A DESCRIPTIVE STUDY ON ASSESSING THE KNOWLEDGE REGARDING MENTAL ILLNESS AMONG B.SC. NURSING STUDENTS IN GWALIOR, INDIA

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INTRODUCTION
Mental illness encompasses a spectrum of conditions affecting mental and emotional well-being, often leading to significant disruptions in daily life activities. Despite advancements in treatment and understanding, societal attitudes towards mental illness persist, influenced by historical, cultural, and media portrayals. Stigma remains a formidable barrier, impacting individuals' interactions, employment opportunities, and quality of life. This study aims to assess the knowledge of mental illness among B.Sc. Nursing Students, recognizing the crucial role they play in healthcare delivery.

BACKGROUND
Historically, individuals with mental illness faced societal ostracization, rooted in misconceptions and fear. Even today, negative attitudes and stigma surround mental health conditions, leading to discrimination and isolation. Despite being treatable, mental illness is often misunderstood, with myths perpetuating misconceptions about its causes and manifestations. Media portrayal further exacerbates these misconceptions, reinforcing stereotypes of danger and violence associated with mental illness.

The prevalence of mental illness globally underscores the need for improved understanding and awareness. However, cultural beliefs and lack of education contribute to the perpetuation of stigma, hindering efforts for effective intervention and support. In India, where mental health resources are limited, addressing stigma becomes imperative for promoting holistic well-being.

OBJECTIVES
This study aims to:
1. Assess the knowledge of B.Sc. Nursing Students regarding mental illness.
2. Determine the association of knowledge with selected demographic variables.

HYPOTHESIS
Ho: There will be no significant relationship between B.Sc. Nursing Students' knowledge and selected demographic variables.
H1: There will be a significant relationship between B.Sc. Nursing Students' knowledge and selected demographic variables.

METHODOLOGY
Research Approach: A descriptive survey research approach will be employed to assess B.Sc. Nursing Students' knowledge of mental illness.

Research Design: A non-experimental research design will be utilized, focusing on data collection without intervention.

Variables: The dependent variable is the knowledge of B.Sc. Nursing Students regarding mental illness.
Setting: The study will be conducted at the School of Nursing Science, ITM University, Gwalior, India.

Population and Sample: The target population comprises B.Sc. Nursing Students at the selected college, with a sample size of 50 students selected through convenient sampling.

Data Collection: Data will be collected using structured questionnaires to assess knowledge levels, demographic information, and attitudes towards mental illness.

Data Analysis: Descriptive and inferential statistical analyses will be employed to assess knowledge levels and explore associations with demographic variables.
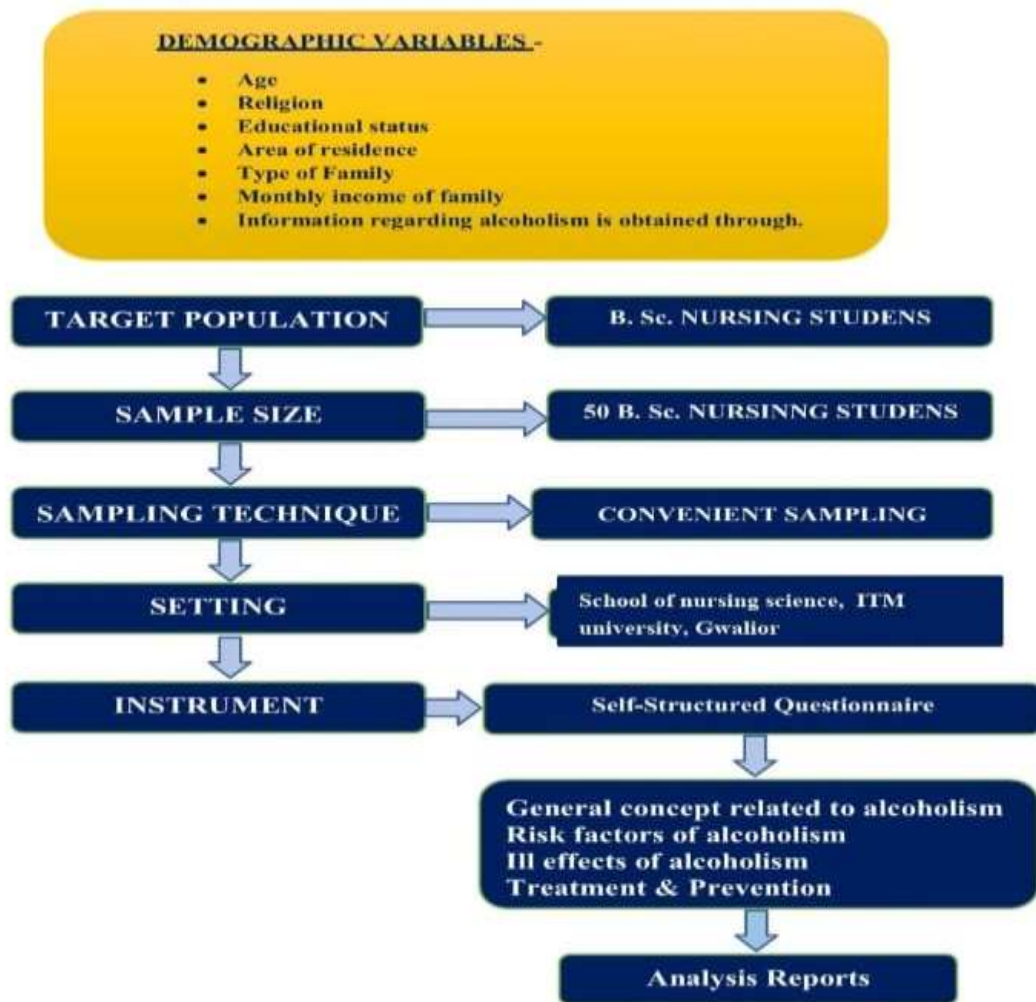
Figure 1: Schematic Representation of Methodology

DATA COLLECTION TOOLS AND TECHNIQUES

Data collection tools are critical devices used by researchers to gather data. A reliable and valid instrument ensures high-quality data collection. For a study aiming to assess the knowledge of B.Sc.

Nursing Students regarding mental illness, a structured knowledge questionnaire was developed. This questionnaire comprised two parts:

1. **Part I**: Socio-demographic data of the subjects.
2. **Part II**: 20 multiple-choice questions to assess knowledge regarding mental illness.

The scoring for the questionnaire was as follows:
- Score of 1 for every correct answer.
- Score of 0 for every incorrect answer.

Knowledge scores were categorized as follows:
- 0-10: Poor knowledge
- 11-15: Average knowledge
- 16-20: Good knowledge

PILOT STUDY

Polit & Hungler (1995) stated that the "pilot study is as small-scale version or trial run for the major study ". The primary objective of the pilot study is to test as many element of the research proposal as possible , in order to correct any part that does not work well. A pilot study was conducted on 10/03/2016 on B.Sc Nursing students studying in School of Nursing Science ITM University Gwalior (M.P.).

The B.Sc Nursing student were selected through non probability convenient sampling method.

DATA COLLECTION PROCEDURE

Permission was obtained from the Principal of the School of Nursing Science, ITM University, Gwalior, before data collection. The study was conducted on April 16, 2016. Prior to data collection, the purpose of the study was explained to the participants, and their consent was obtained. The data collection technique involved self-reporting using a paper-and-pencil method.

DATA ANALYSIS AND INTERPRETATION

Data collected from 50 B.Sc. Nursing Students from a selected college of nursing in Gwalior was analyzed using descriptive and inferential statistics. The analysis aimed to categorize, order, manipulate, and summarize the data to answer research questions and test relationships between variables.

OBJECTIVES OF THE STUDY

1. To assess the knowledge regarding mental illness among B.Sc. Nursing Students.
2. To determine the association of knowledge with selected demographic variables.
3. To find the association between pre-test and post-test knowledge scores and demographic variables.

PRESENTATION OF DATA

Data was organized and presented in three sections:

1. Description of demographic variables.
2. Description of pre-test knowledge scores.
3. Relationship between knowledge and selected demographic variables.
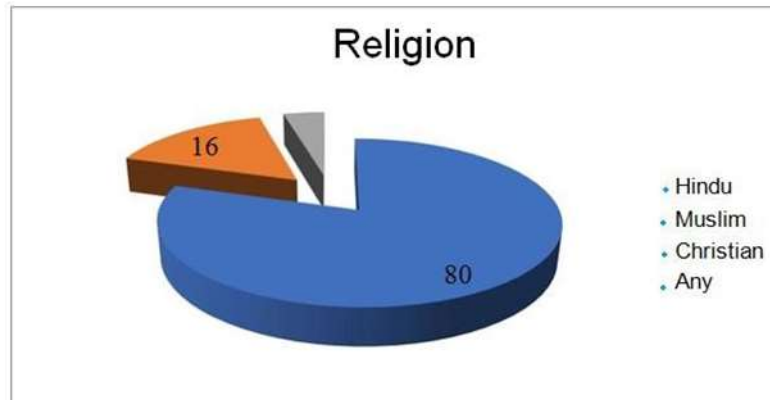

Fig 2 Pie Diagram Representing the Percentage Distribution of B. Sc. Nursing Students According to Religion The data presented in fig 2 depicts that majority of the B. Sc. nursing students 40 are Hindu, 8 of B. Sc. nursing students are Muslim and rest 2 are Christian.

Pre-test Knowledge	Frequency	Percent
Poor	37	74.0
Average	6	12.0
Good	7	14.0
Total	50	100.0

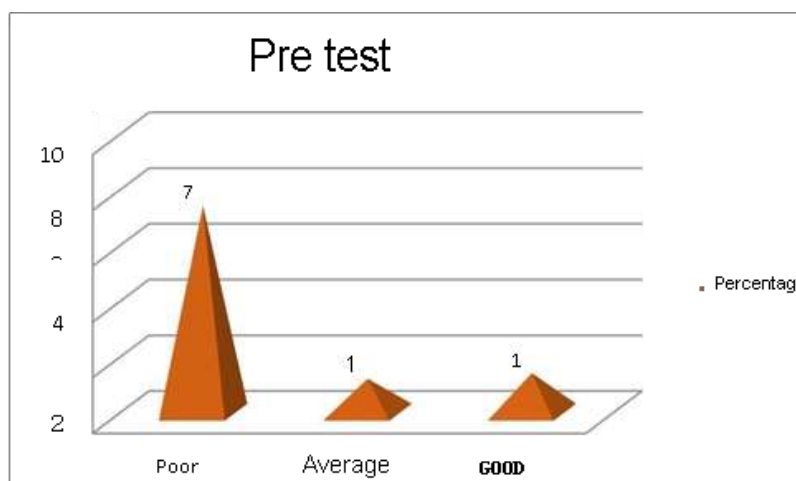**Table 1: Distribution of Pre-test according to Frequency and Percentage**

Fig 3: Cone Graph Representing the Percentage Distribution Pre-Test

The data presented in fig 3 depicts that majority of the B. Sc. Nursing Students 37 had poor knowledge, 6 of the students had average knowledge, and 7 of the students had good knowledge.

S.No.	Pre-test knowledge	Poor	Average	Good	Total	Chi-square test	Df	P value	Significance
1	**Age**								
	<20 years	18	0	0	18	29.873	6	.000*	S
	20-25 years	13	0	0	13				
	26-30 years	6	5	6	17				
	>30 years	0	1	1	2				
2	**Religion**								
	Hindu	31	4	5	40	3.793	4	.435	NS
	Muslim	5	2	1	8				
	Christian	1	0	1	2				
	Any other								
3	**Marital status**								
	Married	0	3	3	6	19.562	2	.000*	S
	Unmarried	37	3	4	44				
4	**Education**								
	B.Sc. Nursing 1st group	20	0	0	20	36.564	6	.000*	S
	B.Sc. Nursing 2nd group	12	0	0	12				
	B.Sc. Nursing 3rd group	2	4	2	8				
	B.Sc. Nursing 4th group	3	2	5	10				

Table 2 Association of Knowledge with Socio demographic data
*P value is significant at P<0.05.

As per association between pre-test knowledge score and demographic data, age, educational status and marital status is associated with pre-test knowledge score whereas religion, monthly income of the family, area of residence, and awareness about mental illness through, is not associated with pre-test knowledge score.

Hence, Hypothesis H1 was accepted and researcher failed to reject null hypothesis.

DISCUSSION, IMPLICATIONS, RECOMMENDATIONS, LIMITATIONS, SUMMARY, AND CONCLUSION

Discussion: The study's major findings were discussed in relation to other studies. It highlighted the poor knowledge among B.Sc. Nursing students regarding mental illness.

Implications: The study's findings suggest the need for incorporating mental illness topics into general and nursing education curricula. In-service education for nurses and health education programs for the community were recommended.

Recommendations: The study recommended conducting similar studies on a larger scale, evaluating the effectiveness of educational modules, and investigating attitudes towards mental illness.

Limitations: The study was limited by a small sample size and the specific location of the college, which restricts generalizability.

Summary and Conclusion: The study concluded that B.Sc. Nursing students had poor knowledge scores regarding mental illness. The association between knowledge scores and demographic variables was significant for age, educational status, and marital status.

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