

A Quasi Experimental Study to Assess the Effectiveness of Information Booklet on Knowledge Regarding Human Rights of Mentally Ill Patients among Nursing Students at Selected Nursing College Lord Mahavira Nursing College Nalagarh (Himachal Pradesh)

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Abstract: *Human rights are the basic rights and freedom that belong to every person in the world, from birth until death. They apply regardless of where you are from, what you believe or how you choose to live your life. Human rights are rights inherent or any other status. Human rights include the rights to life and liberty, freedom from slavery and torture, freedom of opinion and expression, the right to work and education, and many more. These basic rights are based on shared values like dignity, fairness, equality, respect and independence. Mental health problems may be related to excessive stress due to particular situation or series of events. As with cancer, diabetes and heart disease, mental illnesses are often physical as well as emotional and psychological. There is now increasing awareness of rights in our democratic setup which results in an increase in litigation. The lack of human rights or their violations, as seen in erwadi tragedy as similar cases, does not stem from a short coming in existing Indian or international law per se, but is the result of social stigma, prejudice, and other social and economic factors linked with mental illness.*

Keywords: information booklet, human rights, nursing students, mentally ill patients

1. Introduction

Human rights are the basic rights and freedom that belong to every person in the world, from birth until death. A mental illness is a disease that causes mild to severe disturbances in thoughts or behavior, resulting in an inability to cope with life ordinary demands and routines. Civil rights movements and consumer protection council are gaining more and more importance in our day to day life. Mental health and human rights are connected in three ways by viewing these two fields together. Firstly, mental health policy affects human rights of mentally ill, secondly mental health is affected when human rights are violated, and thirdly the mental health and human rights are positively correlated and which is mutually reinforcing and improves the quality of life.

Mental illness may be caused by a reaction to environmental stresses, genetic factors, biochemical imbalances, or a combination of these. With proper care and treatment many individual learn to cope or recover from a mental illness or emotional disorders. Today, legal rights of those with mental disorders and ethical health care practices of mental health providers are ongoing concerns or psychiatric mental health nurses.

To explore the relationship between mentally ill and knowledge of students regarding these. Students psychological health status is poorer and closely related with the awareness of the knowledge on mental health, to improve the cognitive evaluation of students on mental health is expected to improve their psychological health.

The student's knowledge about mental illness is apparently deficient. Even though a greater proportion is aware that mental illness is portrayed negatively by the media, majority of the students disappointingly endorse the common inaccurate stereotypes attributed to people with mental illness.

Need for the Study

Mental health today is recognized as an important aspect of one's total status. It is a basic factor that contributes to the maintenance of physical health as well as social effectiveness. The WHO in its world health report 2001 has drawn attention to fact that, nearly 45 crore people are estimated to be suffering from mental illness.

The dignity of person with mental illness is not respected in mental health institution itself. Sometimes they are found in condition which are deplorable for example being kept naked or in dirty or old clothes. They are placed in unhygienic condition and sometimes women where found their bodies could be seen through ill fitting clothes.

They were not provided with dignity and items to maintain natural hygiene. It is not difficult to imagine the wondering homeless mentally ill client, who has been admitted in mental hospital and cured subsequently. The client cannot be sent home as he or she is without a home. The condition becomes poignant when the client does not want to go in shelter home or rehabilitation home.

So based upon literature review and personal experience of investigator during posting in mental hospital. The nursing students have inadequate knowledge regarding rights of mentally ill patients. So investigator decided to assess the

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knowledge of students about human rights of mentally ill and distribute booklet regarding human rights of mentally ill patient to enhance their knowledge.

Objectives of the study:

- 1) To assess the pre test and post test knowledge regarding human rights of mentally ill patients among nursing students selected in nursing college.
- 2) To assess the effectiveness of information booklet on knowledge regarding human rights of mentally ill patients among nursing students selected in nursing college.
- 3) To find out the association between post test knowledge score with selected socio - demographic variables.

Hypothesis:

H1: There will be significant difference in knowledge score of students who will get information booklet on knowledge regarding human rights of mentally ill patients.

2. Methodology

It is the significant part of any research study, which enables the researcher to project a blue print of research understanding. The total aim of the study is to assess the knowledge regarding human rights of mentally ill patients.

Research approach: Quantitative research approach was used in this study.

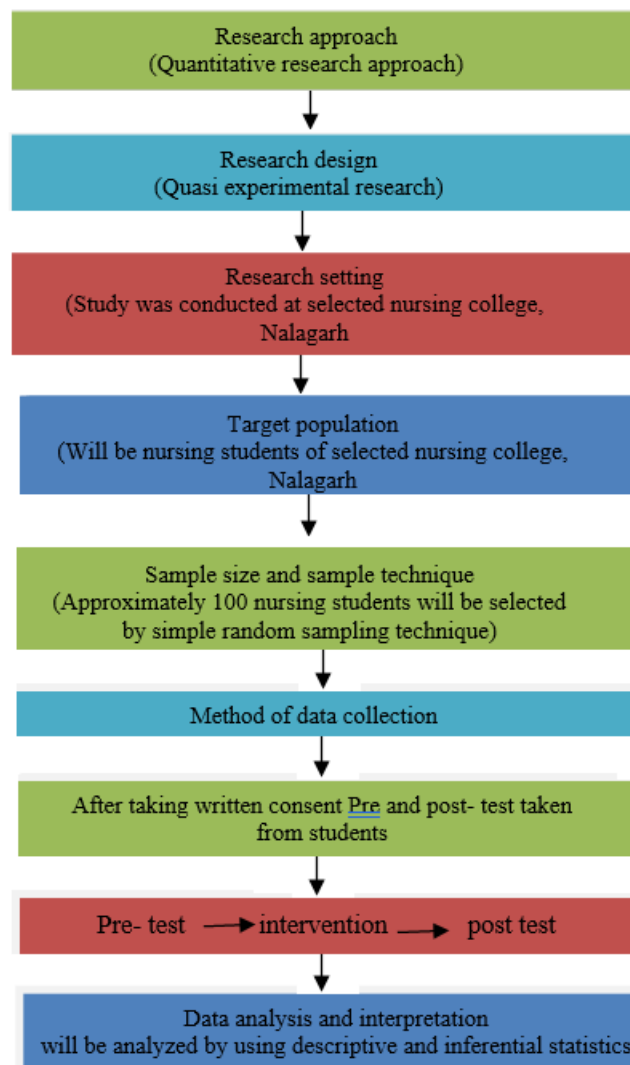
Research design: Research design selected for the study was quasi experimental exploratory research design.

Research setting: the study was conducted in nursing college lord Mahavira nursing college Nalagarh. The present study was conducted among nursing students GNM 2nd year, Post Basic B.Sc 2nd year and B.Sc nursing 3rd year.

Sample technique: Simple random sampling technique was used in present study. Simple random sampling is probability Sampling technique where every member of population has an equal chance of being selected as a subject.

Sample size: sample size was 100 students. Study subjects were student of GNM 2nd year, Post Basic B. sc 2nd year and Bsc nursing 3rd year were selected from nursing college lord Mahavira nursing college Nalagarh.

Target population: in this study the target population was nursing students of GNM 2nd year, Post Basic B. sc 2nd year and Bsc nursing 3rd year for assessment of knowledge regarding human rights of mentally ill patients.



Part 1: Demographic data: This section consist of ten items for obtaining personal information about respondent that is age, gender, marital status, area of living, religion, type of family, monthly income, academic education, professional education and any other source of information.

Part 2: Knowledge questionnaire: Structured questionnaire to assess the knowledge of nursing students regarding human rights of mentally ill patients on GNM 2nd year, Post Basic B. sc 2nd year and Bsc nursing 3rd year were selected from nursing college lord mahavira nursing college nalagarh.

It consists of 30 multiple choice questions regarding human rights of mentally ill patients. Each question consists of one correct answer for and choose and each correct answer carries (1) score (0) score given for each wrong and unattended answer.

Maximum score=30

Minimum score=00

Part 2: (Knowledge questionnaire) there were 30 questions. Maximum knowledge score was 30 and minimum knowledge score was 0.

Knowledge score was categorized into 4 levels:

Level of Knowledge	Score	Percentage
Excellent	25 - 30	80 - 100%
Good	16 - 22	55 - 75%
Average	9 - 15	30 - 50%
Poor	1- 8	5 - 25%

3. Conclusion

This chapter deals with the conclusion of the study which aimed to assess the effectiveness of information booklet on knowledge regarding human rights of mentally ill patients among nursing students at selected nursing college nalagarh. 67 (67%) students have average knowledge followed by 33 (33%) students have good knowledge in pre test 78 (78%) have good knowledge followed by 21 (21%) students have excellent knowledge regarding human rights of mentally ill patients in post test. In pre test 33 (33%) had good knowledge but in post test 78 (78%) students had good knowledge regarding human rights of mentally ill patients. In pre test 67 (67%) had average knowledge but in post test only 1 (1%) student had average knowledge regarding human rights of mentally ill patients.

4. Recommendations

A similar study can be conducted as a study to assess and expressed practice of rights of mentally ill patients among nursing college students. A similar study can be conducted in longer period of time. A similar study can be conducted in different settings or group.

References

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