



**ORIGINAL RESEARCH PAPER**

**Mental Health Nursing**

**A DESCRIPTIVE STUDY TO ASSESS THE KNOWLEDGE REGARDING MENTAL ILLNESS AMONG ADULTS IN SELECTED COMMUNITY, BENGALURU**

**KEY WORDS:** Knowledge; Mental Illness; Adults;

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**ABSTRACT**

**Background And Objectives:** Mental health problems refer to the more common struggles and adjustment difficulties that affect everybody from time to time. These problems tend to happen when people are going through difficult times in life, such as a relationship ending, the death of someone close, conflict in relations with family or friends, or stresses at home, school or work. The objectives of the study are to assess the knowledge to assess the level of knowledge regarding mental illness among adults and to find the association between knowledge scores regarding mental illness with selected demographic variables. **Methods:** The sample selected for the study includes 100 adults of selected rural area. To select the samples, non-probability purposive sampling method was used. **Results:** The knowledge of mental illness among adults was found 70% good knowledge, average knowledge among 16% adults, very good knowledge among 14% adults and no one with poor knowledge. Chi-square values indicate a significant association between the knowledge scores of rural adults with income (calculated value 15.831 is more than table value 9.49 at 0.05 levels). **Conclusion:** Overall findings showed that, respondents knowledge about mental illness is average (16%), 0% poor knowledge, 14% very good knowledge and 70% good knowledge. So enhancement in knowledge aspect is required.

**INTRODUCTION:**

A mental disorder or mental illness is a psychological or behavioral pattern generally associated with subjective distress or disability that occurs in an individual, and which is not a part of normal development or culture. Mental illness is the second leading cause of disability after health disease suicide is the 3rd leading cause of death among teens, exceeded only by accidents and homicides untreated mental illness contribute to employee absenteeism and turnover lower productivity and lower work quality. 1

Mental illness affects one in four peoples in the world by world health report. There is still no cure because of stigma. 6 For mental health care to become accessible within existing resource constraints, it must be provided through primary health services. Finally mental health care through primary health services is less expensive and make cost effective both for service providers and recipients. 7

A study was undertaken to assess public attitudes and knowledge in a public opinion survey regarding mental illness in Jalgaon, Maharashtra in a control region. Data was collected through questionnaires and personal interviews. They were asked about their knowledge and attitudes towards meaning, causation, sign and symptoms, management, prevention and rehabilitation of mental illness. There was strong relation between the knowledge and attitude of rural adults. Public knowledge and attitude about mental illness must be improved. 8

**Need For The Study:**

In India, the number of cases reported due to mental illness are 1-2% neurosis, psychosomatic diseases 2-3%, mental retardation 0.5-1%, psychiatric disorders in children 1-2%, outpatient department attended in government hospital 3.63 million/year, outpatient department attended in private hospitals 2.63 million/year, 15 to20% of all help seekers in general health services in both developed and developing countries. 14

A study was conducted to assess the causes of mental illness among 30 adults in selected rural areas of Bangalore. The source of information was from the family members. Among 30 adults, 17 of them suffered from mental illness due to physical stress and over work load and 13 of them suffered from mental illness due to psychosocial stress such as loss of prestige, loss of jobs, unhealthy comparisons. 15

Mental disorders have been found to be relatively common,

with more than one in three people in most countries. A WHO global survey indicates that anxiety disorders are the most common in all country, followed by mood disorders in all countries, while substance disorders and impulse control disorders were consistently less prevalent. 16

These above experiences, thoughts and different studies provoked the investigators to assess the knowledge on mental illness among adults.

**Statement of the problem:**

A descriptive study to assess the Knowledge regarding Mental Illness among adults in selected community Bengaluru

**Objectives of the study:**

- 1) To assess the level of knowledge regarding mental illness.
- 2) To find the association between knowledge scores regarding mental illness with selected demographic variables.

**Hypothesis**

Hypothesis is tested at 0.05 level of significance.  
H<sub>1</sub>- There is a significant association between knowledge scores regarding mental illness with selected demographic variables among adults.

**Methodology:**

Research Approach- quantitative descriptive survey approach Setting of the Study-selected rural area at Bengaluru.

Sample and sample size-100 adults Sampling Technique-non probability purposive sampling technique.

**RESULTS:**

The data collected has been analysed by using the descriptive method and inferential statistics.

**Table 1: Frequency And Percentage Distribution Of Sample According To Demographic Characteristics**

**N = 100**

Sr. No	Variable	Freque ncy(f)	Percentag e(%)
1.	<b>Age</b>		
	21 to 30years	40	40
	31 to 40 years	38	38
	41 to 50 years	22	22

2.	<b>Gender</b>		
	Male	47	47
	Female	53	53
3.	<b>Religion</b>		
	Hindu	64	64
	Muslim	10	10
	Christian	09	09
	Others	17	17
4.	<b>Residential area</b>		
	Rural Area	100	100
5.	<b>Personal information</b>		
	Married	76	76
	Unmarried	23	23
	Divorced	01	01
6.	<b>Type of family</b>		
	Nuclear	34	34
	Joint	76	76
7.	<b>Education</b>		
	Primary	34	34
	Secondary	35	35
	Higher secondary	18	18
	Graduation	12	12
	Uneducated	01	01
8.	<b>Occupation</b>		
	Agriculture	35	35
	Business	14	14
	Govt. Service	06	06
	Private Service	16	16
	Unemployed	27	27
9.	<b>Monthly income of family</b>		
	<Rs 10,000	65	65
	Rs 10000 to 20000	27	27
	>Rs20,000	08	08
10.	<b>Any Mentally ill Person in Family</b>		
	Yes	07	07
	No	93	93
11.	<b>Seen mentally ill Person?</b>		
	Yes	56	56
	No	44	44
12.	<b>Source of Information</b>		
	Mass media	23	23
	Television	58	58
	Newspaper	09	09
	Health education programme	02	02
	Books	05	05
	Others	03	03

**Part I: Description Of Demographic Variables Of Students:**

This part deals with distribution of participants according to their demographic characteristics. Data was analyzed using descriptive statistics and summarized in terms of percentage.

Data presented in figure-1 shows that the majority of respondents (40%) belonged to the age group of 21-30 years whereas 38% belonged to 31-40 years and 22% adults belonged to 41-50 years. With regard to gender, majority of respondents (53%) were female and 47% were male (figure-2). Most the adults (64%) belonged to Hindu religion, 10% belonged to Muslim, 9% were Christians and others religion 17% (figure-3). The majority of adults is (76%) married, (23%) unmarried and (1%) of divorced.

**Part II: Assessment Of The Knowledge Related To Mental Illness Among Students.**

The knowledge related to mental illness among of adults was assessed using structured knowledge questionnaire.

**Table 2: Frequency And Percentage Distribution Of The Students According To The Level Of Knowledge Related To Mental Illness. n= 100**

Level of Knowledge	Range of score	Frequency (f)	Percentage (%)
Very good	31-40	14	14
Good	21 – 30	70	70
Average	11 - 20	16	16
Poor	0-10	00	00

Data in Table 2 and Figure 9 show that majority (70%) of the adults had good, 16% had average and 14% had very good level of knowledge related to mental illness.

**Part Iii: Association Between Knowledge Scores With Selected Demographic Variables Regarding Mental Illness Among Adults.**

**Table 3: Association Between Knowledge Scores With Selected Demographic Variables Among Adults Of Rural Area Regarding Mental Illness N = 100**

Sr. No	Demographic variables	Df	Calculated value ( $\chi^2$ )	Table value	In-ference
1.	Age	4	5.487	9.49	NS
2.	Gender	2	0.320	5.99	NS
3.	Religion	6	10.274	12.59	NS
4.	Residence	-	-	-	NS
5.	Marital status	4	1.716	9.49	NS
6.	Type of family	2	2.262	5.99	NS
7.	Education	8	10.469	15.51	NS
8.	occupation	8	15.033	15.51	NS
9.	Income	4	15.831	9.49	S
10.	Mentally ill in family	2	5.99	3.382	NS

NS = Not Significant

S = Significant

The data presented in Table 3 shows that the obtained Chi-square values indicate a significant association between the knowledge scores of adults with income (calculated value 15.831 is more than table value 9.49 at 0.05 levels). But there is no significant association between the knowledge scores of adults and other demographic variables such as age, gender, religion, marital status, type of family, education, occupation, any mentally ill person in family, seen any mentally ill person in community and source of information regarding mentally illness. However, the above finding reveals that there was association between the knowledge scores of adults with income. So the hypothesis (H<sub>1</sub>) was accepted.

**CONCLUSION:**

Majority of the adults participated in the study have knowledge on general information about mental illness and gave free and frank responses regarding mental illness. The research approach used is descriptive study and the samples were selected by using non-probability purposive sampling technique. Data was collected by means of structured questionnaire, attitude scale and analyzed, interpreted by applying statistical methods.

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