A STUDY TO ASSESS THE ATTITUDE OF ADOLESCENT SCHOOL STUDENTS TOWARDS MENTAL ILLNESS AT A SELECTED HIGHER SECONDARY SCHOOL, DELHI NCR

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Abstract

As per the global burden of disease, 13% of the global burden in the age group 10-19 year olds, one in seven experiences a mental disorder. Among adolescents depression, anxiety and behavioural disorders are among the leading causes of illness and disability. Suicide being the fourth leading cause of death in the age group 15-19. The result of these mental conditions in adolescence, if not addressed on time leads to impaired physical and mental health at adulthood with limited opportunities to live a satisfactory life's during adulthood. Hence the present study aim to assess the attitude of adolescent school students towards mental illness at a selected higher secondary school. The sample comprised of 102 participants who were selected using purposive sampling technique. The following questionnaire were used i.e demographic data, self-administered Belief towards Mental Illness (BMI) questionnaire, to determine the attitude an Independent sample t-tests and one-way ANOVA were used and pamphlet on myths and facts about diseases and treatment of mental illnesses. Attitudes on mental illnesses in the participants, most of the, 76% had unfavourable attitudes and only 24% were under favourable attitude. Majority of samples fell under favourable attitude with 84% for psychosis, 80% for mental retardation and 88% for epilepsy.

Keywords: Attitude, Adolescent, Mental, Illness, Burden, Disease

INTRODUCTION

Adolescence is the best vehicle of transport of messages. Mental illness can causes massive disruption in the lives of individuals. Families and communities it is then the causes for staggering economics and social costs. The impact of mental disorders in our country is large and manifold. Psychiatric conditions are responsible for little more than one percent details of deaths, they account for almost 11% of disease burden worldwide. Of the ten leading causes of disability in 1990 measured in years lived with disability. Five were psychiatric conditions. It is estimated that the number of persons in need of psychiatric treatment in the country about 11 million. Surveys carried out for psychiatric morbidity indicate the prevalence rate of psychiatric morbidity to be 20 per 1000 (2008). A number of studies have examined the attitudes of the public. The patients and their relatives and the health professionals towards mental illness and their management. School students are exposed to stresses and experience many kinds of environmental disorders. Hence it is so important to understand the attitude of adolescent school going students towards mental illnesses.

NEED OF THE STUDY
METHOD
Aim

The present study aimed to assess the attitude of adolescent school students towards mental illness at selected higher secondary schools.

Objectives

The objectives of this study were:

1. To assess the attitude of adolescent school students about mental illness.
2. Determination of relationship between level of attitude and selected demographics variables.
3. Provision of pamphlets on the awareness of mental illness.

HYPOTHESIS

The level of significance chosen for the entire hypothesis was 0.05 level of significance.

Ho: There will be no significant difference between level of attitude and selected demographics variables.

H1: There will be significant difference between level of attitude and selected demographics variables.

RESEARCH DESIGN

Descriptive survey designs were adopted for this study. The study was conducted in the selected Schools in Delhi (NCR). Samples were school children studying in X standard sample size was 100.

SAMPLE

The sampling technique used in this study was purposive sampling technique of total 100 participants within the age range of 16-27 years.

TOOLS AND TECHNIQUE

The structural questionnaire consisted of three sections i.e

Section I : Demographic Profile
Section-II Attitude scale with 20 items on psychosis, 10 items on mental retardation and 10 items on epilepsy which included about stigma, diseases and treatment. Attitude scale with 20 items on psychosis, 10 items on mental retardation and 10 items on epilepsy which included about stigma, diseases and treatment. It is a 5 point liker scale graded as strongly agree, agree, uncertain, disagree and strongly disagree.

Scoring key

Attitude	Psychosis	Mental retardation	Epilepsy	Mental illnesses
Favourable	72-98	36-48	37-51	55-190
Unfavourable	<72	<36	<37	<150

Section-III: Pamphlet on myths and facts about diseases and treatment of mental illnesses.
Reliability was tested using cronbach Alpha method, r value was found reliable r=0. Ethical clearance through the IHEC and consent from samples were obtained.

DATA ANALYSIS

Correlation and descriptive analysis was used for this study. Among 100 samples, most of them 60 % were aged 15 years, majority 80 % were females adolescent speaking Hindi, 29 % were below the rank order of 20 in their class. Majority 78 % were Hindus. Family profile shows 76 % came from nuclear family system where 40 % were had brothers and 30 % had sisters,

educational status of their fathers and mothers were literate and by occupation nearly half of the fathers 40 % were labour work and 60 % of mothers were house executives. With regard to the study, some baseline information was collected. Half of them 60 % have not been to a psychiatric professional speaking on mental illness or treatment.

DISCUSSION

The present study has similar findings of another literature where a survey had been carried out since 1994 under the department of health in England to monitor the challenges in public attitudes towards mental illness over time (1994-2012). In 2012 survey was done among 1727 adults (aged 16+) by using a random location sampling. It included 26 items based on the 40-items community attitudes towards the the mentally III (AMI) scale and the opinions about Mental illness scale and the Opinions about Mental illness scale and an added item on employment _ related attitudes. The main changes between 1994-2012 were; People with mental illness should not be given any responsibility has decreased from 17% to 10%, 'Anyone with a history of mental problems should be excludes from public office' decreased from 29% to 18%, the best therapy for many people with mental illness is to be part of a normal community has increased from 76% to 9-81%, No one has increased the right to exclude people with mental illness from their neighbourhood, has increased from 76% to 83% and people with mental health problems should have the same rights to a job as anyone else has increased from 66% to 77% there has been a marked increase in the proportion of people who say they would be willing to continue a relationship with a friend with a mental health problems (825 to 86%), willing to work with someone with a mental health problems (69% to 75%) and who would be willing to live nearby to someone with a mental health problem these suggest a marked positive change in attitudes towards mentally ill.

Regarding attitudes on mental illnesses, most of the, 76% had unfavourable attitudes and only 24% were under favourable attitude. Majority of samples fell under favourable attitude with 84% for psychosis, 80% for mental retardation and 88% for epilepsy.

Mean and standard deviation values of adolescent students attitude scores

Category	Mean	Standard Deviation
Psychosis	9.64	2.12
Mental retardation	4.94	2.42
Epilepsy	5.8	3.59
(Total) Mental illnesses	20.38	2.84

Table 1. : Mean and standards deviation values of attitudes in the samples

The table reveals mean and standards deviation values comply with the unfavourable attitudes in the samples. Reviewed Literatures attitudes in the samples. Reviewed literatures have shown convincing results matching to this study like a descriptive survey approach was adopted with probability simple random sampling technique, sample of the study consisted of 100 community people who were residing in PHC Bidadi area to check the knowledge and attitude of mental illness. The study has shown that there is a positive significant relationship between knowledge and attitude of respondents on mental illness (r=0.4447). The demographic variables like sex, rank order in the class, religion, education of father, occupation of mother, family type and having been to a mental hospital has relationship it the attitude towards mental illness when applied Karl

Pearson's correlation co-efficient

CONCLUSION

Pamphlets on favouring a positive attitude towards mental illnesses were issued to all the samples under stud. This speaks about the myths and facts about mental illnesses. This study not only brings awareness in the adolescents but also acts as preventive measures. It is necessary to recall that the consequence of stigma are so pervasive and profound, the world health organization and the word psychiatric association have identified stigma related to mental illness as the most important challenge facing the mental health field today.

IMPLICATIONS OF THE STUDY

The implications of the study can be discussed in the following broad areas namely nursing practice, nursing education, nursing administration. Comparative study can be conducted among students in urban schools and rural schools, psycho educations programmes can be organized in school to improve the attitude as the magnitude of improve the attitude as the magnitude of mental health problems peak higher than even heart attacks.

RECOMMENDATIONS

- ✓ Same study can be conducted by using large samples.
- ✓ Similar study can be conduct on nursing professional working in private and government domain.
- ✓ A qualitative research project can be undertaken to assess the attitude of students regarding diseases and treatment of mental illnesses
- ✓ Further researches can be done to know the attitude of students regarding diseases and treatment of mental illnesses
- ✓ A curriculum plan can be develop for the psychiatric nursing students, parents and teachers on myths and facts about diseases and treatment of mental illnesses
- ✓ A similar study can be conducted by administrating booklet on myths and facts about diseases and treatment of mental illnesses
- ✓ A similar study can be conducted by administrating planned health teaching on myths and facts about diseases and treatment of mental illnesse.

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