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A descriptive study to assess the knowledge on mental health and mental illness among students of selected health professional colleges of Manipal Academy of Higher Education, Manipal, Udupi district.

HENSHAW NSA EKANEM

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"ABSTRACT

A research study titled "A descriptive study to assess knowledge on mental health and mental illness among students of selected health professional colleges of Manipal Academy of Higher Education Manipal, Udupi district Karnataka" was conducted by Ms. Henshaw Ekanem Nsa, as partial fulfillment of the requirement for the degree of Master of Science in Nursing at Manipal College of Nursing, MAHE, Manipal. The objectives of the study were to determine the knowledge on mental health and mental illness among students of selected health professional colleges by using structured knowledge questionnaire and to find the association between knowledge scores and selected socio demographic variables.

The conceptual framework adopted for this study was the General System Model. Outcome variable of the study was knowledge on mental health and mental illness. Content validity of socio demographic proforma and structured knowledge questionnaire on mental health and mental illness was done by five experts from different fields. The reliability of knowledge questionnaire established was 0.77. The pre-testing of the tools was done on 12th December by administering the tools to five students studying in 1 year at, School of Allied Health sciences at MAHE, Manipal. and the pilot study was done among 40 students from Manipal College of Nursing, MAHE, Manipal. A descriptive survey approach with convenient sampling technique was used in the study in order to achieve the objectives of the study. The study was conducted among 385 health professional students selected from College of Pharmaceutical Health Science and Kasturba Medical College, Manipal Academy of Higher Education, Manipal. Formal administrative permission was obtained from the concerned college authorities before the study. The purpose of the study and the participant information sheet was explained to the students before collecting the data. The data were collected from the participants from 18th December 2017 to 20th January 2018.

Among 385 participants, most of the students i.e. 307 (79.7%) belonged to the age group of 17-19 years. With regard to gender, 233 (60.5%) were females. Majority of the student's i.e. 328 (85.2%) belonged to Hindu religion. Among the participants, 362 (94.0%) were Indians. Two hundred and eighty seven (74.5%) participants were studying MBBS course. With regard to item on previous knowledge of mental and mental illness, 331 (86.0%) participants answered 'No' and 369 (69.9%) participants responded 'No' to the item 'Have you ever come across of mentally ill person?'. In the level of knowledge related to mental health and mental illness 4.7 % of the students had low knowledge, 56.3% students had average knowledge and 39.0% had high knowledge. There was no significant association found between knowledge level and selected demographic variables except knowing a mentally ill person.

On the basis of the findings of the study the following recommendations have been made for further research:

- An evaluative study with follow up can be done
- Similar study can be conducted in different settings.
- A comparative study can be done between rural and urban students.

- A comparative study can be done between Government and Private Pre University students.
- A comparative study can be done for the day scholars and the hostilities of Pre University students.

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