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A Descriptive Study To Assess Knowledge Regarding Prevention And Management Of Mental Illness Among Diploma Nursing Students Visited At Central Institute Of Psychiatry Kanke, Ranchi, Jharkhand.

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ABSTRACT

Mental disorders are prevalent worldwide. Hundreds of millions of people worldwide are affected by mental disorders. Mental disorders impose a substantial burden if left untreated. In India, the prevalence of major mental and behavioral disorders is estimated to be 65 per 1000 population, which translates to 70 million patients. India's ability to treat, care for and rehabilitate mentally ill patients leaves much to be desired. Mentally ill people are almost never taken seriously; they are treated with little or no dignity and are often locked away. Most (75%) mentally ill patients live in villages, where access even to basic health care is difficult. A study aimed to assess the knowledge of GNM Diploma Nursing Students visited for clinical experience regarding prevention and management of mental illness. The study adopted descriptive design with survey approach. The study was conducted in Central Institute of Psychiatry. 150 Diploma Nursing Students were randomly selected by convenient sampling method and were assessed with hunter institute of mental health questionnaire for knowledge regarding prevention and management of mental illness. Diploma Nursing Students showed that the maximum number of subjects 90% were in the age group of 21-25 years, 06% were in the age group of 26-30 years, 04% were distributed in 31-35 years

Among the total respondents under study, it is evident that 82% were identified as females and 18% males. Majority 52.7% were Hindus, 41.7% were Christians, 06% were Muslims and only 07% found as others.

Results indicate 16.7% of the respondents were married, 83.3% were unmarried. Majority 76% of the respondents were residing in rural area and only 24% were residing in urban area.

Regarding source of information gained on prevention and management of mental illness, the majority 82% of participants gained knowledge from book, 12% from workshop, 04% from seminar and only 2% from special training.

The study revealed that Knowledge scores showed that 78% were having inadequate knowledge, 22% were having moderate knowledge and none of them having adequate knowledge towards prevention and management of mental illness. As a whole findings of the study revealed that majority of village health nurses had inadequate knowledge and practice. It shows that there is a great need to educate and motivate village health nurses about prevention and management of mental illness in order to reduce the mortality and morbidity related to mental illness.

Key words: knowledge, practice, prevention, mental illness, village health nurses.

INTRODUCTION

The World Health Organization define 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".

Mental health is a state of successful performance of mental function, resulting in productive activities, fulfilling relationships with other people, and the ability to adapt to change and to cope with challenges. Mental health is essential to personal well-being, family and interpersonal relationships, and the ability to contribute to community or society.

Mental illness is defined as a psychiatric illness or disease. Its manifestations are primarily characterized by behavioral or psychological impairment of functioning, measured in terms of a deviation from some normative concept. It is associated with distress or disease, not just an expected response to a particular event, or limited to relations between a person and society.

Mental illness is a condition which causes serious disorder in a person behavior or thinking. Mental illness is a wide range of conditions that affects mood, thinking and behavior. It is characterized by a clinically significant disturbance in an individual cognition, emotion regulation or behavior. They cause distress or disability in social, work or family. The main classes of mental illness are:

Neurodevelopmental Disorders, Schizophrenia Spectrum & Other Psychotic Disorders, Bipolar & Related Disorders, Depressive Disorders, Anxiety Disorders, Obsessive-Compulsive & Related Disorders, Trauma & Stressor Related Disorders and many more.

Mental disorders are prevalent worldwide. Hundreds of millions of people worldwide are affected by mental disorders. In 2020, the number of people living with anxiety and depressive disorders rose significantly because of the COVID-19 pandemic. Initial estimates show a 26% and 28% increase respectively for anxiety and major depressive disorders in just one year. While effective prevention and treatment options exist, most people with mental disorders do not have access to effective care. Many people also experience stigma, discrimination and violations of human rights.

According to WHO, India accounted for nearly 15 per cent of the global mental, neurological and substance abuse disorder burden. India has one of the largest populations suffering from one form of mental illness or the other. It won't be an exaggeration to state that India indeed is starting at a mental health epidemic.

According to the National Mental Health survey of India, Burden of mental illness in Ranchi/ Jharkhand the prevalence of mental illness in Jharkhand was reported to be 11.1 percent, which is slightly higher than the national average of 10.6 percent.

A National survey by the ministry of social justice and empowerment depicted that about 0.4% of the population in the state has dependence of alcohol 2.7%, 0.06% has cannabis and 1.09% have opioids. Suicide rate is increasing in Jharkhand, which were 3.60 suicides/ day in the year 2018 and 4.5 suicides / day in 2019, having further increased during the initial 6 months of 2020 to an average of 5.5 suicides / day. These figures speak loudly for the need of building awareness about mental health. Psychiatric institutes are the only available facilities which are over burden with severe psychiatric illness.

In India, the treatment gap (the number of people with an illness who need treatment but do not get it) is 70 to 92 per cent, depending on the state. It is estimated that nearly one-third of patients who seek help from healthcare facilities could have symptoms related to depression. But poor awareness of mental health symptoms, social stigma, and lack of adequate resources and facilities stop people from getting the help they need. Starting from autism and intellectual disability in childhood, leading all the way through depression, anxiety, substance abuse and psychosis in adulthood to dementia in old age. When put together these mental health disorders accounts for 15% of the total global burden of diseases.

In December 2017, India **President Ram Nath Kovind** warned of a potential “mental health epidemic” in India, with 10 percent of its 1.3 billion-strong population having suffered from one or more mental health problems. There are only 5,000 psychiatrists in India or 0.3 for every 100,000 persons, and less than 2,000 clinical psychologists (0.07 per 100,000). To compare, the ratio of psychiatrists in developed countries are 6.6 per 100,000 and the average number of mental hospitals globally is 0.04 per 100,000 persons, compared to 0.004 in India.

A nurse can play vital role. Through knowledge and proficiency in the use of shared decisions making tools [Taylor & Francis] as they engage with clients during assessments, medication administration, medication education groups, during one-on-one counseling and coping skills education within the supportive structure of the milieu; nurses assess treatment effectiveness and medication side effects. [nbc.nlm.nih.gov].

There is a shortage of mental health workers in India. A community-based solution inspired by Asha workers model can be adapted to serve the mentally ill population efficiently. Also, more and more professionals should be trained in this field to decrease the ever-increasing gap.

People with mental illness are often stigmatized or experience negative attitudes from society. In particular nursing student's knowledge towards mental illness will influence the quality of care these patients receive. Some factor influencing knowledge towards people with mental illness has been identified. One study showed that a total of 148 undergraduate nursing students at Bangalore university had significantly attitude / knowledge in the domains of restrictiveness, displayed highly negative attitude, separatism stereotypes and pessimist prediction domains. Other studies have revealed lack of knowledge towards mental illness among nursing students.

STATEMENT OF THE PROBLEM

A Descriptive study to assess the Knowledge regarding Prevention and Management of Mental Illness among Diploma Nursing Students Visited at Central Institute of Psychiatry Kanke, Ranchi, Jharkhand.

OBJECTIVES OF THE STUDY

1. To assess the existing level of Knowledge regarding Prevention and Management of Mental Illness among Diploma Nursing Students Visited at C.I.P Kanke, Ranchi, Jharkhand
2. Find out the association between the level of knowledge and the selected demographic variables.
3. Develop an information guide sheet regarding Prevention and Management of Mental Illness.

OPERATIONAL DEFINITIONS

Descriptive study: It is the study to describe and observe the phenomena of prevention and management of mental illness.

Assess: To judge or form an opinion about knowledge regarding prevention and management of mental illness among Diploma Nursing Students.

Knowledge: In this study, knowledge means the information or awareness gained through experience or education.

Prevention: An action taken prior to the onset of mental illness which removes the possibility that a mental

illness will ever occur.

Management: A system of coordinated health care interventions provided by the Diploma Nursing Students to treat the mental illness.

Mental Illness: Mental illness is defined as maladjustment in living and it produces a disharmony in the person's ability to meet human needs comfortably and function within a culture.

Diploma Nursing Students: Nursing students who are undergoing diploma courses in nursing midwifery from a recognized school/college of nursing. They are visited to Central Institute of Psychiatry for one month for clinical practice.

C.I.P: Central Institute of Psychiatry Ranchi is an institute that is directly governed by the Government of India. It is situated in Kanke, Ranchi Jharkhand for treatment of Mental Disorders.

Information guide sheet: It refers to systematically organized instructions of knowledge and practice regarding prevention and management of mental illness.

RESEARCH METHODOLOGY

Research methodology is a systematic way to solve the research problems. The system of collecting data for research projects is known as research methodology. This chapter deals with the description of methodology and the different steps undertaken for organizing and gathering data for investigation. It includes research design, setting and sample, sampling technique, development and description of tool, data collection and plan for data analysis.

The purpose of this chapter was to explain the research design and the methodology that was applied to determine the knowledge regarding Prevention and Management of Mental Illness among Diploma Nursing Students Visited at Central Institute of Psychiatry Kanke, Ranchi and Jharkhand. During this phase the researcher formulated the purpose and objectives of the study, as well as the research question that guided this research. The researcher upheld the ethical considerations throughout the study.

3.1. RESEARCH APPROACH

A Research approach tells the researcher what data to collect and how to analyze it. It also suggests possible conclusion to be drawn from the data. In view of nature of problem selected for the study and objectives to be accomplished, **survey approach** was considered as an appropriate for the research study.

3.2. RESEARCH DESIGN

Research design is the overall plan for obtaining answer to the research question. The research design selected for the study is **descriptive research**. The present study intends to explore the full knowledge regarding prevention and management of mental illness.

Figure 3.2: Schematic Representation of the Study Design

3.3. SETTING OF THE STUDY

A setting is the location where the study is to be conducted. The study was conducted in Central Institute of Psychiatry Kanke, Ranchi and Jharkhand. The criteria for selection of setting are the availability of subjects, feasibility of conducting the study and the investigators familiarity with the setting and subjects.

3.4. POPULATION

A research population is also known as a well-defined collection of individuals or objects known to have similar characteristics. All individuals or objects within a certain population usually have a common, binding characteristic or trait. Target population refers to the entire group of individuals or objects to which researchers are interested in generalizing the conclusions. The target population for the present study was GNM Diploma Nursing Students Visited at Central Institute of Psychiatry Kanke, Ranchi and Jharkhand Diploma Nursing Students

3.5. SAMPLE

Sample is a subset of population selected to participate in a research study. The sample must be representative of the population from which it was drawn and it must have good size to warrant statistical analysis. The main function of the sample is to allow the researchers to conduct the study to individuals from the population so that the results of their study can be used to derive conclusions that will apply to the entire population. Diploma Nursing Students who fulfilled the inclusion criteria were selected purposefully.

3.6. SAMPLE SIZE

The sample selected for this study was one hundred and fifty GNM Nursing Students.

RESULT

4.1 RESULTS:

Analysis is a process of organizing and synthesizing data in such a way the research questions can be answered and hypothesis tested.

This chapter deals with analysis and interpretation of data collected from 150 GNM diploma nursing students visited at central institute of psychiatry kanke, Ranchi and Jharkhand in order to assess the knowledge of diploma nursing students regarding prevention and management of mental illness. The investigator administered structured knowledge questionnaire for diploma nursing students to collect the data.

The data collected were analysed according to the plan which included descriptive and inferential statistics. The data findings have been tabulated according to the plan for data analysis and interpreted under the following objectives.

1. To assess the existing level of Knowledge regarding Prevention and Management of Mental Illness among Diploma Nursing Students Visited at C.I.P Kanke, Ranchi, Jharkhand
2. Find out the association between the level of knowledge and the selected demographic variables.
3. Develop an information guide sheet regarding Prevention and Management of Mental Illness

4.2 Presentation of Data

The data obtained were entered into a master sheet for tabulation and statistical processing. The analysis of data were organised and presented under the following headings

Section 1: Description of demographic variables of the Diploma Nursing Students

Section 2: Assessment of knowledge of Diploma Nursing Students regarding prevention and management of mental illness

Section 3: Data describing the association between knowledge regarding prevention and management of mental illness and socio demographic variables of the participants

Table- 4.1**Distribution of GNM Diploma Nursing Students according to the socio demographic variables**

N=150

S.NO	Demographic variables		Respondents	
			Frequency	Percentage
1.	Age	21-25 years	135	90%
		26-30 years	09	06%
		31-35 years	06	04%
2.	Sex	Male	27	18%
		Female	123	82%
3.	Religion	Hindu	79	52.7%
		Christian	61	41.7%
		Muslim	09	06%
		Others	01	07%
4.	Marital status	Married	25	16.7%
		Unmarried	125	83.3%
5.	Place of residence	Rural	114	76.6%
		Urban	36	24%
6.	Previous Information Regarding Prevention And Management of mental illness	Book	82	82%
		Seminar	12	12%
		Workshop	4	4%
		Special training	2	2%

Table 4.1 A and fig.1-6 depicts the frequency and percentage distribution of demographic variables of the GNM Diploma Nursing Students. In the present study age wise distribution of the GNM Diploma Nursing Students showed that the maximum number of subjects 90% were in the age group of 21-25 years, 06% were in the age group of 26-30 years, 04% were distributed in 31-35 years

Among the total respondents under study, it is evident that 82% were identified as females and 18% males. Majority 52.7% were Hindus, 41.7% were Christians, 06% were Muslims and only 07% found as others.

Results indicate 16.7% of the respondents were married, 83.3% were unmarried. Majority 76% of the respondents were residing in rural area and only 24% were residing in urban area.

Regarding source of information gained on prevention and management of mental illness, the majority 82% of participants gained knowledge from book, 12% from workshop, 04% from seminar and only 2% from special training.

Table- 4.2

Knowledge Level Regarding Prevention and Management of Mental Illness

N=150

Knowledge Level	Respondents	
	Number	Percentage (%)
Inadequate (<50%)	78	78
Moderate (51-75%)	22	22
Adequate (>75%)	0	0
Combined	100	100

The data presented in the Table 4.2 depicts the knowledge level on prevention and management of mental illness. Out of 150 respondents 78% were having inadequate knowledge, 22% were having moderate knowledge and none of them having adequate knowledge.

Table-4.3

Overall knowledge scores of GNM Diploma Nursing Students on prevention and management of mental illness

n=150

Maximum possible score	Mean score	Mean percentage	Standard deviation
33	15.3	46.36	12.46

Table 4.3 reveals that overall mean knowledge score of village health nurses regarding prevention and management of mental illness was only 15.3 with standard deviation of 12.46.

IMPLICATION

5.1. Implications of the study:

The findings of the study have implication on the field of nursing education, nursing practice, nursing administration and nursing research.

5.1-1Nursing education

The study emphasis on enhancement in the knowledge regarding prevention and management of mental illness among GNM Diploma Nursing Students. In order to achieve this, the Diploma Nursing Students should learn more about prevention and management of mental illness.

The study proved that there is still a need to improve the knowledge regarding prevention and management of mental illness. To impart this knowledge, the nursing students need to be emphasized with adequate knowledge regarding prevention and management of mental illness in their course. Nursing students should be identifying the learning needs towards prevention and management of mental illness.

Mental disorders are currently widely understood to be without recognizable causes and generally non-preventable. Correct information on the known causes and possible methods to decrease the incidence and improve the course of mental disorders needs to be made available widely to remove these myths.

5.1.2. Nursing Practice

Expanded practice roles for nurses are having and will continue to have significant implications for mental health service delivery in areas such as medication prescribing, clinical decision-making about client assessment, and involuntary admission to hospital. It is also necessary for these practice realities to be appropriately reflected in university curricula and professional development programs for mental health nurses and other mental health professionals.

Mental health professionals need to initiating prevention interventions or integrating mental health programmes. This programme may be having an impact on prevention of mental disorders helps to reinforce the need for the programme to be continued or expanded.

5.1.3. Nursing administration

Having thorough knowledge and good practice regarding prevention and management of mental illness can prevent many mental disorders and promote the health and well-being of the individual, family and community. The nurse administrator should arrange continuing education programme for the nursing personnel and more detailed topics to be included in the course which will help to influence the improvement of the knowledge and practice regarding prevention and management of mental illness.

5.1.4. Nursing research

The importance of research in nursing is to build the body of knowledge. The findings of the study serve as the basis for the professionals and the students to conduct further studies. All the health professionals should hold the responsibility to provide scientifically listed material to evolve a time bound plan to improve the knowledge regarding prevention and management of mental illness.

5.2. Recommendations

Based on the findings of the study, following recommendations are stated:

A Similar study can be undertaken with large sample to generalize the findings.

A qualitative studies may be conducted to find the personal experience of nurses regarding prevention and management of mental illness.

A similar study may be replicated with control group.

A study can be conducted to evaluate the effectiveness of structured teaching programme on prevention and management of mental illness.

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