Research Article

A STUDY TO EVALUATE THE EFFECTIVENESS OF SELF INSTRUCTIONAL MODULE ON KNOWLEDGE REGARDING MENTAL HEALTH SERVICES AMONG DEGREE STUDENTS IN SELECTED DEGREE COLLEGES, CHITRADURGA

[1], * MR. Darshan S R, [2]Mrs Usha S, [3]Mrs Ambha.V

[1]Lecturer, Department of Mental Health Nursing, Sri Ramana Maharshi College of Nursing, Tumkur, India,
[2]PhD Scholar, Principal, Sri RamanaMaharshi College of Nursing, Tumkur, India.
[3]Prof, Principal, Sri Durgambha School of Nursing, Tumkur, India.

ABSTRACT

Mental health has been hidden behind a curtain of stigma and discrimination for too long. The magnitude, suffering and burden in terms of disability and costs for individuals, families and societies are staggering. In the last few years, the world has become more aware of this enormous burden and the potential for mental health gains. We can make a difference using existing knowledge ready to be applied. Awareness campaigns can be a great initiative to reduce mental health stigma. Most universities host Mental Health Awareness weeks yearly to promote mental health education Improving awareness of available mental health services and reducing stigma should be addressed through mental health awareness campaigns on campuses **Objectives:** 1.To assess the knowledge level of degree students regarding mental health services.2.To evaluate the effectiveness of self-instructional module on knowledge of degree students regarding mental health services. **Methodology:** A pre experimental study was conducted among 60 degree students in Sri Basaweshwara First Grade College, Hireguntur. Sample was selected using Stratified random sampling technique. Pre experimental research design was used for the study. Data was collected by structured knowledge questionnaire. Data analysis was done using descriptive and inferential statistics. **Results:** the pre-test mean score of Knowledge was 17.2. post test mean score knowledge was 29.5 the obtained ,, t'' value for the comparison of knowledge score was 17.8 at 0.05 level of significance it indicates that there was difference between pre test and post test score which depicts self instructional module on mental health services. **Conclusion:** The study concludes that, knowledge of degree students regarding mental health services was just satisfactory; consequently it should be addressed through self-instructional module to increase knowledge regarding mental health services among degree students.

Keywords: Self Instructional Module, Knowledge, Mental health services, Degree students.

INTRODUCTION

Mental health is integral part of living a healthy, balanced life. Our mental health encompasses our psychological, emotional and social well-being. This means it impacts how we feel, think and behave each day. Our mental health also contributes to our decision-making process, how we cope with stress and how we relate to others in our lives

Mental disorders were the second leading cause of disease burden in terms of years lived with disability (YLDs) and the sixth leading cause of disability-adjusted life-years (DALYs) in the world in 2017, posing a serious challenge to health systems, particularly in low-income and middle-income countries. Mental health is being recognized as one of the priority areas in health policies around the world and has also been included in the Sustainable Development Goals

It is vital to raise awareness of mental health and identify students who may be at risk for mental health-related problems5,6. Mental health awareness campaigns at higher education institutions have raised awareness of mental health issues and effectively changed student attitudes towards mental health4 . Mental health prevention and awareness-raising can normalize seeking help and motivate individuals to take action when they need support6 . In a previous study conducted on a university campus, almost half of the respondents did not know where to look during a mental health crisis, and only a quarter of students knew about student services 3.

Corresponding Author: MR. Darshan S R,
1Lecturer, Department of Mental Health Nursing, Sri Ramana Maharshi College of Nursing, Tumkur, India.

Awareness campaigns can be a great initiative to reduce mental health stigma. Most universities host Mental Health Awareness weeks yearly to promote mental health education. Segal demonstrated that a lack of stigma and mental health education is responsible for underutilizing mental health services. Improving awareness of available mental health services and reducing stigma should be addressed through mental health awareness campaigns on campuses 14. Studies have shown that the prejudice towards mental illness and lack of consciousness associated with mental illness is a barrier to the behaviour of college students seeking help. Kessler also stated that perceived discrimination shows associations between disadvantaged social status and mental health. Henderson2 argued that lack of help-seeking was associated with a lack of knowledge about mental illness, prejudice against people with mental illness, and stigma associated with mental illness2.

Providing mental health services in primary healthcare involves diagnosing and treating people with mental disorders; putting in place strategies to prevent mental disorders and ensuring that primary healthcare workers are able to apply key psychosocial and behavioural science skills, for example, interviewing, counselling and interpersonal skills, in their day-to-day work in order to improve overall health outcomes in primary healthcare4.

Integrated primary mental health services are complementary with tertiary and secondary level mental health e.g. general hospital services i.e. short stay wards, and consultation-liaison services to other medical departments, which can manage acute episodes of mental illness quite well but do not provide a solution for people with chronic disorders who end up in the admission–discharge–admission

unless backed up by comprehensive primary healthcare services or community services

OBJECTIVES OF THE STUDY

1. To assess the knowledge level of degree students regarding mental health services.
2. To evaluate the effectiveness of self-instructional module on knowledge of degree students regarding mental health services

HYPOTHESIS:

H1: There is a significant difference in the mean pre test and post test knowledge scores of degree students regarding mental health services.

H2: There is a significant association between the pre test knowledge of degree students regarding mental health services and selected demographic variables.

METHODOLOGY

The research design of the study was pre experimental one group pre-test post-test design. The population was research approach will be used. the sample consists of 60 degree students in selected degree colleges, Chithradurga. Stratified random sampling technique was used for the present study. The data will be collected from degree students on the first day by using structured questionnaire to assess pre existing knowledge on degree students in selected degree colleges, Chithradurga. On the same day the researcher will provide self instructional module to the degree students. On 7th day post test is conducted to assess the knowledge regarding mental health services of degree students by using same structured questionnaire and to assess the improvement in the knowledge.

Table No 1: Mean, Median, Mode, Standard Deviation and Range of knowledge scores of subjects regarding mental health services

n=60

Area of analysis	Mean	Median	Mode	Standard deviation	Range
Pre-test	17.2	17	17	3.6	14
Post-test	29.5	29	30	2.35	10
Difference	12.3	12	13	1.25	04

Graph 1:
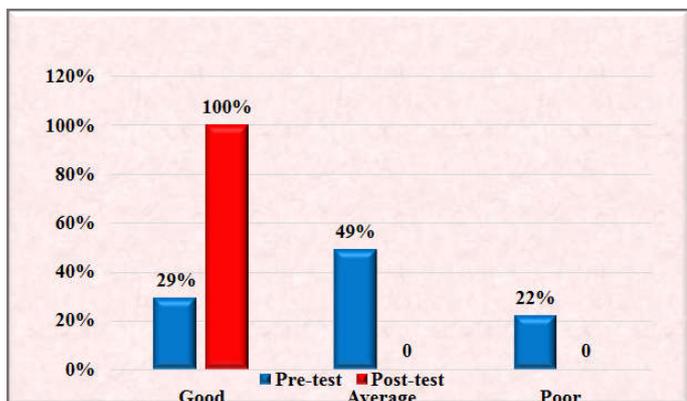
The Column graph represents percentage distribution of subjects According to their level of knowledge scores in pre-test and post-test

Table. No. 2: Mean difference (đ), Standard Error of difference (SđE) and paired 't' values of knowledge scores of subjects.

Mean Difference (đ)	Standard error of difference (SđE)	Paired 't' values	
		Calculated	Tabulated
12.3	2.36	17.8*	2.021

Table 2: Reveals that the calculated paired't' (t cal=17.8) was greater than the tabulated value (ttab= 2.021). Hence, H1 was accepted. This indicates that the gain in knowledge score was statistically significant at 0.05 level of significance. Therefore, the self-instructional module (SIM) approach was effective to improve the knowledge of subjects.

DISCUSSION

The present "A study to evaluate the effectiveness of self instructional module on knowledge regarding mental health services among degree students in selected degree colleges, Chitradurga. In order to achieve the objectives, Evaluative approach and was pre-experimental one group pre-test, post-test research design as adopted and Stratified random sampling technique was used to select the samples. The pilot study was conducted to find the feasibility of the study 23-04-23 to 29-04-23 Among 10 degree students in selected degree colleges, Chitradurga.

The main study was conducted from 23-05-23 to 29-05-23 among 60 samples. The samples were selected by Stratified random sampling technique and data was analyzed and interpreted using descriptive and inferential statistics

RECOMMENDATION:

On the basis of findings of the study the following recommendations were made:

1. A replication of present study can be conducted with a larger scale sample to validate and for better generalization of the findings.
2. A similar study can be replicated with a randomization in selecting the participants.
3. An Experimental study can be under taken with control group.
4. A Similar study can be conducted using other strategies like SIM, booklets and pamphlets.
5. A comparative study can be undertaken between rural and urban community.
6. Degree Students further utilize their knowledge to create awareness about mental illness problems and services available to the community.

CONCLUSION

1. The overall pre-test knowledge of degree students was average.
2. The post-test knowledge scores of the subjects after administration of self-instructional module was significantly improvement in the level of knowledge.
3. The post-test knowledge score of degree students after administration of self-instructional module was significantly higher than pre-test scores
4. There was association found between two variables i.e. occupation and dietary pattern, where as in regards with remaining variables there was no association found.

ACKNOWLEDGEMENT

REFERENCES

1. Dr. Glen Xiong. Why It's Important to Care for Your Mental Health. Doctor on Demand. Oct 2018. Available from: https://blog.doctorondemand.com/why-itsimportant-to-care-for-your-mental-health-834c8670b889

2. Kyu HH, Abate D, Abate KH et al. Global, regional, and national disability adjusted life-years (DALYs) for 359 diseases and injuries and healthy life expectancy (HALE) for 195 countries and territories, 1990-2017: a systematic analysis for the Global Burden of Disease Study 2017. Lancet. 2018 Nov 10;3 92(10159):1859-1922. Available from: https://www.ncbi.nlm.nih.gov/pubmed/30415748?dopt= Abstract

3. World Health Organization. Investing in mental health. WHO Library Cataloguing-in-Publication Data. 2003; Available from: https://www.who.int/mental_health/media/investing_mnh.pdf

4. WHO. The World Health Report 2011. Mental Health: New Understanding, New Hope Geneva: World Health Organization, 2011. Available from: www.who.int/whr/2001/en/whr01_en.pdf

5. Gautham MS, Gururaj G, Varghese M.Benegal V, Rao GN, Kokane A et al. The National Mental Health Survey of India (2016): Prevalence, socio-demographic correlates and treatment gap of mental morbidity. International Journal of Social Psychiatry. Mar 2020; Available from: https://doi.org/10.1177/0020764020907941

6. Prashanth N R, Abraham SE, Hongally C, Madhusudan S. Dealing with statutory bodies under the Mental Healthcare Act 2017. Indian J Psychiatry 2019 ; 61, Suppl S4:717-23. Available from: http://www.indianjpsychiatry.org/text.asp?2019/61/10/717/255573

7. Desai N, Tiwari S, Nambi S, Shah B, Singh RA, Kuma D et al. Urban Mental Health Services in India: How Complete or Incomplete. Indian journal of psychiatry. 2004; 46:195-212. Available from: https://www.researchgate.net/publication/49745730_Urban_Mental_Health_Services_in_India_How_Complete_or_Incomplete

8. Press Information Bureau. Country's First Ever Mental Health Policy Unveiled Society Needs to Change Perception on Mental Illness. Government of India. Ministry of Health and Family Welfare, New Delhi. 2014. [Last accessed on 2016 Sep 16,11:30am]. Accessed from: http://www.pib.nic.in/newsite/PrintRelease.aspx?relid=110417 .

9. Accessed from: http://www.pib.nic.in/newsite/PrintRelease.aspx?relid=110417. Government of India. National Mental Health Policy 2014.Ministry of Health and Family Welfare, NirmanBhawan, New Delhi. 2014 [Google Scholar]

****