



A STUDY TO ASSESS THE KNOWLEDGE AND ATTITUDE TOWARDS MENTAL ILLNESS AMONG THE CAREGIVERS OF MENTALLY ILL PATIENTS ATTENDING PSYCHIATRIC OUTPATIENT DEPARTMENT OF SHRI VINOBA BHAVE CIVIL HOSPITAL, SILVASSA, DADRA AND NAGAR HAVELI WITH A VIEW TO DEVELOP AN INFORMATIONAL BOOKLET

PROF. PREMKUMAR. C.,

HOD/ Associate Professor, Department of Mental Health (Psychiatric) Nursing, Shri Vinoba
Bhave College of Nursing, Silvassa, Dadra and Nagar Haveli
(UT of India)

MS.SHEFALI M. PATEL,

Corresponding Author

M.Sc Nursing, Department of Mental Health (Psychiatric) Nursing,
Shri Vinoba Bhave College of Nursing, Silvassa, Dadra and Nagar Haveli
(UT of India)

ABSTRACT

INTRODUCTION: Mental illness is defined as ‘any of various psychiatric conditions, usually characterized by impairment of an individual’s normal cognitive, emotional or behavioural functioning and caused by physiological or psychosocial factors’

AIMS: The study was aimed to assess the knowledge and attitude toward Mental illness among the caregivers of mentally ill patients.

MATERIALS AND METHODS: This descriptive study was conducted in 2022 among conveniently selected 200 caregivers of mentally ill patients. Self-administered questionnaire for data collection. Data analysis was done through Descriptive and Inferential statistics.

RESULTS: Among 200 caregivers 10.5 % (21 out of 200) had poor knowledge, 74 % (148 out of 200) had fair knowledge, 15.5 % (31 out of 200) had good knowledge toward mental illness among the caregiver of mentally ill patients, 86% (172 out of 200) had Negative attitude, 14 % (28 out of 200) attitude toward mental illness among the caregiver of mentally ill patients. Correlation between knowledge and attitude mental illness among the caregivers of mentally ill patients ($r = -0.09799$) at the level of 0.05 and ($p = 0.171$).

CONCLUSION: Based on the findings of the study, improve the knowledge regarding mental illness among caregivers toward mentally ill patients. Stigma is one of the major difficulties faced by people with mental illness, due to which they hesitate in seeking help. The mental health services are not utilized by the beneficiaries properly. Many of them suffer alone silently. By accident, we are all responsible for this situation. The researcher strongly believes appropriate information of the public and positive attitude brings great change in the life of mentally ill.

Key words: mental illness, knowledge and attitude, caregivers, informational booklet.

INTRODUCTION

Mental illness is defined as ‘any of various psychiatric conditions, usually characterized by impairment of an individual’s normal cognitive, emotional or behavioural functioning and caused by physiological or psychosocial factors’.¹ Mental illnesses are health conditions involving changes in thinking, emotion or behaviour (or a combination of these). Mental illnesses are associated with distress and/or problems functioning in social, work or family activities.²

Mental illness is any defined disease or condition affecting the brain that influences the way a person thinks, feels, behaves and relates to others, and to his surroundings.³ Mental illness is the term used to describe a broad range of mental and emotional conditions. Mental illness is also used to refer mental impairments other than mental retardation, organic brain damage and learning disabilities.⁴ The term psychiatric disability is used when mental illness significantly interfere with the performance of major life activities such as learning, thinking, sleeping, eating and communicating among others (World Health Organization, 2001).⁴

A caregiver has been defined as “a family member, who has been staying with the patient for more than a year and has been closely related with the patient's daily living activities, discussions, and care of health.” Caregivers often have to sacrifice their own wants and undertake a lot of stress and are very much ignored. Caregiving drains one's emotions and hence caregivers undergo a lot of depression as compared to the general population.

STATEMENT OF THE PROBLEM

“A study to assess the knowledge and attitude towards Mental illness among the caregivers of mentally ill patients attending psychiatric outpatient department of Shri Vinoba Bhave Civil Hospital, Silvassa, Dadra and Nagar Haveli with a view to develop an Informational Booklet.”

OBJECTIVES OF THE STUDY

1. To assess the level of knowledge and attitude towards mental illness among the caregivers of mentally ill patients of psychiatric outpatient department of Shri Vinoba Bhave Civil Hospital, Silvassa, Dadra and Nagar Haveli.
2. To find out the correlation between knowledge score and attitude score towards mental illness among the caregivers of mentally ill patients of psychiatric outpatient department of Shri Vinoba Bhave Civil Hospital, Silvassa Dadra and Nagar Haveli.
3. To find out the association between knowledge score and attitude score towards mental illness among the caregivers of mentally ill patients of psychiatric outpatient department with their selected demographic variables.
4. To develop an Informational booklet on Mental illness.

HYPOTHESES

RESEARCH HYPOTHESES

- RH1: There will be significant correlation between knowledge score and attitude score towards mental illness among the caregivers of mentally ill patients of psychiatric outpatient department of Shri Vinoba Bhave Civil Hospital, Silvassa, at 0.05 level of significance.
- RH2: There will be significant association between knowledge score and attitude score towards mental illness with their selected demographic variables at 0.05 level of significance.

NULL HYPOTHESES

- NH1: There will not be correlation between knowledge score and attitude score towards mental illness among the caregivers of mentally ill patients of psychiatric outpatient department of Shri Vinoba Bhave Civil Hospital, Silvassa, at 0.05 level of significance.
- NH2: There will not be significant association between knowledge score and attitude score towards mental illness with their selected demographic variables at 0.05 level of significance.

ASSUMPTION

- Caregivers of mentally ill patient may have various levels of knowledge and attitude regarding mental illness.
- Knowledge And Attitude of mental illness among caregivers of mentally ill patient will differ from one to another.

OPERATIONAL DEFINITIONS

- **ASSESS:** It refers to a process of evaluation of knowledge and attitude toward mental illness among the caregivers of mentally ill patients by questionnaires.
- **KNOWLEDGE:** It refers to awareness toward mental illness among the caregivers of mentally ill patients by questionnaires.
- **ATTITUDE:** It refers to how caregivers perceive the mental illness measured by 5 point likert's scale.
- **MENTAL ILLNESS:** It refers to be unsuccessful adaptation to stressors from the environment, evidenced by deviated thoughts, feelings, and behaviors. Identify by psychiatrist and on treatment.
- **CAREGIVERS:** It refers to a group of people or family members who takes care of the person with psychiatric disorders.
- **MENTALLY ILL PATIENTS:** It refers to patient suffering from mental illness like Schizophrenia, Bipolar mood disorder, Depression; Substance used disorder, Somatoform disorder, Anxiety disorder, Sexual disorders who are attending the outpatient psychiatric department.
- **INFORMATION BOOKLET:** It refers to an information tool which contains enough information regarding mental illness and it's related relevant to topic a given that is easy to understand.

RESEARCH METHODOLOGY

RESEARCH APPROACH: Quantitative research approach

RESEARCH DESIGN: Descriptive research design

VARIABLES:

- **Research variables:** Knowledge and attitude towards mental illness.
- **Demographic Variables:** Age of the caregivers, Gender of the caregivers, level of Education of the caregivers, religion of the caregivers, Income of the caregivers, Occupation of the caregivers, Relationship with patient, Marital status of the caregivers, residence area of the caregivers, Diagnosis of patient, Duration of illness, Duration of treatment

RESEARCH SETTING: Psychiatric outpatient department of Shri Vinoba Bhave Civil Hospital, Silvassa, Dadra and Nagar Haveli.

POPULATION AND SAMPLE:

POPULATION: The population for this study is the Caregivers of mentally ill patient attending to psychiatric outpatient department of ShriVinobaBhave Civil Hospital, Silvassa, Dadra and Nagar Haveli.

SAMPLE: The Caregivers of mentally ill patient attending to psychiatric outpatient department of ShriVinobaBhave Civil Hospital, Silvassa, Dadra and Nagar Haveli.

SAMPLING TECHNIQUE: Non-probability convenient sampling method

DESCRIPTION OF TOOL:**Section 1: Socio-Demographic Performa:**

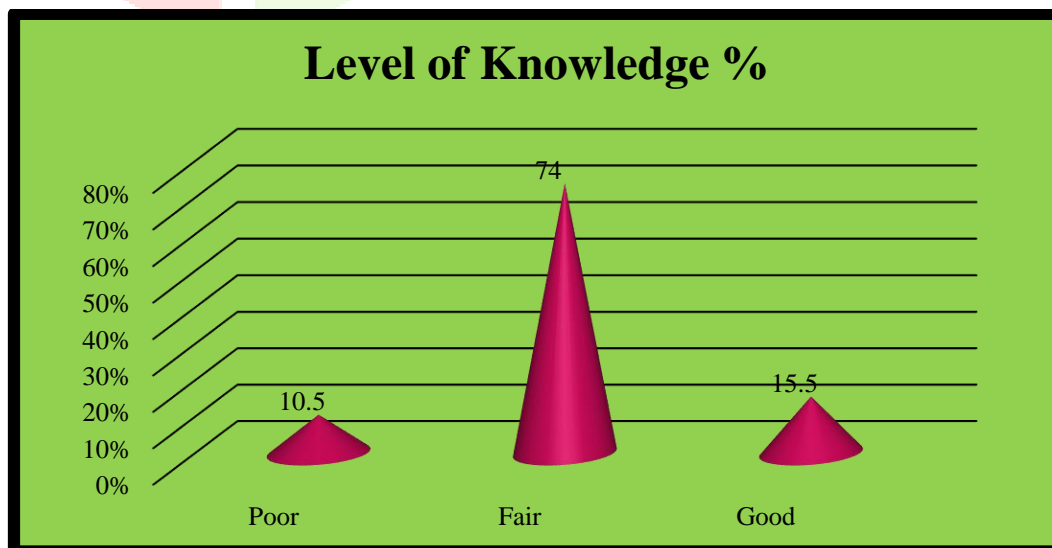
Age of the caregivers, Gender of the caregivers, level of Education of the caregivers, religion of the caregivers, Income of the caregivers, Occupation of the caregivers, Relationship with patient, Marital status of the caregivers, residence area of the caregivers, Diagnosis of patient, Duration of illness, Duration of treatment.

Section 2: Structured knowledge questionnaire regarding mental illness.

Sr.no	Score of respondents	Level of knowledge
1	1-8	Poor
2	9-16	Fair
3	17-24	Good

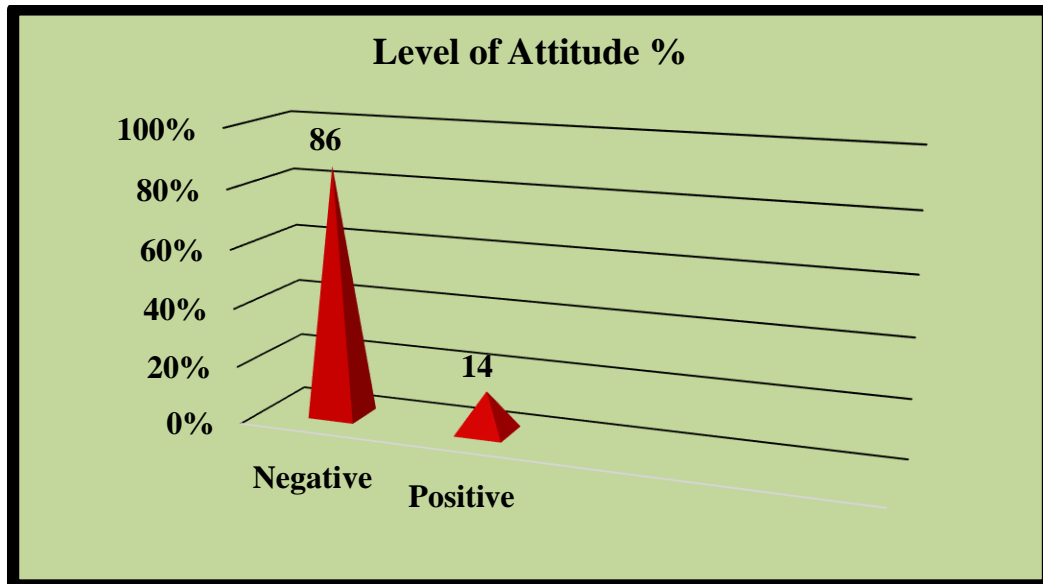
Section 3: Structured questionnaire for attitude scale regarding mental illness. (Using Likert's scale)

Sr.no	Score of respondents	Level of knowledge
1	1 to 60	Negative
2	61 to 120	Positive

RESULTS**SECTION-I: ASSESS THE KNOWLEDGE SCORE TOWARD MENTAL ILLNESS AMONG THE CAREGIVERS OF MENTALLY ILL PATIENTS.**

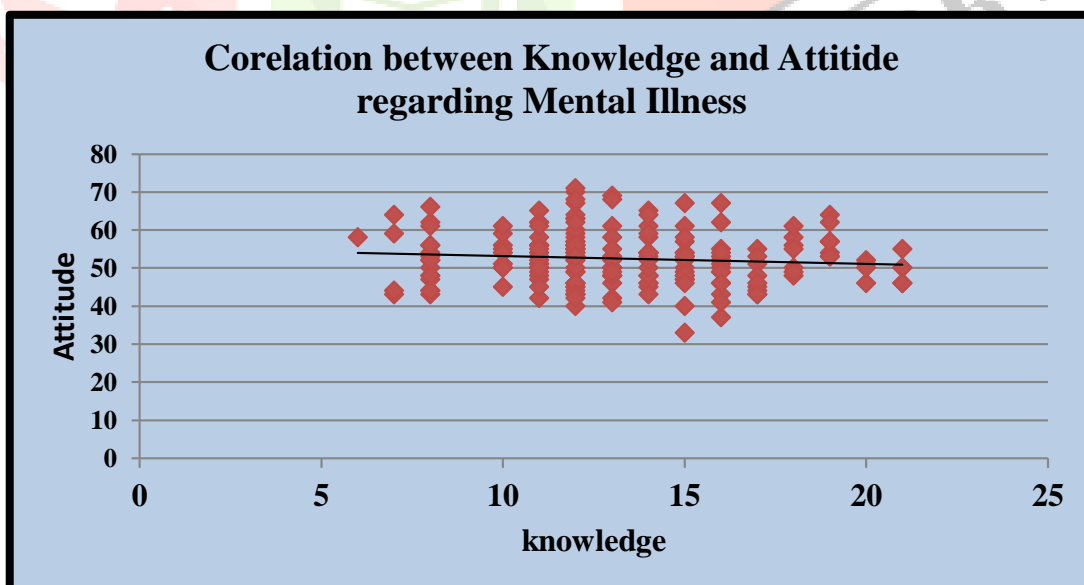
Above figure shows that 10.5 % (21out of 200) had poor knowledge, 74 % (148out of 200) had fair knowledge, 15.5 % (31 out of 200) had good knowledge towards mental illness among the caregiver of mentally ill patients attending psychiatric outpatient department of Shri Vinoba Bhave Civil Hospital, Silvassa,Dadra and Nagar Haveli.

SECTION-II: ASSESS THE ATTITUDE SCORE TOWARDS MENTAL ILLNESS AMONG THE CAREGIVERS OF MENTALLY ILL PATIENTS.

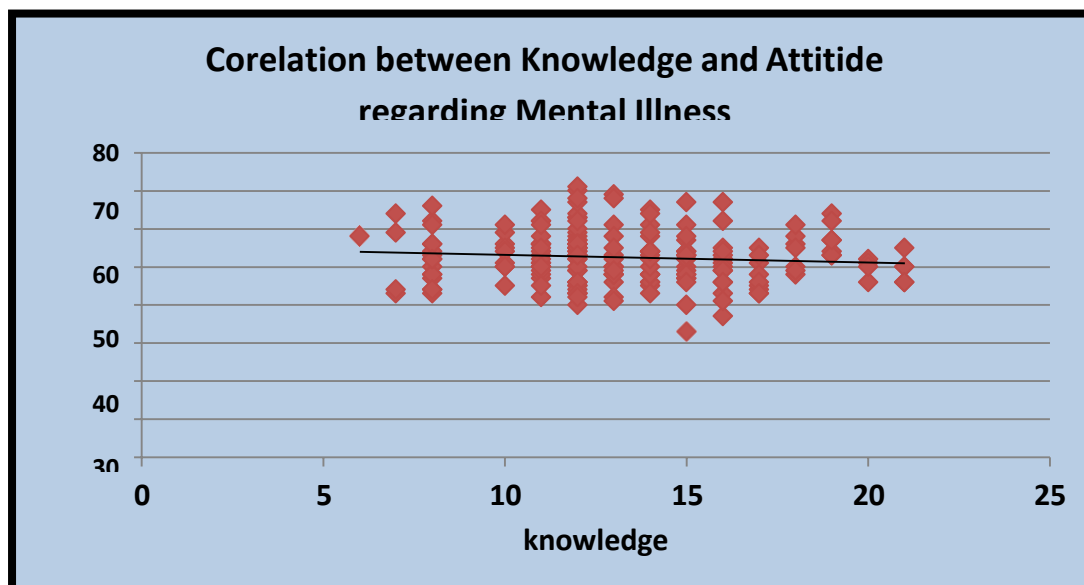


Above figure shows that 86% (172 out of 200) had Negative attitude, 14 % (28 out of 200) attitude towards mental illness among the caregiver of mentally ill patients attending psychiatric outpatient department of Shri Vinoba Bhave Civil Hospital, Silvassa, Dadra and Nagar Haveli.

SECTION-III: CORRELATION BETWEEN KNOWLEDGE SCORE AND ATTITUDE SCORE TOWARDS MENTAL ILLNESS AMONG THE CAREGIVERS OF MENTALLY ILL PATIENTS.



Above figure depicts that the correlation between knowledge and attitude mental illness among the caregivers of mentally ill patients attending psychiatric outpatient department of Shri Vinoba Bhave Civil Hospital, Silvassa, Dadra and Nagar Haveli. 'r'-0.09799 at the level of 0.05 and p - 0.171. Thus, the null hypothesis (NH1) is accepted.



DISCUSSION

The result was Among 200 caregivers 10.5 % (21out of 200) had poor knowledge, 74 % (148out of 200) had fair knowledge, 15.5 % (31 out of 200) had good knowledge toward mental illness among the caregiver of mentally ill patients, 86% (172 out of 200) had Negative attitude, 14 % (28 out of 200) attitude toward mental illness among the caregiver of mentally ill patients. Correlation between knowledge and attitude mental illness among the caregivers of mentally ill patients ($r= -0.09799$) at the level of 0.05 and ($p= 0.171$).

CONCLUSION

Based on the findings of the study, improve the knowledge regarding mental illness among caregivers toward mentally ill patients. Stigma is one of the major difficulties faced by people with mental illness, due to which they hesitate in seeking help. The mental health services are not utilized by the beneficiaries properly. Many of them suffer alone silently. By accident, we are all responsible for this situation. The researcher strongly believes appropriate information of the public and positive attitude brings great change in the life of mentally ill.

REFERENCES

1. Kumar S. A text book of psychiatric and mental health nursing. 1st ed. Bangalore (India): EMESS medical publisher; 2014. P.1-2.
2. Koocher GP, Norcross JC, Greene BA. Psychologists' Desk Reference. Oxford University Press; 2013.
3. Parekh R. Warning Signs of Mental Illness [Internet]. Psychiatry.org. 2018. Available from: <https://www.psychiatry.org/patients-families/warning-signs-of-mental-illness>.
4. FAMILY CAREGIVERS OFTEN NEGLECT THEIR OWN MENTAL HEALTH. CA: A Cancer Journal for Clinicians. 2006 Jan 1;56 (1):5–6.
5. Parks CD, Rumble AC. Elements of Reciprocity and Social Value Orientation. Personality and Social Psychology Bulletin. 2001 Oct; 27(10):1301–9.