International Journal of Advanced Psychiatric Nursing

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A study to assess the knowledge and attitude towards mental illness among adults at selected urban community, Pilani, Jhunjhunu district, Rajasthan

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Abstract
As a worldwide phenomenon, no one is immune-mental illnesses affect people of all ages, cultures, educational and income levels. The studies conducted in developing countries have revealed that during their life time; more than 25% of individuals develop one or more mental or behavioural disorders. In 2019, about 450 million people were estimated to be suffering from neuropsychiatry conditions.
There have been tremendous advances in our understanding of the causes and treatment of mental illness most of these treatments can be provided effectively by a general or community health worker by having good knowledge and altitude towards mental illness.
Methods: A descriptive study was conducted to assess the knowledge and Attitude towards mental illness among adults at selected urban community, Pilani, Jhunjhunu District, Rajasthan. Purposive Sampling technique was used to collect data among 40 adults.
Results: The study results showed that majority of an adult had good knowledge (47.5%), excellent knowledge (42.5%), and no onse had poor knowledge regarding mental illness.
92.5% of adults had favourable attitude towards mental illness. The study revealed a positives correlation between knowledge and attitude scores. No association was found between adults knowledge and selected demographic variables.
Conclusion: The study suggested that nurses can play a vital role in educating the peoples in relation to mental health and mental illness and its prevention.

Keywords: Knowledge, attitude, mental illness, adults

Introduction
"The secret of National Health lies in the people with Sound Mental Health"
Mental Health concerns everyone. It affects our ability to cope with and manage change, life events and transition. The definition of 'Health' according to WHO- "State of physical, mental, social and Spiritual wellbeing of an individual, not merely absence of any disease".
It can be evident by above definition that physical aspects comprises any 25% of total health concept while other entities like Mental, Social and Spiritual have greater relevance and significance in the field of Psychiatry Nursing.
There is more good health than just a physically health body; a person should also have a healthy mind. A person with a healthy mind should be able to think clearly, solve the various problems faced in life, enjoy good relations with friends, colleagues at work and family and bring happiness to others in the community. It is these aspects of health that can be considered as mental health.

Methodology
It includes the research approach, design of the study, setting, population, sample and sampling technique, methods of data collection procedure and plan of data analysis. The research method refers to the steps, procedure and strategies for gathering and analyzing data in a research investigation.

Research approach
A research approach tells us to what data to collect and how to analyze it. It also suggests possible conclusions to be drawn from the data. In the view of the nature of problem selected for the study and the objectives to be accomplished, a descriptive research approach was considered.

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Research design

A researchers overall plan for obtaining answers to the research questions or for testing the research hypothesis is referred to as the research design.

Research design focuses on the basic strategy that the researchers adopts to develop information which is accurate and interpretable.

In the present study non-experimental descriptive design for assessing the knowledge and attitude of an adult towards mental illness in selected urban community Pilani, Jhunjhunu, Rajasthan.

Setting of the study

Study was conducted at selected wards of Pilani, Jhunjhunu, Rajasthan.

Population

Population is the total number of people who meet the criteria that the researcher has established for a study from which the subjects will be selected and to whom the findings will be generated.

In the present study, the population includes an adult who resides in selected wards and between 18-40 years of age.

Sample

A sample is a small portion of the population selected for observation and analysis. The sample for this study comprised of 40 and adults.

Sampling technique

Sampling technique is the procedure that the researcher adopts in selecting the samples for the study. Convenient sampling technique was used to select the sample for this study.

Convenient or purposive sampling is based on the belief of that a researcher's knowledge about the population can be used to handpick the subjects to be included in sample.

Data collection instruments

In this study the purpose of the study was to assess the level of knowledge and attitude about mental illness, self-administrated structured knowledge and attitude questionnaire were found appropriate.

Results

The analysis of data is organized and presented under the following broad heading:

Section-I: Description of study subjects by Socio-Demographic characteristics using frequency and percentage distribution.

Section-II: Description of adult's knowledge towards mental illness using frequency and percentage distribution.

Section-III: Description of adult's attitude towards mental illness using attitude scale, mean, median and S.D.

Section-IV: Correlation between an adult's knowledge and attitude using Karl Pearson's correlation co-efficient formula.

Section-V: Association of an adult's knowledge with demographic variables using Ch-Square.

Section-I: Description of study subject by Socio demographic variables

Table 1: In this section researcher analyzed and categorized the study subjects of study, into various groups based on the socio-demographic variables

N=40

S.No	Variables	Frequency	Percentage (%)
	Gender		
1.	Male	26	65%
2.	Female	14	35%
	Age		
1.	18-23 years	04	10%
2.	24-9 years	20	50%
3.	30-35 years	10	25%
4.	36-40 years	06	15%
	Education		
1.	Secondary	04	10%
2.	Hr. Secondary	05	12.5%
3.	Graduate	19	47.5%
4.	Post Graduate	12	30%
5.	**Occupation**		
6.	Daily Wages	05	12.5%
7.	Private Employee	16	40%
8.	Government Employee	13	32.5%
9.	Others	06	15%
	Income/Month		
1.	< 2000 Rs.	08	20%
2.	2001-5000 Rs.	09	22.5%
3.	5001-10,000 Rs.	15	37.5%
4.	>10,000 Rs.	08	20%
	Marital Status		
1.	Married	23	57.5%
2.	Unmarried	12	38%
3.	Divorced	03	7.5%
4	Widow	02	5%

The data presented in the Table-1 depicts the distribution of respondents by demographic variables.

- In the present study majority of 26 adults (65%) were male and 14 adults (35%) were female.
- Regarding age, that is 20 (50%) adults out of 40 were in age group between 24-29 years. Followed by 10 adults (25%) in age group 30-35 years, 6 adults (15%) were in age group 36-40 years and 4 adults (10%) were in age group 18-23 years.
- About basic education level, majority of respondents 19 (47.5%) were graduate, 12 (30%) were post graduate, 05 (12.5%) were Hr. Secondary and 04 (10%) were secondary.
- In the present study majority that is 16 (40%) were private employee, 13 (32.5) were government employee, 6 (15%) were others and 05 (12.5%) were daily wages employees.
- In the present study majority that is 15 (37.5%) adults were 5001-10,000 Rs. Income/Month, 9 (22.5%) adults were 2001-5000 Rs. Income/Month, and 8 (20%) adults were > 10,000 Rs. Income and 8 (20%) adults were <2000 Rs.
- Regarding marital status majority of 23 (57.5%) adults were married, 12 (38%) adults were unmarried, 3 (7.5%) were divorced and 2 (5%) female were widow.

Section-II
Level of Knowledge of the Subjects

In this section researcher analyzed the knowledge level of an adults regarding mental illness.

Adults who scored between 16-20 were considered as having excellent knowledge level; those who scored in between 11-15 were considered as having good knowledge, those who are in between 6-10 considered as having average knowledge and those having less than 5 score considered as having poor knowledge. Mean, Median and Standard Deviation were calculated.

Table 2: Knowledge level of an adults regarding mental illness

n=40

Knowledge Level	Respondents	
	Frequency	Percent
Excellent (16-20)	17	42.5%
Good (11-15)	19	47.5%
Average (6-10)	04	10%
Poor (Below 5)	0	0%
	Total =40	100%

Maximum Score = 20

The above table shows that out of 40 samples, majority of an adult 19 had Good knowledge, no one had poor knowledge.

Table 3: Mean, Median and standard deviation of knowledge score of an adults.

N=40

Knowledge Level	Mean	Median	S.D.
	Frequency	Percent	
Knowledge Score	15	15	2.86

Above table shows mean knowledge score of an adults was 15, median 15 and S.D. 2.86.

Section-III

Table 4: Frequency and percentage distribution of an adults according to the attitude of adults.

N=40

S.No	Attitude Score	Frequency	Percentage	Grade
1	81-100	13	32.5%	Favorable Attitude
	61-80	15	37.5%	
	41-60	09	22.5%	
2.	21-40	03	7.5	Unfavorable Attitude
	< 20	0	0	

Maximum = 100

Above table shows that maximum number of adults had favorable attitude towards mental illness.

Table 5: Mean, Median and Standard Deviation of attitude score of an adult.

N=40

Attitude Score	Mean	Median	S.D.
1	70	75	8.900

Table 5 Shows that mean attitude score 70, Median is 75 and S.D. is 8.900.

Table 6: Mean knowledge and attitude of an adults regarding mental illness.

N=40

S. No	Aspects	Statements	Mean Score	Range Score	Response		
					Mean	Mean (%)	S.D. (%)
I	Knowledge	20	20	10 - 20	15	75%	14.3%
II	Attitude	20	20	30 - 96	70	70%	8.9%

Findings shows that knowledge aspect covers 20 statements mean score is 20 and Range score is 10 -20, mean is 15, mean percentage is 75% and S.D. percentage is 14.3.

Attitude aspect covers 20 statements mean score is 100 and Range score is 30-96, mean is 70, mean percentage is 70% and S.D. percentage is 8.9%.

Section-IV
Correlation between knowledge score and attitude score of an adults

H_1 = There will be significant co-relation between the knowledge score and attitude score of an adults towards mental illness.

There is a positive co-relation between knowledge score and attitude score of an adults with

r = .85, df = 39, p = >0.05

Thus, H_1 is accepted.

Section-V
Association between knowledge score of an adults and selected demographic variables

This section shows the association between the knowledge of an adults and variables such as Gender, Age, Education, Occupation, Income and Marital Status. In order to determine the significance of the association, Chi-square was used. An adults were divided into two groups based on median knowledge scores, those above median score (15) and below median score (15).

Table 7: Chi- Square Values showing the associations of knowledge with selected demographic variables.
H_2- There will be significant association between knowledge of an adults and selected demographic variables

N=40

S.No	Variables	Above >Median	Below <Median	x^2	d.f	Result
1	**Gender**					
	Male	11	15	.001124	1	η
	Female	6	08			
2	**Age**					
	18-29	14	10	.2693	1	η
	30-40	08	08			
3	**Education**					
	Secondary, Hr. Education	04	06	0	1	η
	Graduate, Post Graduate	12	18			
4	**Occupation**			4.82	1	η
	Daily Wages, Private Emp.	15	06			

	Govt. Employee, Others	07	12			
5	**Income**			.851	1	η
	<2000-5000 Rs.	13	08			
	5001 ->10,000 Rs.	09	10			
6	**Marital Status**			2.82	1	η
	Married Unmarried	21	14			
	Divorced Widow	01	04			

$x^2 = 3.84$ at 0.05 level of significance

η = Not significant

Thus, H_2 is not accepted.

On the basis of analysis there was no association between knowledge score and selected demographic variable, because the calculated value is less than the table value of $x^2 = 3.84$, at the 0.05 level of significance. So, H_2 is rejected.

Discussion

A descriptive convenient sampling was used to collect the data 40 san adults to assess their knowledge and attitude towards mental illness by using questions. This study was undertaken in the Pilani, Jhunjhunu, Rajasthan city and collects data were analysis by using descriptive and inferential statistics and presented in the form of tables and diagrams.

This chapter attempts to discuss the findings of the study as per the objective.

Demographic Characteristics of the Respondents

Demographic data analysis includes gender, age, education, occupation, income monthly and marital status.

Distribution of an adults according to gender shows that majority (65%) respondents are males and females are 35%.

Distribution of an adults according to their age shows that majority (50%) of them are in between 24-29 years group and 25% are in between 30-35 years age group. Distribution of an adults according to their education. Level shows that most of respondents (47.5%) were graduate.

Distribution of an adults according to their occupation shows that highest percentage (40%) are private employees, 32.5% are government employees, 15% respondents are others and 12.5% are 12.5% are daily wages.

Distribution of the adults according to their monthly income shows that highest percentage (37.5%) having income between 5001-10,000 Rs, 22.5% respondents having 2001 - 5000Rs 20% responding >10,000 Rs, and 20% having < 2000 Rs per month.

Distribution of an adults according to their marital status shows that majority of respondents (57.5%) are married 38% unmarried, 7.5% are divorced and 5% are widow.

Assessment of Knowledge towards Mental Illness

Distribution of an adults knowledge towards mental illness shows that of the adults (47.5%) had good knowledge, 42.5% adults had excellent knowledge, 10% of respondents had average knowledge while no one had poor The mean and standard deviation of knowledge score of an the mean and standard deviation scores values was 15 (mean % =75%) and standard deviation was 2.85 (14.3%). It seems that adults had good knowledge towards mental illness.

Assessment of attitude towards mental illness

Distribution of adult's attitude towards mental illness shows that majority of the adults (92.5%) had favourable attitude towards mental illness. Mean attitude score was 70 (70%) standard deviation was 8.9%

Assessment of Correlation between Knowledge Score and Attitude Score Attitude Score

Positive correlation was found (+0.85) between knowledge score and attitude score of an adult towards mental illness.

Assessment of Association between Adults Knowledge and Selected Demographic Variables

on the basis of analysis there was no association between knowledge score and selected, because the calculated values is less that value of X2 = 3.34, at the 0.05 level of significance.

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