

# A Study to Assess the Effectiveness of Structured Teaching Programme Regarding Knowledge about Human Rights of Mentally Ill Patient among 1<sup>st</sup> Year GNM Students in BGS Nursing School at Mysore'

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**Abstract:** *The human rights in health care means that everyone has the right to be highest attainable standard of physical and mental health, which includes access to all medical services, sanitation, adequate food, decent housing, healthy working condition and a clean environment. A study was conducted to assess the effectiveness of structured teaching programme regarding knowledge about human rights of mentally ill patient among 1<sup>st</sup> year GNM students. One group quasi experimental study was conducted among 60 GNM students. Results shows that the obtained post test mean value is higher than the post test mean value. Hence it is inferred that the STP was effective among adolescent girls for increasing the knowledge human rights of mentally ill patient.*

**Keywords:** Human Rights in Healthcare, Mental Health Education, Nursing Students, Structured Teaching Programme, Quasi - Experimental Study

## 1. Introduction

The state of one's health is reflective of an individual's ability to meet life's challenges and maintain his /her capacity for optimal functioning. This requires that various aspects of one's makeup that is; mental, physical and biochemical to maintain a level of functioning that has a positive influence and support for one another. The human rights in health care means that everyone has the right to be highest attainable standard of physical and mental health, which includes access to all medical services, sanitation, adequate food, decent housing, healthy working condition and a clean environment. An act to provide for mental health care and services for persons with mental illness and to protect, promote and full fill the rights of such persons during delivery of mental health care and services

## 2. Need for the study

There is an acute scarcity of adequately trained mental health professionals in the country. In India, it is estimated that there are more psychiatrist in active clinical practice than they are trained psychiatric nurses. India with population of more than a billion has highest number of mentally ill persons who require long term care. The legal and ethical context of care is important for all nurses working in psychiatric set up because it focuses concern on the rights of patients and the quality of care they receive. Nurses deal with human rights issues daily, in all aspects of their professional role. Nurses are individually accountable for caring each patient and the right to refuse an assignment should be carefully interpreted to avoid patient abandonment. There is need for increased vigilance and a requirement to be well informed, about violation of human rights. Due to the rapidly changing healthcare system the

nurse faces increasing ethical dilemmas and human rights issues in daily clinical practice

## 3. Objectives

- 1) To assess and compare the knowledge regarding human rights of mentally ill among student nurses before and after exposure to structured teaching programme.
- 2) To determine the association between pre test level of knowledge regarding human rights Of mentally ill among student nurses and their selected personal variables i. e. age, gender, Professional qualification, area of working, work experience in general ward and in Psychiatric ward, and exposure to any educational program on human rights of mentally ill.

### Hypothesis

**H<sub>1</sub>:** The mean post test knowledge score of student nurses receiving structured teaching programme regarding human rights of mentally ill will be significantly higher than the mean pre test knowledge score.

**H<sub>2</sub>:** The mean post test knowledge score of student nurses who are exposed to structured teaching programme on human rights of mentally ill will be significantly higher than those student nurses who are not exposed to structured teaching programme regarding human rights of mentally ill.

**H<sub>3</sub>:** There will be significant association of student nurses level of knowledge regarding human rights of mentally ill with their selected personal variables i. e. age, gender, professional qualification, area of working, work experience in general ward and in psychiatric ward, and exposure to any educational program on human rights of mentally ill.

#### 4. Methodology

**Research design:** quasi experimental design (one group pre - test post - test design).

**Variables of the study**

**Independent variables:** Structured teaching program.

**Dependent variables:** "Knowledge" about Human rights of mental illness.

**Demographic variables:** Demographic variables include age, gender, religion, educational status of the parents, profession of the parents, medical professionals in their family, and history of mental illness in their family.

**Setting of the study**

The study was conducted in the Selected Nursing schools of Mysore

**Population**

In the present study, population comprised of 1<sup>st</sup> year GNM students.

**Sample and sampling**

The sample of present study comprised 1<sup>st</sup> year GNM students in selected nursing schools of Mysore, are selected for present study

**Sampling technique**

The sampling procedure was simple random sampling to select 1<sup>st</sup> year GNM students.

**Sample Size:**

The sample size selected for present study is 60 1<sup>st</sup> year GNM students.

**Sampling criteria**

**Inclusion criteria**

- 1) Students those who are studying 1<sup>st</sup> year GNM.
- 2) Students who are willing to participate in the study
- 3) Students those who are having poor level of knowledge

**Exclusion criteria**

- 1) Students who are not available on the day of data collection
- 2) Students who are not willing to participate in this study

#### 5. Data Collection Technique and Instruments

**Section A**

It consist of demographic variables of the I st - Year GNM students which includes, age, gender, religion, educational status of the parents, profession of the parents, medical professionals in their family, and history of mental illness in their family.

**Section B**

It consists of Modified questionnaires for assessing the knowledge regarding rights of mentally ill. The

questionnaire had totally 30 questions, each correct answer carry 1 mark.

**Scoring pattern is:**

1 - 5 = No knowledge

6 - 10 = Low level of knowledge

11 - 15 = Moderate level of knowledge

16 - 20 = High level of knowledge

**Data Collection Procedure**

Formal administrative permission was obtained from the principal of school of Nursing, Mysuru. The data collection was done to obtain a free and true response; the respondents were explained about the purpose and usefulness of the study. Confidentiality was assured. An informed consent was obtained from each sample indicating their willingness to participate in the study. Using simple random sampling technique, 60 GNM students were selected for the study. Knowledge regarding rights of mentally ill was assessed using structured knowledge questionnaire followed by structured teaching programme on same day. Each respondent took approximately 20 - 30 minutes to complete the questionnaire. Post test was conducted on the 7th day by administering the same structured knowledge questionnaire.

#### 6. Results

Data on demographic variables of the students of BGS college of nursing, Mysore

**Table 1:** Frequency and percentage distribution of college Students according to their Demographic data, N=60

S. No	Demographic Data	Frequency	%	
1	Age	18 - 19	48	80%
		20 - 21	9	15%
		Above 22	3	5%
2	Religion	Christian	24	40%
		Muslim	2	3.30%
		Hindu	25	42%
		Buddhism	9	15%
3	Education status of parents	Illiterate	5	8.40%
		School education	49	81.60%
		Under graduate	3	5%
		Post graduate	3	5%
4	Parents occupation	Government employee	5	8.40%
		Private employee	6	10%
		Self employee	46	76.60%
		Unemployee	3	5%
5	Medical professional in your family	Yes	12	20%
		No	48	80%
6	Mentally ill person in family	Yes	1	1.60%
		No	59	98.40%
7	Knowledge about rights of mentally ill person	Yes	7	11.60%
		No	53	88.40%

**Section 1**

Comparison between level of knowledge regarding rights of mentally ill person among 1<sup>st</sup> year GNM students, n=60

Table 2

Overall pretest posttest score	Pretest		Posttest		mean difference	paired 't' test value
	Mean	Sd	mean	Sd		
	10.8	2.4	20.06	8.3		

S: significant  $t_c = t$  calculated  $t$  table: 2.05  $df=59$

This finding reveals that, after the structured teaching programme the level of knowledge regarding rights of mentally ill among college students were improved in post - test than pre - test.

The finding shows that the mean pre test calculated value was 10.8 and the post test value was 20.6 with mean difference 9.26. The tabulated  $t'$  value is 8.05, which was significant at  $P < 0.05$ . Hence  $H_1$  is accepted. It can be concluded that structured teaching programme was effective in improving the knowledge level among 1<sup>ST</sup> year GNM students of BGS College of nursing Mysore

### Section 2: Association between demographic variables and knowledge score 1<sup>st</sup> year GNM Students.

The finding shows that, there was statistically significant association between the level of knowledge regarding rights of mentally ill among college students and their demographic variables like parents occupation, medical professionals in their family, mentally ill patients in

their family and previous knowledge regarding rights of mentally ill. And the findings shows that, there was not statistically significant association between the levels of knowledge regarding rights of mentally ill among college students and their demographic variables like age group, religion, and educational status of the parents and presents of mentally ill patients in their family.

## 7. Implications

### Nursing Practice

In service education to nursing personnel helps to improve the knowledge regarding rights of mentally ill among college students, complications and different management approaches. The study findings will help to create awareness and to improve the knowledge regarding rights of mentally ill among college students, regarding benefits of administration of structured teaching programme. The nurse can administer structured teaching programme for improving the level of the knowledge regarding rights of mentally ill among college students. Because many college students don't have knowledge regarding rights of mentally ill. The nurse can motivate to form support group. Nurses have a major role in identifying risk factors and help to overcome. There should be public awareness to improve college student's level of Knowledge regarding rights of mentally ill. The Nurse must take effort and take initiation to educate the college students regarding rights of mentally ill.

### Nursing Education

Nurse educator must update knowledge regarding rights of mentally ill. Nurse educator should teach college students to gain skills in identifying problems to give effective teaching regarding rights of mentally ill. Nurse educator should recommend the curriculum committee to insist the

Importance of rights of mentally ill to the college students to improve the Knowledge in the nursing curriculum.

### Nursing Administration

Nurse administrator should plan to conduct programme about 'structured teaching programme' regarding rights of mentally ill. The nurse administrator should recommend allocating portion of budget for educational materials like pamphlets, models, slides, flexes, videos which contain information about benefits of 'structured teaching programme' regarding rights of mentally ill. The nurse administrator can encourage the college students to involve research activities to improving the level of knowledge regarding rights of mentally ill.

### Nursing Research

The finding of the study helps to expand scientific body of professional knowledge upon which further research can be conducted. Large scale studies can be conducted in consideration of other contributing variables. Thus research program will help to give a national awareness of health education program.

## 8. Limitations

- 1) Prolonged effect of structured teaching programme could not be measured.
- 2) The investigator needed much co operation from the college students.

## 9. Recommendations

- 1) A similar study can be conducted as a study to assess and expressed practice of rights of mentally ill among college students
- 2) A similar study can be conducted in longer period of time.
- 3) A similar study can be conducted in different settings or group.

## 10. Conclusion

The aim of the study was to assess the effectiveness of ST P on knowledge regarding rights of mentally ill. Most of the nursing students have less knowledge regarding rights of mentally ill. The pre - test knowledge was assessed using structured questionnaire regarding the knowledge of right s of mentally ill among 1<sup>st</sup> year GNM students. It shows that, majority samples had poor knowledge. When the post test and pre - test scores are compared after the structured teaching programme there was great difference in knowledge regarding rights of mentally ill and proved that STP have great influence on improving knowledge.

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