Female Mental Health Professionals.
- Maximum mean of awareness regarding Personal Needs of human rights of mentally ill person among Mental Health Professionals show that PSW Students have higher awareness followed by Clinical Psychology Students, Ward Attendants, Junior Residents, Nursing Officer and Nursing Students lower awareness.
- Maximum mean of awareness regarding Communication of human rights of mentally ill person among Mental Health Professionals show that PSW Students have higher awareness followed by Ward Attendants, Nursing Officer, Clinical Psychology Students, Junior Residents, and Nursing Students lower awareness
- Maximum mean of awareness regarding Decision Making of human rights of mentally ill person among Mental Health Professionals show that PSW Students have higher awareness followed by Nursing Officer, Clinical Psychology Students, Junior Residents, Ward Attendants, and Nursing Students lower awareness
- Maximum mean of awareness regarding Hospital Stayof human rights of mentally ill person among Mental Health Professionals show that Clinical Psychology Students have higher awareness followed by PSW Students, Nursing Officer, Junior Residents, Ward Attendants, and Nursing Students lower awareness
- Maximum mean of awareness regarding Legal Aspects of human rights of mentally ill person among Mental Health Professionals show that Clinical Psychology Students have higher awareness followed by PSW Students, Junior Residents, Nursing Officer, Ward Attendants, and Nursing Students lower awareness
- Maximum mean of awareness regarding Violation Practices of human rights of mentally ill person among Mental Health Professionals show that Clinical Psychology Students have higher awareness followed by PSW Students, Junior Residents, Nursing Officer, Ward Attendants, and Nursing Students lower awareness

CONCLUSION

Thus, it can be concluded that maximum number of male mental health professional about human rights of mentally ill person,maximum number of male mental health professional were 81.3% & 61.3% female in the age group of 20-30 yearshighest education level was male were Graduate 45.0% and 38.5%, female was post-Graduate about human rights of mentally ill person by education, majority of mental health professional belong to Hindu were male 77.5% and 68.8% werefemale, most of the mental health professional 52.5% were male & 68.8%. werefemale staying in urban areamaximum 27.5% male mental health professional belong to income group of > Rs.75,000 & 30.0% female were Rs.20,001 to Rs.30,000.

Similarly, most of the 27.5% male mental health professional about human rights of mentally ill person giving care to psychiatric patients about 6 months to 1 year & 35.0% female was about above 5 years

Hence, it can be concluded that male Mental Health Professionals showed relatively more awareness than the female about human rights of mentally ill person.

Hence, it can be concluded that PSW Students showed relatively more awareness about Personal Needs, Communication,Decision Making of human rights of mentally ill person. Clinical Psychology Students showed relatively more awareness about Hospital Stay, Legal Aspects&more awareness about Violation Practicesof human rights of mentally ill person.

Implications of thestudy

The Researcher derived the following implications from the study.

Nursing Practice

- Nurses should raise the awareness regarding the protection human rights of mentally ill and its importance

Nursing Administration

- Nurse Administrator canconduct In-service education programs, seminars, conferences, workshops on human rights of mentally ill person

Nursing Education

- Educating the Nursing officer periodically about the human rights of mentally ill will help in imparting the knowledge to the patient as well as family members.

Nursing Research

- There is a plenty of scope for research in the field of Human rights in future.

Recommendations for futureresearch

- Similar kind study can be performed with a large scale and also in differentsettings.
- Similar kind study can be performed with a nursing students /staff and also in differentsettings.

Similar study can be conducted with intervention to find out the effectiveness of intervention increating the awareness about humanrights.