A Study to Assess Knowledge regarding Mental Illness among Pre-University Students in Selected College at Belagavi

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Abstract: *Mental health is a state of successful mental functioning, resulting in productive activities, fulfilling relationships and the ability to adapt to changes and cope with adversity. Mental health is indispensable to personal well-being, family and interpersonal relationships and one's contribution to society. Any alteration in the mental functioning, which leads to unproductive activities, impaired relationship and inadequate adjustment would lead to mental disorders. Mental illnesses affect people of all ages, cultures, educational and economic levels. Objectives: •To assess the knowledge regarding Mental illness among pre-university students. To assess the significance between selected demographic variables with knowledge regarding mental illness. Among pre-university students. Material and methods: Data were collected by using structured knowledge questionnaires. The demographic variables analyzed in the study were Gender, age, religion, type of family and source of information. The samples for the study were selected by using the convenient sampling technique. The data obtained were tabulated and analyzed in terms of objectives of the study by using descriptive and inferential statistics. Results: The present study showed that Majority of the samples i.e. 44(73.33%) are females and 16 (26.66%) are males. (52%) of the participants are in the age group of 15-17 and the other 8(13.33%) were in 18-20 years. most of them. 50(83.33%) belongs to nuclear family. Most of them 51(85%) had information about mental health through friends and others. and study result also shows. There was significant association between knowledge and demographical variable such as age assessment score [x^2=7.5, P<0.005] Conclusion: The results show that there is majority 37(61.66%) of respondents have average knowledge regarding mental illness, 12(20%) respondents have poor knowledge regarding mental illness, 11(18.33%) of respondents have good knowledge regarding mental illness. The results also showed that there is significant association between demographic variable such as age [x^2=7.5, P<0.005] with knowledge of pre-university students. Thus study concluded that there is average level of knowledge among pre-university students.*

Keywords: Pre-university students, knowledge

1. Introduction

Happiness comes from... some curious adjustment to life.
Hugh Walpole.

Mental healthis a state of successful mental functioning, resulting in productive activities, fulfilling relationships and the ability to adapt to changes and cope with adversity. Any alteration in the mental functioning, which leads to unproductive activities, impaired relationship and inadequate adjustment would lead to mental disorders.

Mental illness is maladjustment in living. It produces a disharmony in the person's ability to meet human needs comfortably or effectively and function within a culture. A mentally ill person loses his ability to respond according to the expectations he has for himself and the demands that society has for him. In general an individual may be considered to be mentally ill if the person's behavior is causing distress and suffering to self and/or others, or it is causing disturbance in his day to day activities, job and interpersonal relationships.1

India is a country of unity in diversity, 41% of total population is of below the age group of 20 years. According to 2002 literacy rate of India is 73.3%. 2

Most of the people are unaware of the symptoms of the mental illness. Lay persons find it difficult to accept behavioral changes in a person. In our society, there are many people consider that mental illness not an illness, but possession by god, goddess or an evil spirit. The causation of most of the mental illness is well known and specific methods are available to treat mental illness3.

The people referring the patients such practices continuously many worsen or aggravate the condition of diseases and many lead either chronic or leave the patient with disability, finally they will become homeless. So the adolescent's population needs the awareness of the symptoms of mental illness and availability of mental health services. And also the knowledge and recognition of psychological disorders by the traditional healers are crucial for early treatment intervention of psychiatric patients.

Researchers estimate that about 24 percent of people over eighteen in the United States suffer from sort of common mental illness, such as depression and phobias .Studies have also shown that 2.6 percent of adults in the United States suffer from of mental illness, such as schizophrenia , panic disorders , or bipolar disorders .Younger people also suffer from mental illnesses the same way that adults do .14 to 20 percent of individuals under the age of eighteen suffer from a case of mental illness .Studies show that 9to13 percent of children between the ages of nine and seventeen suffer from a serious emotional disturbances, that disrupts the child's daily life. Major depression is a severe disorder. Symptoms include withdraw from family and/or friends, weight loss , sleeping problems ,frequent crying , fleeing helpless , delusions , and hallucinations .This disease is usually

diagnosed during adolescence; parents may notice grades dropping , poor self –image, troubled social relations , and suicidal acts. This disease may be fatal if the person becomes suicidal. Phobia is a disease where a person has an irrational fear oh flight, cats, heights , enclosed spaces , reptiles, and the most severe is agoraphobia.4

2. Material and Methods

The present study was conducted to assess the knowledge of pre-university students regarding knowledge of mental illness in pre-university students. by using Non probability convenient sampling technique was used to select the subject. Structured knowledge questionnaire was used to collect the data. The tool used in the study has two parts.

Part-I: information on demographic variables of the respondents containing 5 items i.e. age, gender, religion, type of family, source of information

Part-II: structured knowledge questionnaire of 19 items related knowledge about mental health.

3. Results

SECTION I: Distribution of subjects according to sample characteristics.
SECTION II: Findings the knowledge of caregivers regarding the awareness on human rights of psychiatric patient.
SECTION III: Analysis and interpretation of data to find out an association between knowledge scores of care giver with selected demographic variables.

Section I: Distribution of Subjects according to Characteristics

Table 1: Frequency of Distribution of Care Givers according to Socio- Demographic Data, n = 60

Socio Demographic Variables	Frequency	Percentage (%)
1) Age in years		
15-17	52	(86.66%)
18-20	8	(13.33%)
2) Gender		
Male	44	(73.33%)
Female	16	(33.33%)
3) Religion		
Hindu	44	(73.33%)
Christian	15	(25%)
Others	1	(1.66%)
4) Type of family		
Joint family		
Nuclear family	50	(83.33%)
5) Source of information		
Mass media	9	(15%)
Others	51	(85%)

The data presented in the Table 1: •Majority of the samples are Female 44(.%) and 16 (33.33%) are Females. Majority of the samples i.e. 52(86.66%) belongs to the age group of 15-17 years and minority 8(13.33%) belongs to age group of 18-20 years. Majority of the samples i.e. 44(73.33%) were Hindus and 15(25%) were Muslim and minority 1(1.66%) were others.
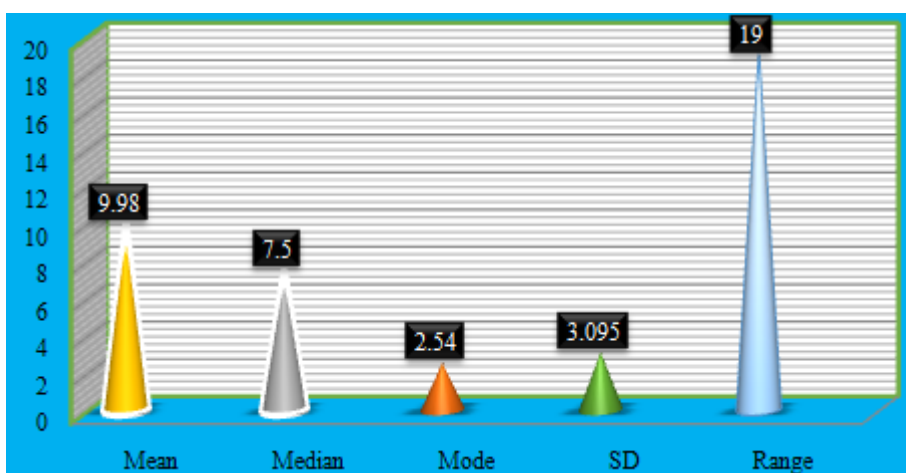
Majority of the samples i.e. 50(83.33%) belongs to nuclear family and minority 10(16.66%) belongs to joint family. Majority of the samples i.e. 51(85%) got information from others and minority 9(15%) got information from mass media.

Section II: Findings related to pre-test knowledge score of pre-university students.

Table 2: Mean, Median, Mode, Standard Deviation and Range of Knowledge score of caregivers.

Area of analysis	Mean	Median	Mode	S.D.	Range
Knowledge test (X)	9.98	7.5	2.54	3.095	19

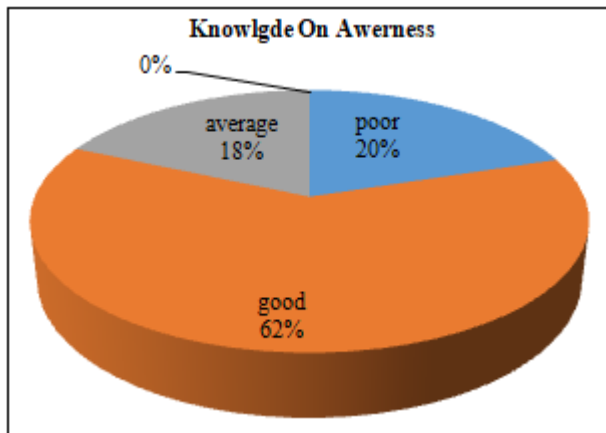Table 2 Reveals that Mean was 9.98, Median 7.5, Mode 2.54, Standard Deviation 3.095, and Range 19.

Graph 10: Pyramid Showing Mean, Median, Mode, Standard Deviation and Range of Knowledge Score of Caregivers regarding the awareness on human rights of psychiatric patient

Section III:

Table 3: Distribution of level of knowledge of caregivers regarding the awareness on human rights of psychiatric patients, n = 60

Knowledge score	Frequency	Percentage (%)
Poor (0 – 4) (Mean – SD)	12	(20%)
Average (5 – 10) (Mean – SD) to (Mean + SD)	37	(61.66%)
Good (> 11) (Mean+ SD)	11	(18.33%)

Graph 11: Distribution of level of knowledge of pre-university students

The results show that there is majority 37(61.66%) of respondents have average knowledge 12(20%) respondents have poor knowledge, 11(18.33%) of respondents have good knowledge regarding mental illness

SECTION III: Association between knowledge level with selected demographic variable.
In order to find the association between knowledge and selected demographic variables the following research hypothesis was formulated.

H_1: there is significant association between the mean knowledge score and baseline variables at 0.05 level of significance.

Table 4: Findings the level of knowledge of caregivers regarding the awareness on human rights of psychiatric patients and various demographical variables.

N=60

S.N	Demographic Data	Good	Average	Poor	Inference
1	Gender a) Male b) Female	 4 7	 9 29	 3 8	X^2=0.913, df=2(5.99) p>0.05, NS
2	Age a) 15-17 b) 18-20	 10 1	 34 4	 8 3	X^2=7.5, df=5.99 p<0.05, S
3	Religion a) Hindu b) Muslim c) Others	 26 10 0	 10 3 1	 8 2 0	X^2=1.8, df=12.59 p>0.05, NS
4	Family a) Joint family b) Nuclear family	 1 9	 6 33	 3 8	X^2=1.85, df=5.99 p>0.05, NS
5	Source of information a) Mass media b) Others	 3 7	 4 34	 2 10	X^2=3.76, df=9.49 p>0.05, NS

4. Discussion

The findings of the study have been discussed under the following headings:

1) Findings related to socio –demographic variables of the pre-university students Description of demographic variables
The results show that there is majority 37(61.66%) of subjects have average knowledge regarding mental illness, 12(20%) subjects have poor knowledge regarding mental illness, 11(18.33%) of subjects have good knowledge regarding mental illness. The results also showed that there is significant association between demographic variable such as age [x^2=7.5, P<0.005] with knowledge of pre-university students. Thus study concluded that there is average level of knowledge among pre-university students.

- Majority of the samples are Female 44(.%) and 16 (33.33%) are Females.
- Majority of the samples i.e. 52(86.66%) belongs to the age group of 15-17 years and minority 8(13.33%) belongs to age group of 18-20 years.
- Majority of the samples i.e. 44(73.33%) were Hindus and 15(25%) were Muslim and minority 1(1.66%) were others.
- Majority of the samples i.e. 50(83.33%) belongs to nuclear family and minority 10(16.66%) belongs to joint family.

- Majority of the samples i.e. 51(85%) got information from others and minority 9(15%) got information from mass media.

2) Findings related to pre-test knowledge score of pre-university students

The Mean of the test were 9.98, with Standard Deviation 3.095, Median 7.5, Mode 2.54 Among the total samples (n=60) 11(18.33%)respondent had good knowledge 37(61.66%) respondent had average knowledge 12(20%), respondent had poor knowledge regarding mental illness.

3) Association between demographic data and results

There is a significant association between age of sample i.e calculated chi-square value, $(x2\ 7.5)$ is more than p value at degree of freedom (df2) Finally H1: association with demographic variable, age of pre-university students with knowledge regarding mental illness is accepted and H0: null hypothesis is rejected.

5. Conclusion

Based on the findings of the study, the following conclusions were drawn
The aim of the study was to evaluate the awareness of mental illness among the pre-university students. Based on findings of study, it is concluded that:

- The data has been collected through the self-structured questionnaire method.
- The awareness of mental illness among the pre-university students was evaluated.
- Obtained scores analyzed and found the result by statistical method.

Based on the findings of the study the following conclusion was drawn:

1) Majority of the samples i.e. 44(73.33%) are females and majority 16 (26.66%) are males.
2) Majority of the samples i.e. 52(86.66%) belongs to the age group of 15-17 years and minority 8(13.33%) belongs to age group of 18-20 years.
3) Majority of the samples i.e. 44(73.33%) were Hindus and 15(25%) were Muslim and minority 1(1.66%) were others.
4) Majority of the samples i.e. 50(83.33%) belongs to nuclear family and minority 10(16.66%) belongs to joint family.
5) Majority of the samples i.e. 51(85%) got information from others and minority 9(15%) got information from mass media.
6) 6.According to knowledge categorized as good(13-19),Average(8-12) poor(0-7)that out of 60 samples11(18.33%)respondent had good knowledge,37(61.66%) respondent had average knowledge12(20%),respondent had poor knowledge regarding mental illness.

The study reveals that there is statistical highly significant association found between demographical data such as gender, age, religion, type of family, source of information.

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