



A Study to Assess the Level of Nurses Perspective on Mental Health Education among Staff Nurses Working At Smvmch, Puducherry

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ABSTRACT

Background: A mental health education perspective values the promotion of positive mental health for all children, families, and staff, prevention services for children and families who are at risk of social-emotional behavioural challenges. The perspective for nursing practice is the fundamental base upon which the characteristics of nursing practice are shaped. It is the base with which nurse's view, perceive, understand, and interpret clinical situations of nursing practice. **Objectives:** The purpose of the study was to quantify the level of nurse perspective on mental health education among staff nurses. **Research design and approach:** Descriptive research design was used for the present study. The study was conducted in SMVMCH, Puducherry and sample size was 30 staff nurses who were working at SMVMCH and was selected by using purposive sampling technique. Instrument was used to assess the level of nurse perspective on mental health education by using self-structured questionnaire developed by the researcher. The findings reveals that out of 30 staff nurses 21(70%) had positive perspective and 9(30%) had negative perspective regarding mental health education among staff nurses. The findings reveal the mean and standard deviation of level of nurses perspective on mental health education among staff nurses is (13 ± 3.051) respectively. The other findings depicts that the demographic variable, **number of years' experience** had shown statistically significant association between level of nurses perspective on mental health education among staff nurses with selected demographic variables.

Keywords: mental health education, level of nurse perspective.

I. INTRODUCTION

“Mental Health problems don't define who you are. They are something you experience”

- Matt Haig

Mental health problem is an age-old problem of mankind as recorded in the literature of the oldest civilizations of the world. Throughout the world mental illness affects one in four people at some stage during their lives. It is estimated that 450 million people are experiencing mental illness at any one time; most of them live in developing countries.

The point prevalence of mental health problem in the adult population at any given time is 10%. 2 whereas, an epidemiological study on psychiatry morbidity in India shows that the prevalence rate of all mental illness in urban 73 % and rural 70.5% per 1000 population, altogether it is 71.75% per 1000 population in the country. WHO also estimates that about 7.5 per cent Indians suffer from some mental disorder and predicts that by end of this year roughly 20 per cent of India will suffer from mental illnesses. According to the numbers, 56 million Indians suffer from depression and another 38 million Indians suffer from anxiety disorders.

The National Institute of Mental Health and Neuro -Sciences (NIMHANS) report 2013, shows that in India 70 million people suffer from mental ailments and yet, 50-90% of them are not able to access corrective services due to less awareness, and stigma towards mental health problems. The fallacy attached to mental health problem is the greatest obstacle to the improvement of the lives of the people with mental illness and their families. The history of mental health problems is long, but it is probable that intolerance to mental abnormality has become stronger in the past two decades because of urbanization and the growing demands for skills and qualification in almost all sectors of employment.

II. REVIEW OF LITERATURE:

Aine Horgan et al (2020) conducted a study on Mental health service users perspectives on the desirable qualities of a mental health nurse. A qualitative exploratory research project was undertaken to inform and enhance understanding of what service users see as the desired qualities of a mental health nurse. The project was co-produced by service users as experts by experience, and mental health nurse academics to ensure the service user perspective was privileged. This international project conducted in Europe and Australia included a series of focus groups with service users ($n = 50$). Data were analysed thematically. These findings were utilized to directly inform development of a co-produced mental health nursing learning module, to maximize genuine service user involvement, and to fully realize the benefits of service user led education for undergraduate nursing students.

STATEMENT OF THE PROBLEM:

A Study to Assess the Nurses Perspective on Mental Health Education Among Staff Nurses Working At SMVMCH, Puducherry

OBJECTIVE:

1. To assess the level of nurses perspective on mental health education among staff nurses
2. To associate the level of nurses perspective on mental health education among staff nurses with their selected demographic variables

LIMITATION:

- The study will be limited to 1 weeks of data collection period.
- The study will be limited to 30 staff nurses.

ASSUMPTION:

Investigator assumed that

- Staff nurses may have negative level of nurses perspective on mental health education.

III. MATERIALS AND METHODS:

This chapter describes the research methodology followed to assess the level of Nurses Perspective on Mental Health Education Among Staff Nurses Working At SMVMCH, Puducherry. It deals with research approach, research design, setting of the study, population, sample, sample size, sampling technique, criteria for sample selection, plan for data collection and tools and instruments.

Section – A:

This section consists of demographic variables such as Age, gender, residence, educational status, type of family, monthly income, number of years experience, family history of psychiatric illness, recently underwent any workshop.

Section – B:

This section consists of 20 questions to assess Nurse Perspective on Mental Health Education. Each question consists of 1 mark. And scoring interpretation as,

SCORING INTERPRETATION:

| SCORE | LEVEL OF PERSPECTIVE |
|--------|----------------------|
| 0 – 10 | Negative perspective |
| 11-20 | Positive perspective |

RESEARCH APPROACH:

The quantitative research approach is selected for the present study.

RESEARCH DESIGN:

Descriptive research design.

SETTING OF THE STUDY:

The study conducted at Sri Manakula Vinayagar Medical College and Hospital. It has a 1050 bedded Multi - speciality hospital at Puducherry.

POPULATION:

The population includes all staff nurses.

SAMPLE:

It consists of both male and female staff nurses working at SMVMCH, Puducherry.

SAMPLE SIZE:

The sample size for the present study consists of 30 staff nurses.

SAMPLE TECHNIQUE:

Purposive sampling technique was used for selecting the samples.

CRITERIA FOR SAMPLE SELECTION:

Inclusion criteria:

- Both male and female staff nurses.
- Staff nurses who are willing to participate in the study.
- Staff nurses available at the time of data collection.

Exclusion criteria:

- Staff nurses who are in their night duty shift.
- Staff nurses who have less than one year of clinical experience.

IV. RESULTS:

The findings reveal that majority of the staff nurses 21 (70%) had **Positive perspective** and 9 (30%) had **Negative perspective**. The mean and standard deviation of level of nurses perspective on mental health education among staff nurses is (13±3.051) respectively. The demographic variable **Number of year experience** had shown statistically significant association between the level of nurses perspective on mental health education among staff nurses. The other demographic variable had not shown statistically significant association between the level of nurses perspective on mental health education among staff nurses.

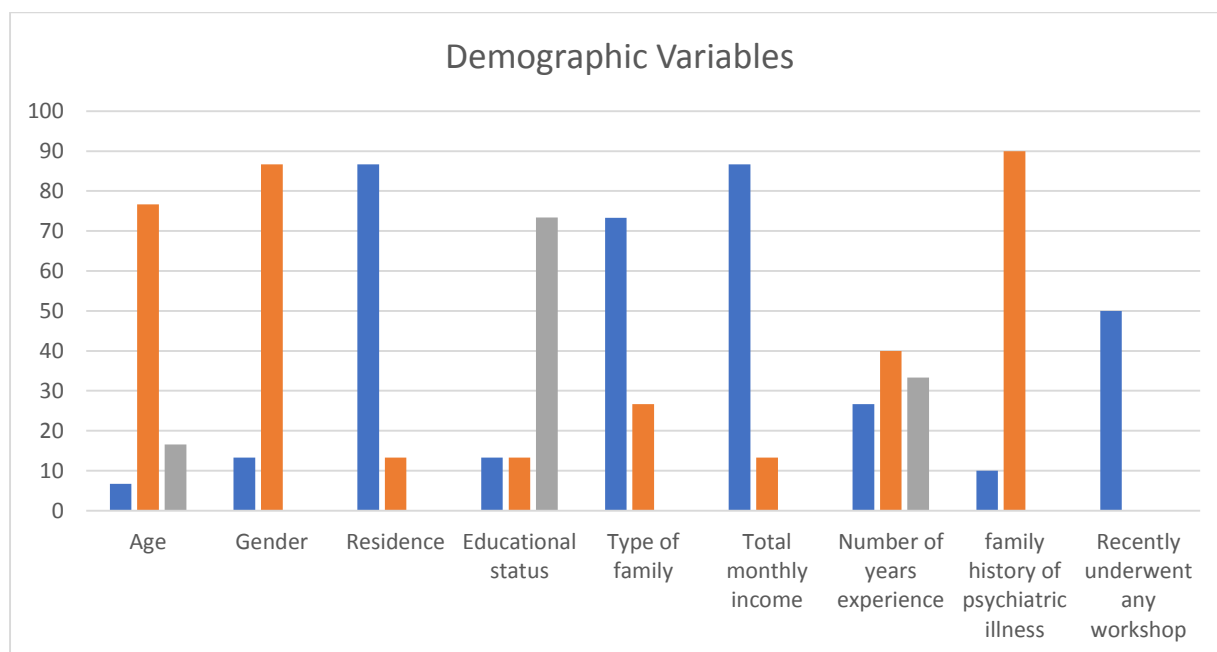
Frequency and percentage wise distribution of demographic variables among staff nurses.

(N=30)

| SL. NO | DEMOGRAPHIC VARIABLES | FREQUENCY (N) | PERCENTAGE (%) |
|----------|----------------------------------|---------------|----------------|
| 1 | Age | | |
| | 21years -25 years | 2 | 6.7 |
| | 26 years -30 years | 23 | 76.7 |
| | 31 years -35 years | 5 | 16.6 |
| | 36 years -40 years | 0 | 0 |
| 2 | Gender | | |
| | Male | 4 | 13.3 |
| | Female | 26 | 86.7 |
| 3 | Residence | | |
| | Urban | 26 | 86.7 |
| | Rural | 4 | 13.3 |
| 4 | Educational status | | |
| | ANM | 4 | 13.3 |
| | GNM | 4 | 13.3 |
| | B.Sc., (N) | 22 | 73.4 |
| | M.Sc., (N) | 0 | 0 |
| 5 | Type of family | | |
| | Nuclear family | 22 | 73.3 |
| | Joint family | 8 | 26.7 |
| | Extended family | 0 | 0 |
| 6 | Total monthly income | | |
| | Rs 10,000 – Rs 15,000 | 26 | 86.7 |
| | Rs 16,000 – Rs 20,000 | 4 | 13.3 |
| | Above Rs 21,000 | 0 | 0 |
| 7 | Number of year experience | | |
| | 1 year – 2 years | 8 | 26.7 |

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| | | | |
|----------|--|----|------|
| | Above 2 years to 3 years | 12 | 40 |
| | Above 3 years | 10 | 33.3 |
| 8 | Family history of psychiatric illness | | |
| | Yes | 3 | 10 |
| | No | 27 | 90 |
| 9 | Recently underwent any workshop | | |
| | Yes | 15 | 50 |
| | No | 15 | 50 |

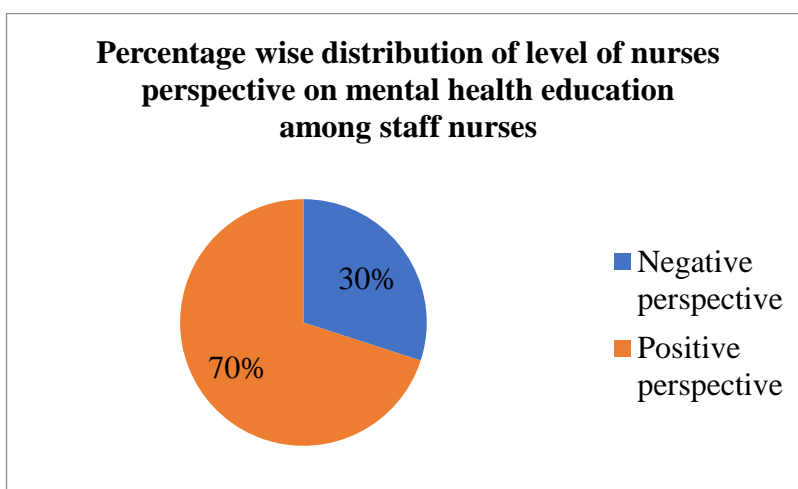


Frequency and percentage wise distribution of level of nurses perspective on mental health education among staff nurses.

(N = 30)

| Level of nurses perspective on mental health education | FREQUENCY (n) | PERCENTAGE (%) |
|--|-----------------|----------------|
| Negative perspective | 9 | 30 |
| Positive perspective | 21 | 70 |
| Total | 30 | 100 |
| Mean±Standard deviation | 13±3.051 | |

Assessment of the level of nurses perspective on mental health education among staff nurses



Association between the level of nurses perspective on mental health education among staff nurses with their selected demographic variables.

(N=30)

| SL. NO | DEMOGRAPHIC VARIABLES | Level of nurses perspective on mental health education | | | | Chi-square X ² and P-Value |
|----------|-----------------------------|--|------|----------------------|------|---|
| | | Negative perspective | | Positive perspective | | |
| | | N | % | N | % | |
| 1 | Age | | | | | X ² =0.621 Df=2 p =0.733 NS |
| | 21years -25 years | 1 | 11.1 | 1 | 4.8 | |
| | 26 years -30 years | 7 | 77.8 | 16 | 76.2 | |
| | 31 years -35 years | 1 | 11.1 | 4 | 19 | |
| | 36 years -40 years | 0 | 0 | 0 | 0 | |
| 2 | Gender | | | | | X ² =0.879 Df=1 p =0.348 NS |
| | Male | 2 | 22.2 | 2 | 9.5 | |
| | Female | 7 | 77.8 | 19 | 90.5 | |
| 3 | Residence | | | | | X ² =0.879 Df=1 p =0.348 NS |
| | Urban | 7 | 77.8 | 19 | 90.5 | |
| | Rural | 2 | 22.2 | 2 | 9.5 | |
| 4 | Educational status | | | | | X ² =2.18 Df=2 p =0.335 NS |
| | ANM | 1 | 11.1 | 3 | 14.3 | |
| | GNM | 0 | 0 | 4 | 19 | |
| | B.Sc., (N) | 8 | 88.9 | 14 | 66.7 | |
| | M.Sc., (N) | 0 | 0 | 0 | 0 | |
| 5 | Type of family | | | | | X ² =0.130 Df=1 p =0.719 NS |
| | Nuclear family | 7 | 77.8 | 15 | 71.4 | |
| | Joint family | 2 | 22.2 | 6 | 28.6 | |
| | Extended family | 0 | 0 | 0 | 0 | |
| 6 | Total monthly income | | | | | X ² =0.055 Df=1 p =0.815 NS |
| | Rs 10,000 – Rs 15,000 | 8 | 88.9 | 18 | 85.7 | |
| | Rs 16,000 – Rs 20,000 | 1 | 11.1 | 3 | 14.3 | |
| | Above Rs 21,000 | 0 | 0 | 0 | 0 | |

| | | | | | | |
|----------|--|---|------|----|------|---|
| 7 | Number of year experience | | | | | X²=6.136 Df=2 p =0.047 S* |
| | 1 year – 2 years | 4 | 50 | 4 | 18.2 | |
| | Above 2 years to 3 years | 4 | 50 | 8 | 36.4 | |
| | Above 3 years | 0 | 0 | 10 | 45.4 | |
| 8 | Family history of psychiatric illness | | | | | X²=0.018 Df=1 p =0.894 NS |
| | Yes | 1 | 11.1 | 2 | 9.5 | |
| | No | 8 | 88.9 | 19 | 90.5 | |
| 9 | Recently underwent any workshop | | | | | X²=0.159 Df=1 p =0.690 NS |
| | Yes | 4 | 44.4 | 11 | 52.4 | |
| | No | 5 | 55.6 | 10 | 47.6 | |

***-p < 0.05 significant, NS-Non significant**

The above table depicts that the demographic variable **Number of year experience** had shown statistically significant association between the level of nurses perspective on mental health education among staff nurses with their selected demographic variables respectively.

V. CONCLUSION:

The study was conducted to assess the nurse perspective on mental health education among staff nurses at SMVMCH, Puducherry. The descriptive research study was adopted for this study. A total of 30 staff nurses who met the inclusion criteria were selected by using purposive sampling technique. The researcher first introduce herself to the participants and developed a rapport with them. After the selection of the samples, the test was conducted by the self-structured tool. Then the data were analyzed by using descriptive and inferential statistics.

NURSING IMPLICATIONS:

The study had implication for nursing practice, nursing education, nursing administration, and nursing research.

NURSING PRACTICE:

- The nurse working in the hospital, clinical setting and in community should practice assessment of personal health issues.
- This may help to analysis the patient character and health status. Though this effective outcome can also be improved quality of patient care.
- It is very little understanding of the impact that mental health understanding is necessary.
- Early identification and nursing intervention prevent the negative impact on mental health education.

NURSING EDUCATION:

- Nursing education and adolescence development curriculum need to strengthened to enable the nursing students to know about the health problems of the students.
- Personal experience in history of psychiatry illness
- The staff nurses need to organize workshops, in service education program to nursing students and also for the paramedical students.
- It helps to identify the students health status in early detection of mental problems.

NURSING ADMINISTRATION:

- The nursing administration should take an active role in organizing and preventing health issues among nursing students.
- Good health help to maintain power, authority, self-focused work.
- Development of nursing institutions, helps to empower students and to achieve the goal.
- Manipulative behaviour of other students helps the organization to reduce professional burn out, develop work attitude.
- Healthy leadership can exhibit higher level of charisma, and their leadership can be beneficial in some areas.
- Stress free perform will work in environment the complete the work.

NURSING RESEARCH:

- The findings of the study helps the nurses and students to develop the inquiry by providing baseline. The general aspect of the study result can be made by further replication of the study.
- The effectiveness of the research study is verified by its utility of the nurses in practice field.
- The findings of the study also help the professional nurses and students to develop enquiry by providing a baseline.
- This study helps the nurse researches to develop the students perspective.
- Along with personal health investigate, the mental health issues can be reduced.
- Encourage the non-pharmacological intervention, nurses research can promote many studies on this topic.

VI. RECOMMENDATIONS:

Based on the findings of the present study, the following recommendations have been made.

- A similar study can be replicated on a large sample to generalize the findings.
- A similar study can assess the attitude regarding mental health education among staff nurses.
- A similar study can assess the knowledge regarding mental health education among staff nurses.
- The study can be replicated with larger sample for better generalization.
- The study can be done for nursing students in colleges.

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