

A Study To Assess The Efficacy Of Information Booklet On Knowledge Regarding Causes Of Mental Illness Among Adults In Selected Areas Of Maharashtra.

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Abstract

Mental health is defined by the world health organization (WHO) as 'the capacity of an individual to form harmonious relationships with others and to participate in or contribute constructively to changes in social environment'.² Just as the body can fall ill, so too can the mind. This is called as mental illness. Mental illness is "any illness experienced by a person which affects their emotions, thoughts or behaviour, which is out of keeping with their cultural beliefs and personality, and is producing a negative effect on their lives or the lives of their families".³ Mental illness can occur at any time, to anyone. It occurs when a state of physical, mental, social and spiritual well being is disturbed. According to World (Mental) Health Report 2011, 203 million people worldwide suffer from mental illness.

Method: In present study researcher adopted a Non-probability Convenience Sampling technique was used. Quasi experimental one group pretest post test research designs were used to carry out the study. It examines the efficacy of information booklet on knowledge regarding causes of mental illness among adults.

Result: 38.33% of adults were having good level of knowledge score, 31.67% having very good level of knowledge score, 25% of adults were having average level of knowledge, 3.33% of adults having excellent level of knowledge score and remaining 1.67% of adults were having poor level of knowledge score. The minimum score in pretest was 4 and the maximum score was 21, the mean score for the pretest was 13.70 ± 4.26 . whereas, in post test 80% of adults were having excellent level of knowledge score, 13.33% of adults having very good level of knowledge score, 5% of adults having good level of knowledge score and remaining 1.67% of adults having average level of knowledge score. The minimum score in post test was 8 and the maximum score was 25, the mean score for the post test was 21.75 ± 3.33 . It shows that knowledge of adults is increased in post test, it interpreted that the information booklet regarding causes of mental illness was effective.

Conclusion: The researcher will be able to assess the efficacy of information booklet on knowledge regarding causes of mental illness among adults.

Keywords: - information booklet, mental illness, adults

INTRODUCTION

Mental illness can occur at any time, to anyone. It occurs when a state of physical, mental, social and spiritual well being is disturbed. According to World (Mental) Health Report 2011, 203 million people worldwide suffer from mental illness. Mental disorders are a great source of distress, impaired productivity and diminished quality of life for several people and families.⁴ Mental disorders figure among the leading disease and disability the world over. Mental analysis studies indicated high prevalence rate of mental disorders in the community (58.2/1000). Since the problem of mentally challenged is a global problem.⁵ Mental illness includes a broad range of health problems. For most people, mental illness is thought of as an illness associated with severe behavioural disturbances such as violence, agitation and being sexually inappropriate. Such disturbances are usually associated with severe mental disorders.⁶ Misconceptions about mental illness are pervasive, and the lack of understanding can have serious consequences for millions of people, who have a mental illness. "Misconceptions about mental illness contribute to the stigma, which leads many people to be ashamed and prevents them from seeking help,"⁷ Stress is seen as a major cause of worry as far as mental health is concerned, with studies showing a constant increase in stress, especially in urban population.⁸ The WHO, in its 130th session of its executive board, adopted a resolution on 'global burden of mental disorders and the need for a comprehensive, coordinated response from health and social sectors at the country level'.⁹ The exact cause of most mental illnesses is not known, it is becoming clear through research that many of these conditions are caused by a combination of genetic, biological, psychological, and environmental factors.¹⁰ Mental illness is treatable.

NEED OF THE STUDY

The common people are not much aware of the causes of mental illness. If they know the causes, many people will try to prevent occurrence of such causes which lead to mental illness. As the health care workers it is our responsibility to make aware the people regarding causes of mental illness. Globally, in mental disorders account for 13 percent of the burden of diseases. In India, according to the National Institute of Mental Health (NIMH) 2012, the prevalence of schizophrenia, a severe mental disorder, is prevalent among 1.1 percent of the total population while the overall lifetime prevalence rate of mental disorders is 10-12 percent. Even though the government has a separate programme for mental health, the segment is marked by lack of adequate doctors and infrastructure.¹⁹ Vikram Patel gave a startling global statistic 2012 — that in developed countries roughly 50 percent of people don't receive appropriate care for mental disorders but that, in developing countries, the treatment gap rockets sky-high to 90 percent. ²⁰ Statistics also show women are more vulnerable to mental health-related problems as compared to men. Some 57 percent of the patients in the last nine years have been women.²¹

METHODOLOGY

Researchers adopt a Descriptive evaluative approach. Quasi experimental one group pretest post test research designs research design were used to carry out the study. It examines the efficacy of information booklet on knowledge regarding causes of mental illness among adults in selected areas of Maharashtra. This study was conducted among adults in selected areas of Maharashtra. Sample size for the study was 60 Adults from selected areas, Maharashtra. They were selected by a Non-Probability Convenience Sampling. Tool to be used in the collection of Data: Demographic variables. Age, residence, education, religion etc., Structure knowledge questionnaires -25 questions on knowledge regarding causes of mental illness.

RESULT

Analysis of data related to demographic variables under study

Demographic Variables:

- 36.7% of the sample was from age group of 31-40 years, 33.3% from age group of 41-50 years, and remaining 30% from the age group of 21-30 years. Hence, it is interpreted that the sample was almost equal from all the three age groups.
- Distribution of adults according to their gender reveals that each 50% of adults were male and females. 36.7% of sample was married, 30% was unmarried, 18.3% was divorced, and remaining 15% was widowed.
- The educational status of the sample is distributed as 48.3% having education up to higher secondary, 20% up to secondary, 16.7% up to graduation and above, 13.3% up to primary.
- The religion of the sample was distributed among Hindu 46.7%, Christian 13.3%, Muslim 8.3% and other 31.7%.
- While considering the sample 35% were government employees, 31.7% were private employees, 18.3% were farmer and 15% were self-employed.
- Monthly income of the sample was more than Rs.15000 for 31.7%, between Rs. 10001-15000 for 28.3%, between Rs.5001-10000 for 21.7% and up to Rs.5000 for 18.3%.
- Majority of 38.3% samples were belonging to nuclear family, 18.3% belonged to extended family and only 43.3% of samples to joint family.

Assessment of existing knowledge regarding causes of mental illness among adults.

Assessment of knowledge in Pre-test

Level of knowledge score	Pre-Test	
	Frequency	Percentage
Poor	1	1.67%
Average	15	25.00%
Good	23	38.33%
Very Good	19	31.67%
Excellent	2	3.33%
Minimum score=4	Maximum=21	Mean score=13.70±4.26

The findings show that in pre test scores, 38.33% of adults were having good level of knowledge score, 31.67% having very good level of knowledge score, 25% of adults were having average level of knowledge, 3.33% of adults having excellent level of knowledge score and remaining 1.67% of adults were having poor level of knowledge score. The minimum score in pretest was 4 and the maximum score was 21, the mean score for the pretest was 13.70± 4.26.

Assessment of knowledge in post test

Level of knowledge score	Post Test	
	Frequency	Percentage
Poor	0	0.00%
Average	1	1.67%
Good	3	5.00%
Very Good	8	13.33%
Excellent	48	80.00%
Minimum score=8	Maximum=25	Mean score=21.75±3.33

The findings show that in post test scores, 80% of adults were having excellent level of knowledge score, 13.33% of adults having very good level of knowledge score, 5% of adults having good level of knowledge score and remaining 1.67% of adults having average level of knowledge score. The minimum score in post test was 8 and the maximum score was 25, the mean score for the post test was 21.75 ± 3.33

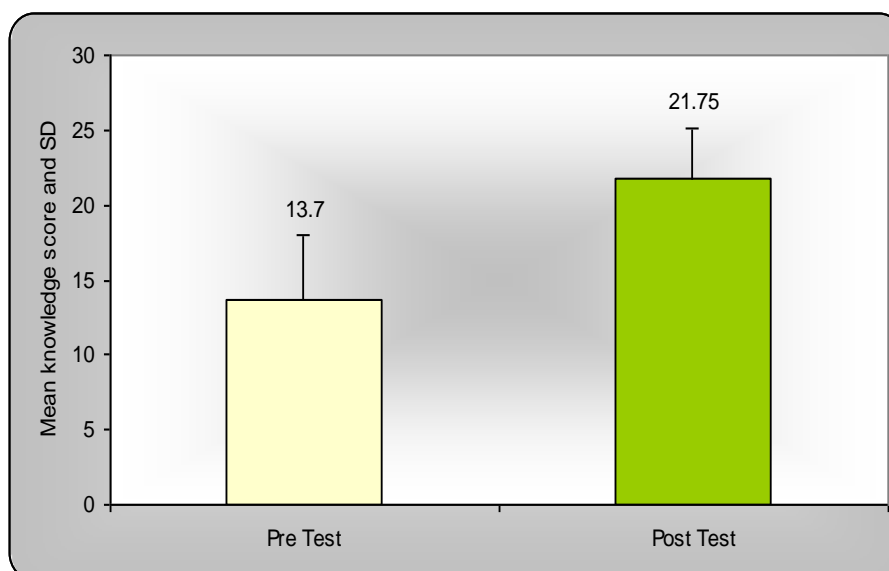
Comparison of knowledge score in pretest and post test

The findings show that in pre test scores, 38.33% of adults were having good level of knowledge score, 31.67% having very good level of knowledge score, 25% of adults were having average level of knowledge, 3.33% of adults having excellent level of knowledge score and remaining 1.67% of adults were having poor level of knowledge score. The minimum score in pretest was 4 and the maximum score was 21, the mean score for the pretest was 13.70 ± 4.26 . whereas, 80% of adults were having excellent level of knowledge score, 13.33% of adults having very good level of knowledge score, 5% of adults having good level of knowledge score and remaining 1.67% of adults having average level of knowledge score. The minimum score in post test was 8 and the maximum score was 25, the mean score for the post test was 21.75 ± 3.33 .

Evaluation of efficacy of the information booklet on knowledge regarding causes of mental illness.

Overall	Mean knowledge score	SD	Mean percentage	z-value	p-value
Pre Test	13.70	4.26	54.80	24.10	0.000
Post Test	21.75	3.33	87.00		$S, p < 0.05$

Mean, standard deviation and mean percentage values are compared and z-test is applied at 5% level of significance. The findings show that tabulated value for $n=60-1$ i.e 59 degrees of freedom was 2.00. The calculated value was 24.10 respectively for the knowledge regarding causes of mental illness. The calculated 'z' value is much higher than the tabulated value at 5% level of significance which is statistically acceptable level of significance. In addition the calculated 'p' values for all the areas of knowledge regarding causes of mental illness was 0.000 which is ideal for any population. Hence it is statistically interpreted that the information booklet regarding causes of mental illness was effective.



Difference between knowledge score in pre and post test

Association of knowledge score in relation to demographic variables

There is no significant association between knowledge score and demographic variables like age, sex, marital status, education, religion, occupation, income and family type.

DISCUSSION

The findings of the study were based on the objective of the study.

Similar study was conducted on **Abidin, R. R. 2011**. "Parenting Stress Index (PSI) administration booklet" the parenting stress index (PSI) is an administration booklet designed as a screening and diagnostic assessment technique to identify parent and child systems which are under stress, and in which deviant development of the child is likely to take place, or where dysfunctional parenting is likely to occur. The PSI yields a total score, three domain scores, and 15 subscales. The domains measured are stresses related to child characteristics, parental characteristics, and situation and demographic factors. It seems that parenting stress index (PSI) administration booklet was effective irrespective of their demographic variables.

A study was done by **Beers S. R. 2012** found that mild head injury and brain trauma has an interaction with personality and social variables. Diffuse injury to the brain appeared to cause a reduction in overall speed, efficiency, and integration of mental processes. Information processing and memory deficits were also found to be associated with head injuries. It is concluded that mild head injury is also a cause of mental illness.

CONCLUSION

The study findings will help to find out the efficacy of information booklet on knowledge regarding causes of mental illness among adults in selected areas of Maharashtra. The researcher will be able to know the level of efficacy of information booklet on knowledge regarding causes of mental illness among adults in selected areas of Maharashtra.

After the detailed analysis, this study leads to the following conclusion:

The mean knowledge score of the sample regarding causes of mental illness is 13.70 ± 4.26 . There was a significant increase in the knowledge of sample after the introduction of information booklet mean score is 21.75 ± 3.33 . To find the efficacy of information booklet 'Z' test was applied and 'Z' value was calculated, post test score was significantly higher at 0.05 level than that of pretest score. Thus it was concluded that information booklet on knowledge regarding causes of mental illness was found effective as a teaching strategy. Demographic variables did not show a major role in influencing the pretest and posttest knowledge score among adults. Hence, based on the above cited findings, it is clear that the written prepared material by the investigator in the form of information booklet helped the adults to improve their knowledge regarding causes of mental illness.

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