

A STUDY TO ASSESS THE ATTITUDE TOWARDS MENTAL ILLNESS BETWEEN SECOND YEAR AND FOURTH YEAR B.Sc. NURSING STUDENTS IN SELECTED COLLEGES AT SRI GANGANAGAR

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Abstract

Nursing as a profession has to meet the needs and/or the problems of the society. Mental health problems are on the increase and it is imperative that all nurses be prepared to deal with people who are having mental health problems. Hence mental health nursing was incorporated into the undergraduate nursing programme with the purpose or objective of creating awareness, among nursing graduates, regarding mental disorder, and thereby developing a positive attitude towards mental illness. The present examination system emphasizes on the evaluation of change in knowledge and skill rather than attitudinal change after a prescribed course. Attitudinal change being an important objective of the mental health nursing course, the investigator had undertaken a study to compare the attitude towards mental illness, of a group of B.Sc. Nursing students who have not undergone mental health nursing course with that of another group of B.Sc. Nursing students who have completed the said course. This study reveals the effectiveness of variables like a Mental Health Nursing course, in terms of bringing out an attitudinal change in students towards mental illness. A descriptive survey approach was used for the study. Multi staged Proportionate Random Sampling was used to select the colleges and simple random sampling by lottery method was used to select the subjects. Opinion about Mental Illness (OMI) scale by Cohen and Strewing was used to collect the data. The domains covered are namely Authoritarianism, Benevolence, Mental Health Ideology, Social Restrictiveness, and Interpersonal Etiology which measures the attitude towards mental illness. On the OMI scale, the subjects respond to each item by checking one of the six alternatives: Strongly agree, Agree, Not sure but probably agree, Not sure but probably disagree, Disagree, Strongly disagree. The tool was administered to 100 second year B.Sc. Nursing students and 100 fourth year nursing students. The collected data was analyzed by descriptive and inferential statistics. Majority 99% of the second year students and 96% of the fourth year students belonged to the completed age group of sixteen to twenty one years at the time of admission. Most of the subjects (78%; 89% respectively) belonged to Sikh religion. Less than half (39%) of the both groups had previous exposure with mental illness. (93%) of the fourth year students felt that mentally ill people need some amount of restriction, even after the completion of mental health nursing course.

Keywords

Mental illness, Attitude, Assess

INTRODUCTION

"The professional motive is the desire and perpetual effort to do the thing as well as it can be done, which exists just as much in the nurse, as in the Astronomer in search of a new star, or in the Artist completing a picture".¹

People can be considered as maladjusted and well adjusted. This can be done on the basis of their relationship with the environment and self. Good overall adjustment and a sense of wellbeing are very crucial factors in providing positive contributions to the society. When there are problems, in adjustment it will lead to stress².

METHODOLOGY

Research Approach

A descriptive survey approach was adopted

Research setting

The study was conducted in the 3 private colleges which are situated in the Sri Ganganagar city.

Population

In this study the population consists of second year B.Sc. Nursing students and fourth year B.Sc. Nursing students of selected colleges at Sri Ganganagar.

Sample and sampling technique

In this study, the sample consists of 100 second year B.Sc. Nursing students and 100 fourth year B.Sc. Nursing students of selected colleges in Sri Ganganagar who fulfilled the sampling criteria were selected.

Selection of the tool

Opinion about Mental Illness (OMI) scale has been standardized on a large number of people in various professions and especially on persons who work with mentally ill, including psychiatric nurses.³

Preparation of the first draft of tool

The first draft of the tool had 2 parts

Part 1: Demographic proforma with 6 items

Part 2: Opinion about Mental Illness (OMI) scale with 51 items

Reliability of the tool Split half method is used to find out the reliability. The reliability of Opinion about Mental Illness Scale was done by Split half method with Spearman Brown prophecy formula (Annexure-9) $r_{20}=0.952$, which indicate that the instrument is reliable⁴.

Description of the final tool

The data for present study was collected by constructing the following tools

Part 1: Base line Proforma

This part had 6 items, which were related to background data of student of the items were scored. The areas included were age, sex, religion, Percentage of attendance in mental health nursing for fourth year students, Any previous exposure to mental illness, If yes please specify.

2: Opinion about Mental Illness (OMI) scale this part of the tool consisting of 51 items namely Authoritarianism, Benevolence, Mental Health Ideology, Social Restrictiveness, and Interpersonal Etiology which measures the attitude towards mental illness. On the OMI scale, the subjects respond to each item by checking one of the six alternatives: Strongly agree, Agree, Not sure but probably agree, Not sure but probably disagree, Disagree, Strongly disagree.

Part 1 Demographic proforma containing sample characteristics would be analyzed Using frequency and percentage.

Part 2: The mean attitude score in five areas like authoritarianism, benevolence, mental health ideology, social restrictiveness and interpersonal would be calculated by range, frequency, mean and standard deviation.

The mean attitude scores of both the groups on the five areas of attitude were compared using unpaired' test.

RESULTS

This chapter deals with the analysis and interpretation of data collected from 100 second year and 100 fourth year B.Sc. Nursing students using standardized Opinion about Mental Illness Scale. The purpose of analysis is to summarize, compare and test the proposed relationship and infer the findings. The collected data are tabulated in the master sheet and analyzed using descriptive and inferential statistics

ORGANIZATION OF FINDINGS

The data collected from the clients are organized and presented under the following sections:

Section I - Description of Baseline Sample characteristics

- SectionII - Attitude of the second and fourth year students towards mental illness.
- SectionIII - Comparison of the attitude towards mental illness of second and fourth year student's as shown in the OMI scale
- SectionIV - Other Findings

Section I: Description of Baseline sample characteristics

A sample of 100 B.Sc. Nursing second year and 100 fourth year nursing students were drawn from the selected colleges based on the specific criteria. The data are analyzed using descriptive statistics and presented in terms of frequency, percentage and diagrams.

Table 1: Frequency and percentage distribution of sample characteristics of B.Sc. Nursing second year and fourth year students.

N= 100 +100

VARIABLES	B.SC NURSING II YEAR		B.SC NURSING IV YEAR	
	FREQUENCY	PERCENTAGE	FREQUENCY	PERCENTAGE
SEX				
Male	19	19	16	16
Female	81	81	84	84
AGE (IN YEARS)				
16-18	82	82	75	75
19-21	17	17	21	21
22-24	01	01	04	04
RELIGION				
Hindu	22	22	11	11
Sikh	78	78	89	89
Muslim	-	-	-	-
PREVIOUS EXPOSURE				
Yes	31	31	31	31
No	69	69	69	69
IF YES,				
Family	9	29.03	13	41.94
Neighbour	6	19.35	5	16.13
Friends	4	12.92	6	19.35
Society	12	38.70	7	22.58

Table 1 showed distribution of second year (81%) and fourth year (84%) nursing students according to their sex, majority were females.

-Majority (82%) of second year students and (75%) of fourth year students belonged to the age group of 16-18 years.

-Majority (78%) of second year students (89%) and fourth year students were Sikh and (22%) of second year and (11%) fourth year students were Hindu. Majority (69%) of second year and fourth year students had previous exposure to mental illness respectively.

-One third (38.7%) of second year students had previous exposure to society and all most same number (41.94%) of fourth year students had previous exposure to family members.

Section II: Attitude of the second and fourth year students towards mental illness

This section deals with student's attitude towards mental illness. A standardized questionnaire was used to assess the attitude. It helped in assessing the students' attitude in five domains namely, authoritarianism, benevolence, mental health ideology, social restrictiveness and interpersonal etiology. The data has been analyzed in each domain and presented in comparison as follows:

Table 2 : Distribution of the sample according to the authoritarianism score obtained in the OMI scale

N=100+100

ATTITUDE SCORE	II YEAR		IV YEAR	
	F	%	F	%
1-22	0	0	3	3
23-44	93	93	97	97
45-66	7	7	0	0

Table 2 shows the authoritarianism score of students obtained in the OMI Scale.

Majority, 93% of second year students and 97% of fourth year students showed a neutral attitude towards authoritarianism. 3% of the fourth year students showed a negative attitude towards authoritarianism and 7% of second year students showed a positive attitude towards authoritarianism.

Table 3: Distribution of the sample according to the benevolence score obtained in the OMI scale

N=100+100

ATTITUDE SCORE	II YEAR		IV YEAR	
	F	%	F	%
1-28	7	7	1	1
29-56	92	92	97	97
57-84	1	1	2	2

Table 3 showed the benevolence of the two groups of students.

The attitude scores were divided into three groups i.e. 1-28 (not benevolent); 29-56 (moderately benevolent); 57-84 (highly benevolent). Most of the subjects, 92% of second year and 97% of fourth year students were moderately benevolent; whereas 1% of the fourth year students were not benevolent as against 7% of not benevolent of second years. It infers that less number of students in fourth year possessed a highly benevolent attitude to mentally ill patients.

Table 4: Distribution of the sample according to the mental health ideology score obtained in the OMI scale

N=100+100

ATTITUDE SCORE	II YEAR		IV YEAR	
	F	%	F	%
1-15	9	9	1	1
16-30	81	81	82	82
31-46	10	10	17	17

The mental health ideology score obtained by the students, as shown in Table 4 was grouped into three groups i.e. 1-15 (poor mental health ideology); 16-30 (moderate mental health ideology); 31-46 (good mental health ideology). Most of the subjects, 81% of second year and 82% of fourth year students were obtained moderate mental health ideology; whereas 17% of the fourth year students and 10% of second year students possessed good mental health ideology. It infers that more number of students in fourth year possessed a highly benevolent attitude to mentally ill patients. 9% of second year students and 1% of fourth year students secured score between 1-15. It shows that more number of students of the fourth year students possessed a good mental health ideology when compared to the second year students.

Table 5: Distribution of the sample according to the social restrictiveness score obtained in the OMI scale

N=100+100

ATTITUDE SCORE	II YEAR		IV YEAR	
	F	%	F	%
1-17	1	1	6	6
18-34	91	91	93	93
35-51	8	8	1	1

The scores obtained by the students on the social restrictiveness factor of the OMI scale were divided into 1-17 (low social restrictiveness), 18-34 (moderate social restrictiveness) and 35-51 (high social restrictiveness). The data presented in Table 5 and figure 12 shows that most of the students of the second year and fourth year students (91% and 93% respectively) possessed an attitude that mentally ill patients should be restricted from the society to a certain extent. One student of the second year and six student of the fourth year student felt that the mentally ill patients need not be restricted from the society. 8% of the second year student and 1% of the fourth year student possessed a high social restrictive attitude towards the mentally ill but at the

same time more number of the students of fourth year, who have completed the mental health nursing course felt that mentally ill patients need to be restricted to a certain extent from the society when compared to the other group of students.

Table 6: Distribution of the sample according to the interpersonal etiology score obtained in the OMI scale

N=100+100

ATTITUDE SCORE	II YEAR		IV YEAR	
	F	%	F	%
1-12	9	9	23	23
13-24	81	81	76	76
25-36	10	10	1	1

Table 6 and presents the distribution of sample according to the scores obtained by them in the interpersonal etiology factor. Interpersonal etiology factor of the OMI scale shows the attitude of students towards the attribution of interpersonal relationships as a cause of mental illness. The scores obtained by the students were divided into three groups i.e. 1-12 (Negative Attitude), 13-24 (Neutral attitude) and 25-36 (Positive Attitude), based on whether or not the student believes that problems in interpersonal relationships can cause mental illness. Less than half of the subjects 9% of second year students and 23% of fourth year students showed a negative attitude and believed that interpersonal relationships cannot act as a cause of mental illness. While 81% of the second year students and 76% of the fourth year students believed that interpersonal relationships can cause mental illness to a certain extent. 10% of the second year students showed a positive attitude and strongly believed that interpersonal relationships can act as a cause for mental illness

Section- III - Comparison of the attitude towards mental illness of second and fourth year student's as shown in the OMI scale

This section deals with the testing of null hypotheses.

H₀₁: There is no significant difference between the mean authoritarian score of the second year B.Sc. Nursing students and the fourth year B.Sc. Nursing students.

Table 7: Comparison of the Authoritarian attitude of the second and fourth year students towards mental illness

N=100+100

GROUP	MEAN	S.D.	'T' REMARKS
II Year	32.9	4.90	Significant at 0.024
IV Year	31.44	4.11	0.05 level

Comparison of the authoritarian attitude of the two group of students, as shown in Table 7, revealed that the mean scores of the two groups of students were almost the same (X₁=32.9, X₂=31.44). It shows that there is significant difference between the authoritarian attitudes held by the two groups of students and the null hypothesis was rejected.

H₀₂: There is no significant difference between the mean benevolence score of the second year B.Sc. Nursing students and the fourth year B.Sc. Nursing students.

Table 8: Comparison of the Benevolence attitude of the second and fourth year students towards mental illness

N=100+100

GROUP	MEAN	S.D.	'T' REMARKS
II Year	38.42	6.01	Not Significant 0.679
IV Year	38.78	7.00	At 0.05 level

Table 8 compares the mean benevolent attitude of the two groups of students. The mean score for the second year students was obtained as (X₁ =38.42) and for the fourth year students was (X₂=38.78). Calculated 't' value was 0.697 which is less than table value at 0.05 level. So the null hypothesis was accepted.

H₀₃: There is no significant difference between the scores obtained by the second and fourth year students on the mental health ideology factor of the OMI scale

Table 9 : Comparison of the Mental Health Ideology attitude of the second and fourth year students towards mental illness

N=100+100

GROUP	MEAN	S.D.	'T' REMARKS
II Year	24.55	4.90	Significant at 0.036
IV Year	25.98	4.64	0.05 level

The data collected on the mental health ideology factor; as per presented in Table 9 showed that the mean score of both the groups were almost the same ($X_1=24.55$; $X_2= 25.98$). 't' test was run to find out any significant difference between the scores obtained by the two groups, and the calculated 't' value was obtained as 0.036. Since this value is greater than the table value ($p>0.05$) the null hypothesis was not accepted. That is, the data showed a significant difference between the mental health ideologies of both groups of the students.

H₀₄: The mean score of the second year students on the social restrictiveness factor of the OMI scale will be equal to that of the fourth year students.

Table 10: Comparison of the Social Restrictiveness attitude of the second and fourth year students towards mental illness

N=100+100

GROUP	MEAN	S.D.	'T' REMARKS
II Year	29.18	3.38	Significant at 0.001
IV Year	27.47	3.63	0.05 level

A comparison of the two groups on the social restrictiveness factor of the OMI scale revealed that there is a significant difference between the two groups. The mean score obtained were 29.18 and 27.47 respectively. As the calculated value of 't' (0.001) was greater than the table value at 0.05 level, null hypothesis was rejected.

H₀₅: There is no significant difference between the scores obtained by the second and fourth year students on the interpersonal etiology factor of the OMI scale.

Table 11: Comparison of the Social Restrictiveness attitude of the second and fourth year students towards mental illness

N=100+100

GROUP	MEAN	S.D.	'T' REMARKS
II Year	18.74	4.55	Significant at 0.011
IV Year	20.26	3.82	0.05 level

Table 11 compares the attitude of the two groups of students towards the interpersonal etiology of mental illness. The mean scores obtained for both the groups were almost the same ($X_1=18.74$; $X_2=20.26$) 't' value was obtained was 0.011 which is greater than the table value and hence the null hypothesis was not accepted. There was a significant difference ($p>0.05$) observed between the second and fourth year students on their attitude towards the interpersonal etiology factor of the OMI scale.

DISCUSSION

Major findings of the study

1. Sample Characteristics

- Majority (81%) of second year students belongs to female category and 19% of the subjects belonged to male category. And most of the (84%) subjects belonged to female category in fourth year and (16%) belongs to male category.
- Ninety nine percent (99%) of the second year students and 96% of the fourth year students belonged to the completed age group of sixteen to twenty one years at the time of admission
- Most of the subjects (78%; 89% respectively) belonged to Sikh religion.

- Less than half (39%) of the both groups had previous exposure with mental illness. Among second years 12% had exposure with family members and 9% of the subjects had exposure with friend circle. Among fourth years 13% of the subjects had exposure with familymembers.

2. Attitude of the second and fourth year students towards mentalillness.

- Less than half (7%) of the second year student showed the positive attitude towards authoritarianism. More number of the fourth year (97%) were found to be neutral authoritarian than the second year students (93%), even after the mental health nursing course.
- Most of the students were found to be moderately to highly benevolent to mental ill. Ninety seven (97%) of the fourth year students were found to be moderately
- Eighty one percent (81%) of the second year students and 82% of the fourth year students possessed moderate mental health ideology while a high score was obtained by 10% of the second year students and 17% of the fourth year students on the same factor.
- Majority (93%) of the fourth year students felt that mentally ill people need some amount of restriction, even after the completion of mental health nursing course.
- Most of the (81%) of the second year students and 76% of the fourth year students revealed the neutral attitude towards interpersonal etiology factor.

3. Comparison of the attitude towards mental illness of second and fourth year student's as shown in the OMI scale

- Significant difference was found between the mean authoritarian score of the second and fourth year students ($X_1=24.55$; $X_2=25.98$; $t=0.024$; $P<0.05$). This finding was supported the findings of the study done to compare the nursing students' attitudes about mental illness according to their year in college psychiatric nursing
- The second and fourth year students did not differ significantly in the mean benevolent scores obtained by them on the OMI scale ($X_1=38.42$; $X_2=38.78$; $t=.697$; $P>0.05$).
- The third hypothesis was accepted as significant difference was found the second and fourth year nursing students on the scores obtained in the mental health ideology factor of the OMI scale ($X_1=24.55$; $X_2=25.98$; $t=0.036$; $P<0.05$).
- Very highly significant difference was found on the mean social restrictiveness score of the second and fourth year students on the OMI scale ($X_1=29.18$; $X_2=27.47$; $t= 0.001$; $P<0.05$).
- There was a significant difference between the mean scores obtained by the second and fourth year students on the interpersonal etiology factor on the OMI scale ($X_1=18.74$; $X_2= 20.26$; $t=0.011$; $P<0.05$).

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