

A descriptive study to assess the attitude towards stigma related to mental illness among the general public of the selected rural areas of Nagpur district

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Abstract

Introduction: Mental Illness Is Nothing To Be Ashamed Of But Stigma And Bias Shame Us All”^[1]. Mental health concerns everyone. All human beings have mental health needs, no matter what the state of their mind. Misconceptions and lack of understanding carries a substantial stigma or mark of shame for people who are mentally ill, especially in rural societies^[2]. So it is vital to study about the current scenario related to mentally ill patients among the public of rural areas.

Aim: To assess the attitude towards stigma related to mental illness among the general public of selected rural areas of Nagpur district.

Method: Quantitative research approach and descriptive research design was used for the study.

Sample: The sample was selected using non probability convenience sampling technique. A sample of, 100 people of general public of rural areas was selected from Dongargaon, Nagpur district.

Result and Conclusion: The result shows that maximum (60.01%) of general public have positive response towards mentally ill people and minimum (39.99%) of them have negative response towards mentally ill people. The association between demographic variables and stigma attitude related to mental illness among the general population by chi-sq. test. so there is significant association between demographic variables and stigma attitude related to mental illness in the Age, type of family, socioeconomic status, Occupation and Monthly income. There is no significant association in the Gender, Religion and Family History of Mental Illness.

Keywords: Assess^[3], Stigma^[4], Mental illness, Attitude^[5], General public, Rural area^[6] etc.

Introduction

In our society especially in rural communities the persons with psychiatric illness often perceived as unwanted elements, and societal stigma prevents them from seeking help and treatment. In recent years the awareness about mental illness has been changed a lot, even if the misconceptions about mental illness still present in society. So it is necessary to study about public attitude related to mentally ill patients^[7].

Background Of Study

A cross sectional study was conducted in general public of southern India to assess the knowledge and attitude of mental illness and its causes, data collected by a questionnaire. 100 subjects were conveniently. Mean knowledge score of the subjects was 5.9. The conclusion of study was that knowledge of mental illness among general public was quite poor and suggests the need for strong emphasis on public education to increase mental health literacy to increase knowledge^[8].

Need of study

Nowadays there is misconceptions and lack of knowledge among the people towards mentally ill patients. So there is need to study about attitude and knowledge of general public related to mental illness and create awareness among them.

Objectives

1. To assess the attitude towards stigma related to mental illness among the general public.
2. To find out the association between attitudes towards stigma related to mental illness among the general public with their selected demographic variables.

Hypotheses

H0: There will be no significant difference in the attitude towards stigma related to mental illness among the general public of the selected rural areas at Nagpur district.

H1: There is a significant difference in the attitude towards stigma related to mental illness among the general public of the selected rural area at Nagpur district.

Conceptual Framework

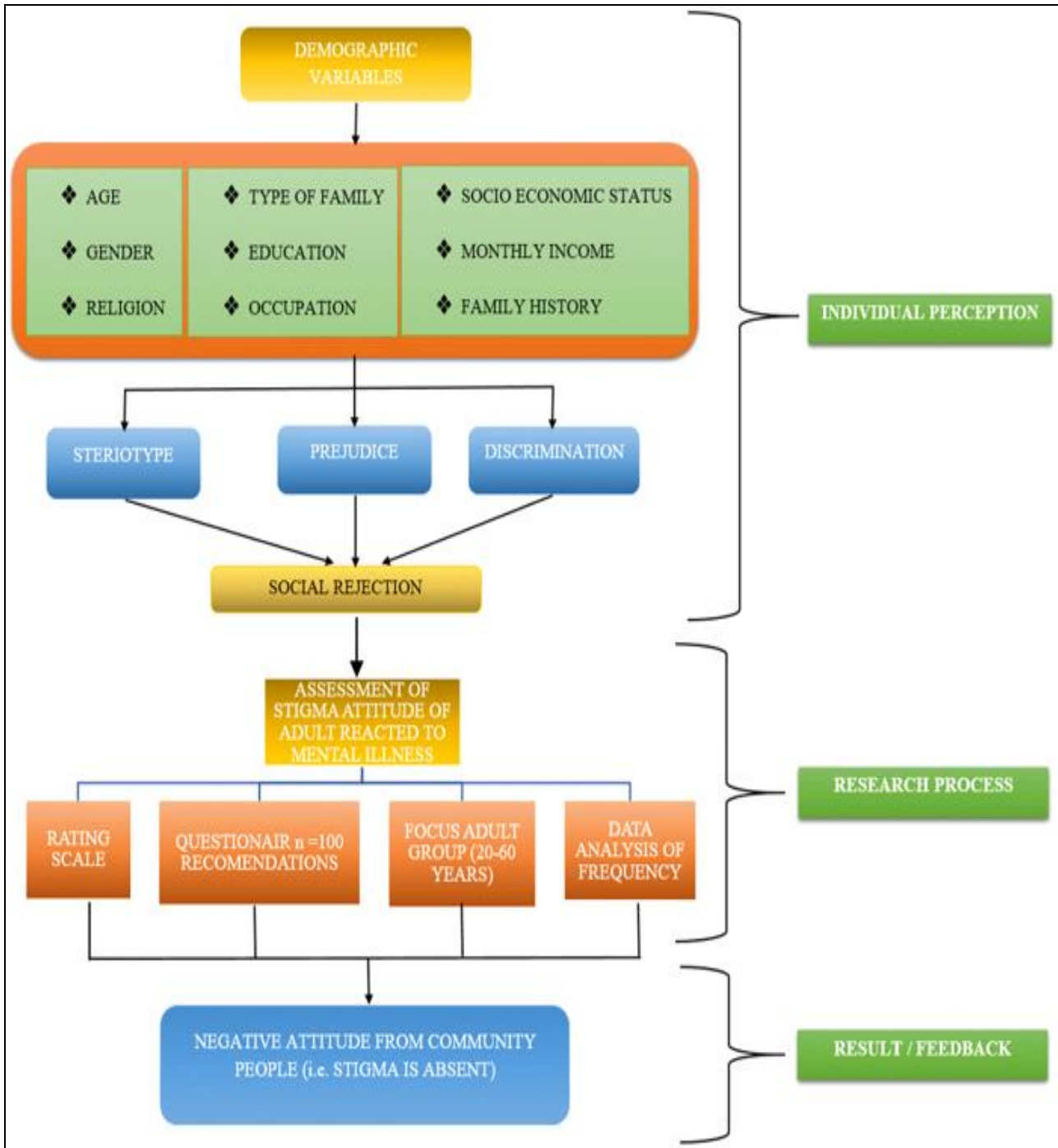


Fig 1: Modified Conceptual Framework based on Patrick's Corrigan's Model

Review of literature

The literature reviewed for this is categorized under the following sub headings:

1. Review of literature related to knowledge and attitude

regarding social stigma of mental illness.
 2. Review of literature related to assessment of stigma level related to mental illness.

Research Methodology
Research Design

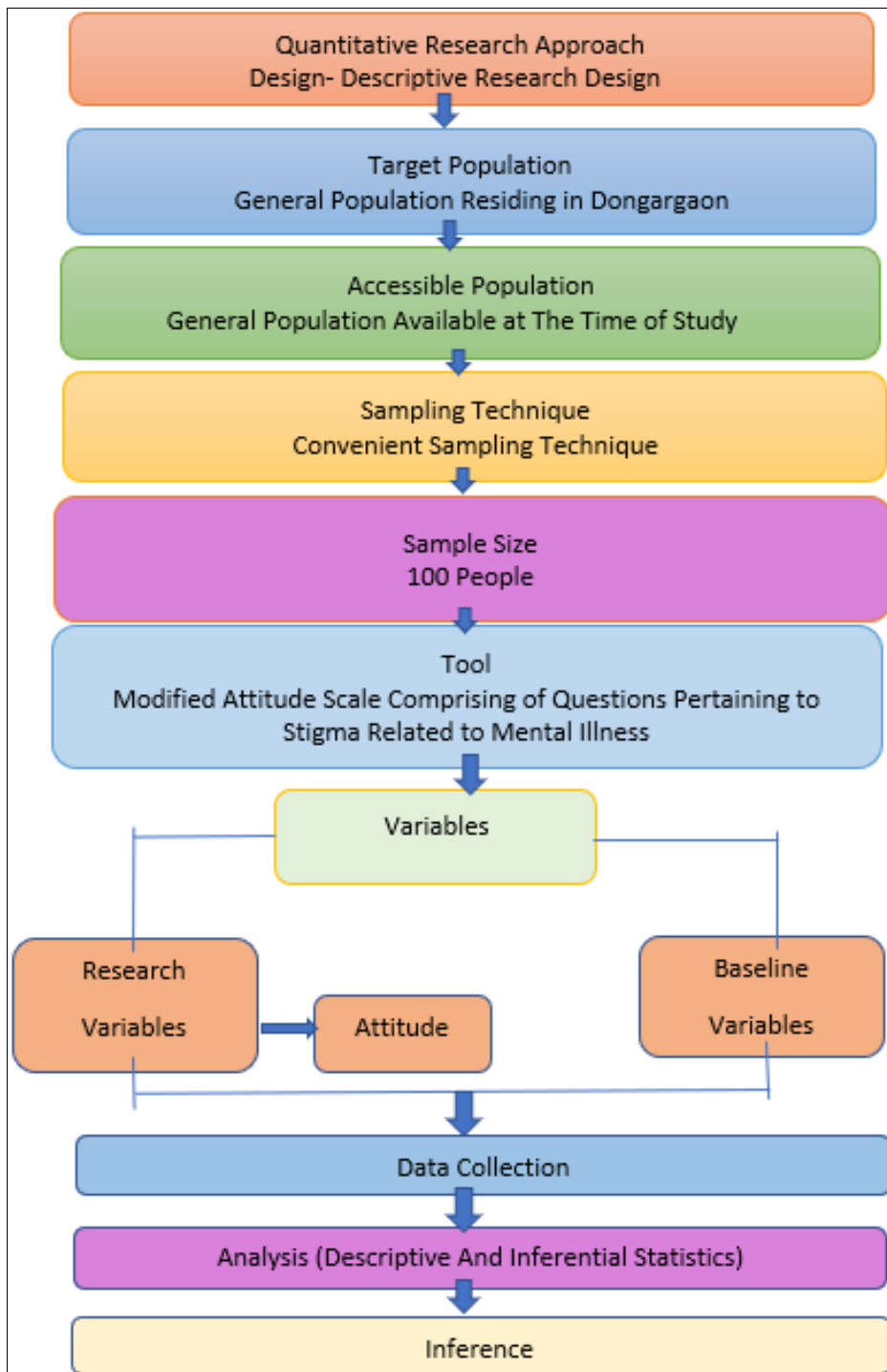


Fig 2: Schechmatic representation of study

Data Analysis and Interpretations
Organization of study findings

The collected data is analysed on the basis of the objectives of the study in the following ways:

Section 1: Description on frequency and percentage wise distribution of baseline data.

Section 2: Description on frequency, mean and percentage

of stigma attitude scale related to mental illness among the general public in rural area.

Section 3: Chi-square test is used to find out the association between attitude toward stigma related to mental illness and demographic variables.

Demographic variables

Table 1: Frequency and percentage of baseline variables

| Sr. No | Questions | Frequency | Percentage (%) |
|--------|---|-----------|----------------|
| | Age | | |
| 1 | A 20-30 years | 10 | 10% |
| | B 30.1-40 years | 29 | 29% |
| | C 40.1-50 years | 56 | 56% |
| | D 50.1-60 years | 05 | 5% |
| | Gender | | |
| 2 | A Male | 57 | 57% |
| | B Female | 43 | 43% |
| | C Others | 00 | 00% |
| | Religion | | |
| 3 | A Hindu | 73 | 73% |
| | B Muslim | 3 | 3% |
| | C Christian | 0 | 00% |
| | D Buddhist | 24 | 24% |
| | E Others | 0 | 00% |
| | Education | | |
| 4 | A Graduate | 29 | 29% |
| | B Postgraduate | 05 | 05% |
| | C H.S.C | 19 | 19% |
| | D S.S.C | 47 | 47% |
| | E Illiterate | 00 | 00% |
| | Occupation | | |
| 5 | A Government Job | 17 | 17% |
| | B Private Job | 45 | 45% |
| | C Self Employed | 27 | 27% |
| | D Labour | 04 | 4% |
| | E Unemployed | 07 | 7% |
| | Socioeconomic Status | | |
| 6 | A Upper Class | 06 | 6% |
| | B Upper Middle Class | 18 | 18% |
| | C Middle Class | 68 | 68% |
| | D Lower Middle Class | 07 | 7% |
| | E Lower class | 01 | 1% |
| | Monthly Income | | |
| 7 | A 10,000 and above | 20 | 20% |
| | B 10,001- 20,000 | 43 | 43% |
| | C 20,001-30,000 | 23 | 23% |
| | D 30,001or above | 14 | 14% |
| | Family History OF Mental Illness | | |
| 8 | A Yes | 0 | 00% |
| | B No | 100 | 100% |

Graphical representation

Graphs of main study

1. Age

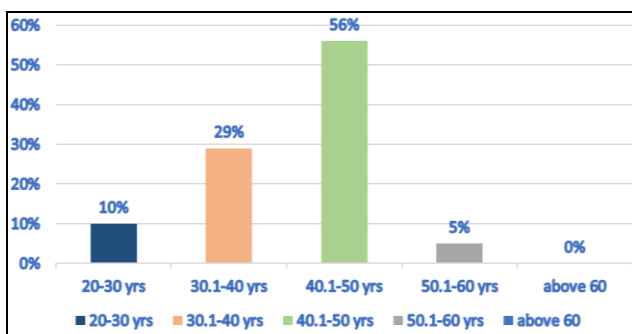


Fig 1: Bar diagram showing the distribution of the subject on the basis of age

2. Gender

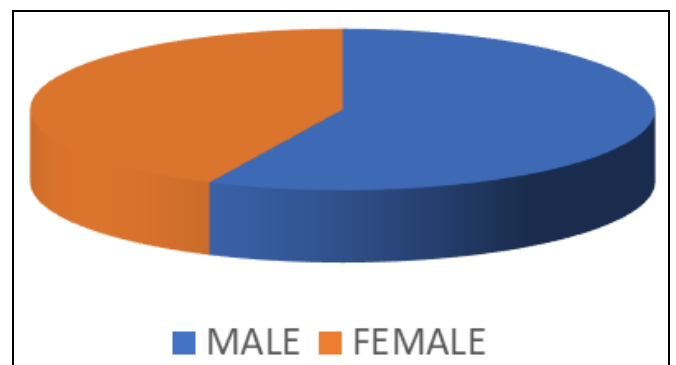


Fig 2: Pie chart showing the distribution of the subjects on the basis of Gender.

3. Religion

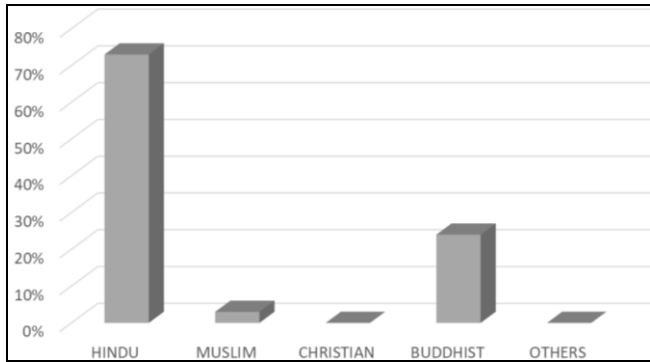


Fig 3: Bar diagram showing the distribution of the subject on the basis of Religion.

4. Types of Family

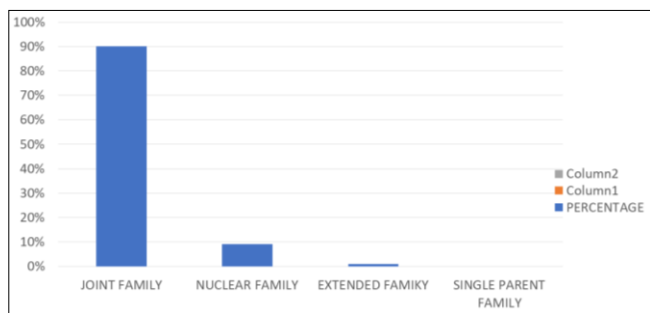


Fig 4: Bar diagram showing the distribution of the subject on the basis of Type of Family

5. Education

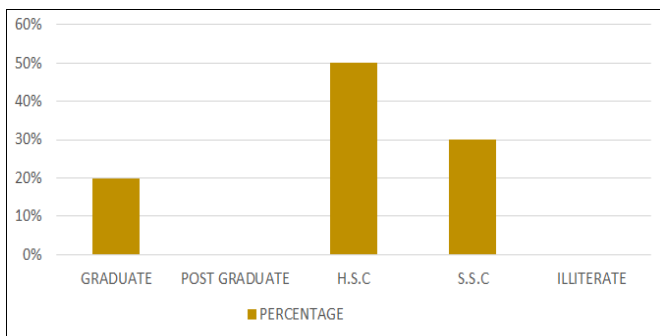


Fig 5: Bar diagram showing the distribution of the subjects on the basis of Education

6. Occupation

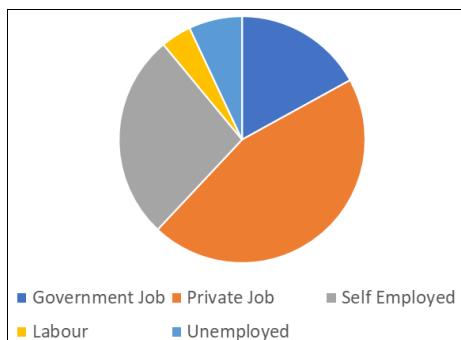


Fig 6: Pie Chart showing the distribution of the subject on the basis of occupation

7. Socio Economic Status

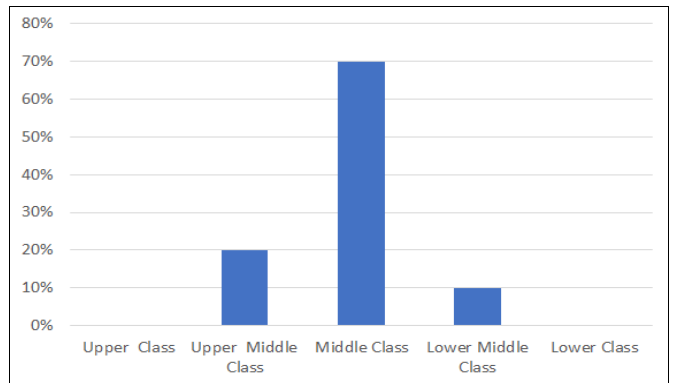


Fig 7: bar diagram showing the distribution of the subject on the basis of socio - economic status

8. Monthly Income

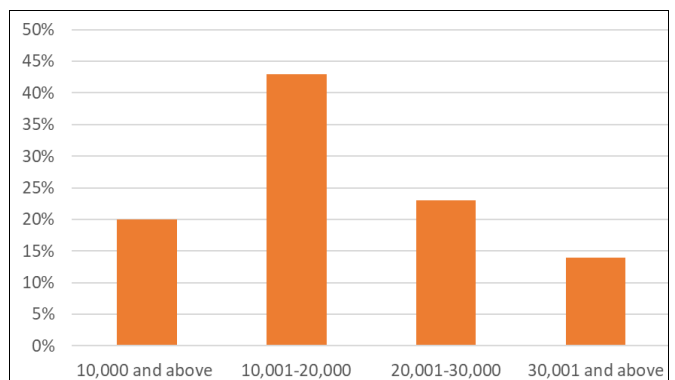


Fig 8: Bar Graph showing distribution of the subjects on the basis of monthly income

9. Family History of Illness

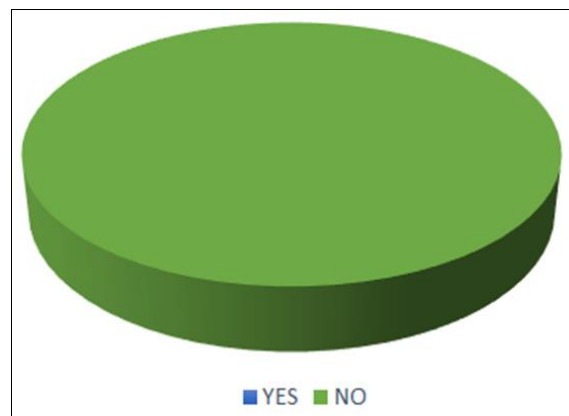


Fig 9: Pie Chart showing the distribution of the subject on the basis of family history of illness

Conclusion

The study concluded that maximum of people residing in Dongargaon, Nagpur district have negative attitude towards stigma related to mental illness i.e. 3.33% are strongly disagree, 36.66% are disagree 23.34% are neutral 33.34% are agree and 3.33% are strongly agree statements.

The result shows that maximum (60.01%) of general public have positive response towards mentally ill people and minimum (39.99%) of them have negative response towards mentally ill people.

Discussion

The knowledge was studied by using 5 point Likert attitude scale. There is positive statement as well as negative statement related to mental illness in questionnaire tool, each statement have scoring like strongly agree (5), agree (4), neutral (3), disagree (2), strongly disagree (1). Data was analysed and the result showed that general public are improving knowledge and start creating awareness in their surrounding.

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