NURSES PERSPECTIVE TOWARDS MENTALILLNESS

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ABSTRACT:

Mentally ill persons are facing lots of problems to adjust in the society due to presence of stigma and discrimination. Though health personnel are well known about psychiatry disorders still in health field stigma and discrimination in quality care is present. Stigmatized attitude should be reduce by identifying the cause in health service towards mental illness for providing quality care and zero discrimination and increase motivation to work in mental health department and overcome the deficiency of staffs in clinical field. So. this current study was carried out on nurses' attitude towards mental illness with certain objectives, those were to evaluate the attitude of staff nurses towards mental illness, to find out the attitude of student nurses towards mental illness, to compare the attitude of staff nurses and student nurses towards mental illness, to find out the association between staff nurses and students nurses' attitudes with selected socio demographic variables. Material and methods: A descriptive study was carried out with 754 samples by using purposive sampling technique. Study was conducted at SUM Hospital and Sum nursing college,Bhubaneswar, Odisha. Result concluded that in both group negative attitude was present towards mental illness, but staff nurses were having less negative attitude than nursing students and there was no significant difference found between both the groups about attitude towards mental illness at at 0.05 level of significance.

Key words: staff nurses, nursing students, mental illness, attitude, stigma

INTRODUCTION:

Health is not possible without good mental health.There is a strong relationship between physical health and mental health.Poor physical health can lead to mental illness and poor mental health can lead to physical problems.[1]Mental health is a state of proper adjustment in functioning of emotional,psychological and behavioral pattern in absence of mental illness.Mental illness also referred to as mental health disorders due to a wide range of mental disturbances are clearly distinguished which affects a person's mood,thinking,feeling and behavior[.1]In health system healthcare providers are providing healthcare services to the public to promote, to restore or to

maintain health.[2]They are assisting in fulfillment of basic needs of the patient in hospital or individuals,those are staying in community set up for boosting people's healthy life style in physically as well as mentally.[3]Some researchers already conducted various studies related to this stigma among health care professionals which indicates the presence of stigma towards mental illness is exists everywhere. It's not only exists in the public.[4] Health care providers are also having such type of stigmatized attitude towards mental illness which may affect in providing quality care in order to provide mental health services. To reduce stigma and discrimination about people with mental illness a national campaign was launched in 2009 which called 'Time to Change'.[5]Evidences revealed from many more research studies that all over the world in many countries nurses are working as a staff nurse and providing both physicalas well asmental health services to all the clients, which can lead to a major source of stigma or discrimination towards people suffering from mental illness.[6]Therefore, staff nurseswith stigmatizing attitudes or behaviours towards mental illness can lead to lack of attention for patient's medical needs and improper management of patient's mental illness. This Stigmatizing attitude among health care providers also might cause shortage of staff in psychiatry department.[7]Individual's positive mental health and well being helps to maintain the quality of life and eliminate stigma and discrimination towards people with mental illness. Stigma can increase people's mental health problems that may affect seriously on their chances of recovery and negative attitudes.[8] It relates to decrease productivity of communities. Mental illness also act as a barrier for recovery and effective treatment.[9]

MATERIALS AND METHODS:

Design
A descriptive survey design was used for collecting the data.
Sampling
A purposive sampling technique was used.
Sample
Total numbers of participants were 754. Among them 406 number of participants were staff nurses and 348 number of participants were nursing students.

METHODS OF DATA COLLECTION:

Current research study was conducted through interview method with the use of pen and pencil. Those were fulfilling the inclusion criteria they could participated in the study.Ethical permission was taken from the authority for conducting the study. Proper and prior information was provided to the participant before collecting the data. A consent form also prepared and taken written permission from the participants.Then the participants were assured that the privacy & confidentiality of their responses will be maintained. A self structured questionnaire was prepared to assess the attitude of the participants towards mental illness and to collect the demographic data.Attitude scale contains 16 questions having different scores. High score indicates more negative attitude.As per Question no.3,9,10,11,12,16 score as:-Strongly agree =1,Agree=2, Somewhat Agree=3,Some What disagree=4,Disagree=5,Strongly disagree=6 . And other questions will be score as vice versa like, Question no.1,2,4,5,6,7,8,13,14,15 score as:-Strongly agree =6,Agree=5,Some what Agree=4,Some What disagree=3,Disagree=2,Strongly disagree=1. Below 56 score indicates Positive attitude, 56 score indicates Neutral and Above 56 score indicates Negative attitude.The findings of the study were analyzed with the help of SPSS.
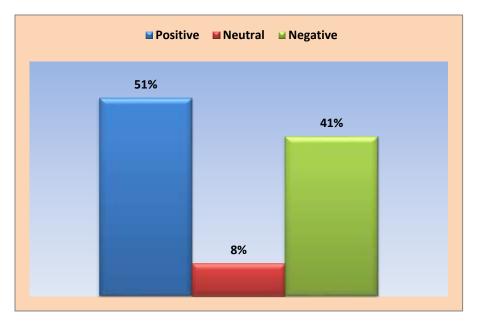
RESULTS:

Table-1: Frequency and percentage distribution of participants according to socio-demographic variables.

N(n1+n2) =754

Variables	Frequency	Percentage
Age		
18-25	523	69%
26-35	231	31%
Gender		
Male	57	8%
Female	697	92%
Course		
ANM	48	7%
GNM	279	37%
B.Sc Nursing	357	47%
PBBSC	40	5%
M.Sc Nursing	30	4%
Pursuing year		
First year	30	9%
Second year	71	20%
Third year	150	43%
Fourth year	97	28%

Figure-1 revealed that majority 51% of participants (staff nurses) were having positive attitude towards mental illness, where as 41% participants were having negative attitude and 8% of participants were having neutral attitude.

n1=406

Figure-2 revealed that majority 52% of participants (nursing students) were having negative attitude towards mental illness, where as 39% participants were having positive attitude and 9% of participants were having neutral attitude.
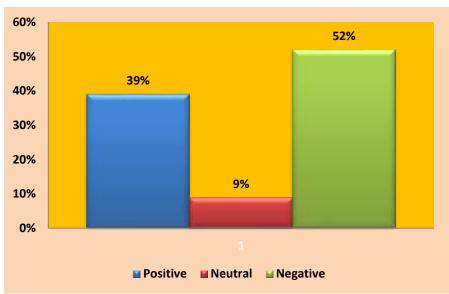
n2 =348

Table-2: Comparison between staff nurses and student nurses' attitude towards mental illness.

$N(n_1+n_2)= 754$

Groups	mean	SD	Unpaired 't' test value	df	P value	Level of significant
Staff nurse	54.81	7	0.6602	752	.254678	Not significant
Nursing student	55.14	7.03				

Table-3: Association between staff nurses and students nurses attitudes with selected socio demographic variables

$N(n1+n2) =754$

Demographic variable	Chi square value	Df	P value	Level of significant
Age in years	0.006279	1	0.5110	Not significant
Gender	0.256464	1	0.6120	Not significant
Course	2.492349	4	0.6460	Not significant

Above table depicts that there were no significant association between attitudes of staff nurses and student nurses with age, gender and course.

DISCUSSION:

Current study conducted from dt.05.01.2021 to 08.02.2021 at Sum Hospital and SUM nursing college Bhubaneswar, Odisha. In findings of the Study, it concluded that among staff nurses majority 51% of participants were having positive attitude where as among nursing students majority 52% were having negative attitude towards mental illness. Related to this study a research study conducted by Valeria Cremoninia in 2018 at Italy with 170 samples.Researchers had used CAMI scale for measuring attitude of different health care professionals towards

mental illness. Obtained data highlighted that nursing profession had less positive attitude with a total score of mean was 101.08 and SD=10.128.[10]

Another study conducted by Tim Schafer in 2011 with 288 samples of nursing students.They were invited to participate in that study to assess the attitude towards mental illness by using CAMI scale.The nursing students of mental health branch had the most positive attitudes than other branches, butin current study majority of nursing students had negative attitudes. other studies have revealed various misconceptions about mental disorders that mentally ill people are dangerous, so they should be avoided and need guidance, sympathetic care.[11]

In this study majority 69% of participants were belongs to 18-25 years, 92% were female, highest 47% were completed B.sc nursing and majority 43% were pursuing his/her 3rd year B.sc Nursing. In finding the association of attitudes with these socio-demographic variables, result depicted that there were no significant association at p value ≤0.05. And there were no significant difference found in attitude among staff nurses and student nurses regarding mental illness.

CONCLUSION:

Stigma towards mental illness among health personnel createsignificant barrier for the development or adequate utilization of mental health services. The attitude of staff nurses and nursing students need to be altered to prevent discrimination and provide quality care to the people suffering from various mental disorders. Reduction of stigma in health field can lead to break the problem of staff shortage in psychiatry department and can create a healthy environment without mal-treatment that may bring better future in mental health nursing.

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