



ISSN Print: 2394-7500
ISSN Online: 2394-5869
Impact Factor: 8.4
IJAR 2020; 6(12): 207-210
www.allresearchjournal.com
Received: 01-10-2020
Accepted: 06-11-2020

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A study to assess the knowledge and attitude regarding mental illness among professional students in selected colleges of Pune city

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Abstract

In ancient day's people are of a believe that mental illness is caused, when a spirits get into the body of a person, day-by-day stigma related to the mental illness is being arising vastly. One of the rudest behaviour of people is used to neglect that mentally ill person from the family & society. People are of a view that the faith healers would treat bitterly the mental illness than the psychiatrist. Health is that which includes both mental and physical parts of a person. Mental wellness plays a major role for a healthy life. Now a day's people were more prone to mental illness. Mental illness is impairment of personal functioning like behaviour changes, thinking etc.

According to WHO report in 2017, 970 million number of people were prone to have mental illness in all over the world. In that more percentage were affected by females i.e., 13.3%. In high income countries as compared middle or low income countries 90% of suicidal death were because of mental illness.

Due to stigma associated with mental illness, a lack of awareness and limited access to professional help (30 Apr.2018) conducted by Ms. Deepika. People's understanding of mental health in this statistical study it showed that 71% of the respondents have used the terms associated with stigma. (30-Apr-2017) by Mr. Murali.

A non-experimental research design was adopted to conduct the study. A total of 200 samples, age between 18 to 21 years was selected by using purposive sampling technique. Study instruments was self-structured tool used by the researcher, consist of three parts:

Part 1: Demographic data

Part 2: Mental illness knowledge assessment tool.

Part 3: Mental illness attitude assessment tool.

The findings of the study revealed that 10% of the professional student have poor knowledge regarding mental illness 37% of the professional students have good knowledge and 53% of the professional students have average knowledge regarding mental illness.

The findings of the study revealed that 95% of the professional students having positive attitude towards mental illness and 5% of professional students having neutral and negative attitude towards mental illness. The findings suggest that there is significant difference in age, marital status, and education level. The studies concluded that professional students having average knowledge and positive attitude towards mental illness.

Keywords: Assess, knowledge, mental illness, WHO

Introduction

Being mentally healthier is not as easy as our growth happens. It is depended on what we face, how we react to that situation and usually how much we are able to avoid all the negativities.

The age group between 18-21 is a crucial time in a human's life. These period is the time where some gets engaged in studies, job and other activities. If the students don't get any care, love etc. which will lead to major mental illness. Depression is the major mental illness seen in this age group gradually it increases to many other problems.

Each one of the people knows about mental illness but they don't know the real fact behind every mental illness, the main reason is lack of knowledge. They don't even know the causes, how it can be prevented, what all are the symptoms etc. Sometimes mental illness is very difficult to find out but through psychiatric treatment it can be controlled. An accurate diagnosis will help to determine the treatment. Now a day the society feeling that the mental illness is contagious and their attitude towards mentally ill person was so bad.

If anyone was suffering from mental illness they got afraid to approach them. The mentally ill person doesn't get any jobs in any sectors, and they use to believe that mentally ill person is harmful and dangerous, so they always sympathetic towards them. The people always have thought that mentally ill person can harm the society. These negative attitudes of the people get increasing day-by-day.

Need of the study

Globally mental illness is a burden's that effect human healthy life.

- According to WHO report in 2017, 970 million number of people were prone to have mental illness in all over the world ^[1]. In that more percentage were affected by females i.e., 13.3%. In high income countries as compared middle or low income countries 90% of suicidal death were because of mental illness.
- Due to stigma associated with mental illness, a lack of awareness and limited access to professional help (30 Apr. 2018) conducted by Ms. Deepika. People's understanding of mental health in this statistical study it showed that 71% of the respondents have used the terms associated with stigma. (30-Apr-2017) by Mr. Murali. ^[2].
- The research conducted by Anna Chand in 30-Apr-2018, in this the respondents were asked for their

feeling towards mentally ill people, in that 75% of them says that they have sympathetic towards them ^[2].

Mental illness is more common all over the world. So day-by day the stigma gets increasing, so it is necessary to have knowledge because mental illness is becoming a common disease condition. So awareness about mental illness is more important to reduce stigma and grow a positive attitude towards the mentally ill person so they also get an equal life which everyone gets. So they can also lead a normal life.

Objective of study

1. To assess the knowledge regarding mental illness among professional students in selected colleges of Pune city.
2. To assess the attitude regarding mental illness among professional students in selected colleges of Pune city.
3. To co-relate the knowledge and attitude regarding mental illness among professional students in selected colleges in Pune city.

To associate the finding with selected demographic data.

Research Methodology

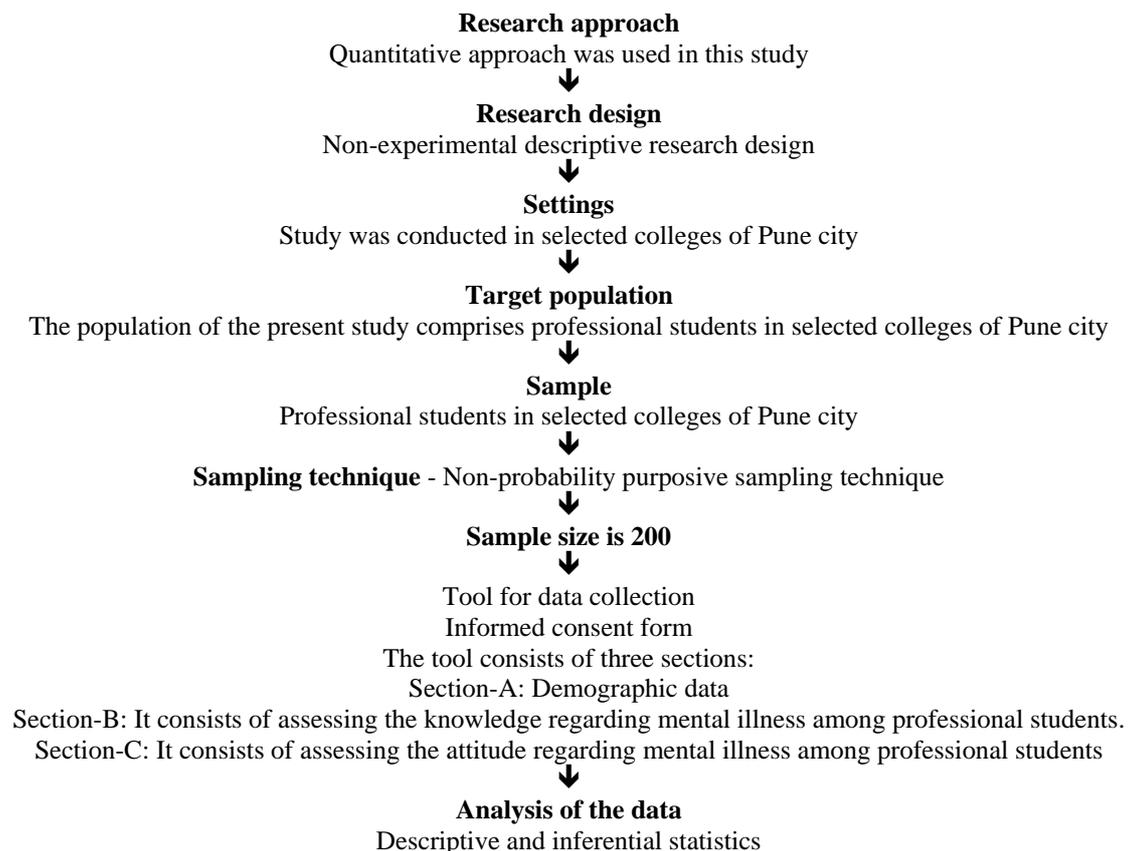


Fig 1: Schematic representation of the research methodology

Data collecting process

- Permission from selected colleges in Pune city.
- Purpose of the study was explained to the participants and confidentiality of response will be assured.
- Prior of data collection informed consent are taken
- Questionnaires are given to participants and to be completed in 20 minutes.
- Collection of data.

Data analysis

Analysis is the process of categories, ordering, manipulation, and summarizing of data to be obtain answer to research question. The purpose of the analysis is to reduce data to an intelligible and interpretable form so that the relation of research problem be studied and tested.

Table 1: Score interpretation

Score interpretation	Frequency (f)	Percentage (%)
Poor knowledge (1-7)	20	10%
Average knowledge (8-14)	106	53%
Good knowledge (15-20)	74	37%

n = 200

Above table shows that, 53% of the students have average knowledge regarding mental illness, 37% of the students have good knowledge regarding mental illness, and 10% of the students have poor knowledge regarding mental illness

Diagram showing overall attitude score

Table shows

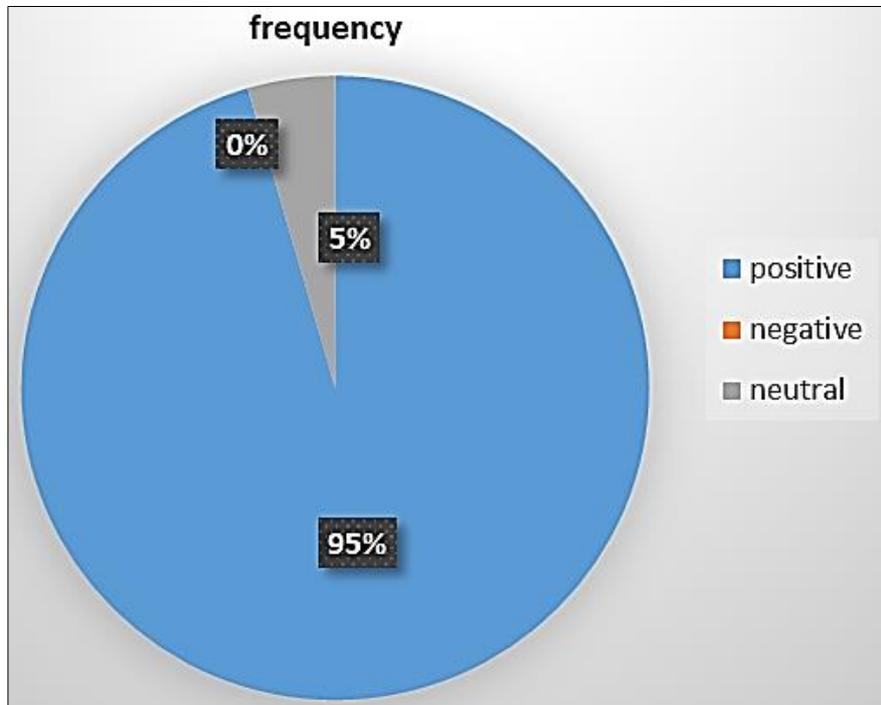


Fig 2: Showing that the attitude scale

- 95% of professional students have positive attitude towards mental illness.
- 5% of professional students have negative attitude towards mental illness.

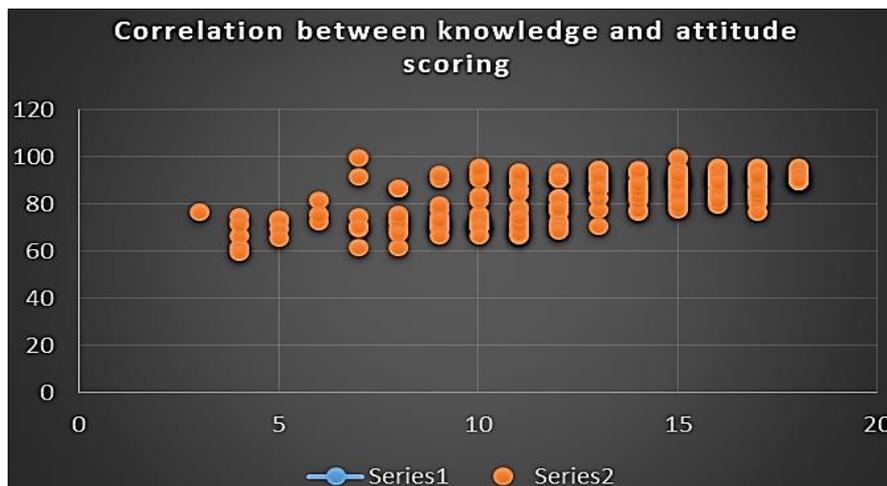


Fig 3: Showing that the correlation between knowledge and attitude scoring

The Correlation is obtained to be 0.6406 which means that, it is moderately related to each other.

Conclusion

The researcher conducted a study to assess the knowledge and attitude regarding mental illness among professional students in selected colleges of Pune city.

The result of data analysis specified that The findings of the study revealed that 10% of the professional student have

poor knowledge regarding mental illness 37% of the professional students have good knowledge and 53% of the professional students have average knowledge regarding mental illness.

The findings of the study revealed that 95% of the professional students having positive attitude towards mental illness and 5% of professional students having neutral and negative attitude towards mental illness. Majority of the samples i.e. 69% of students having average

knowledge regarding harmful effects of junk food, 23% of students possess good knowledge and the rest 8% has poor knowledge.

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