

Adescriptive study to assess the level of knowledge regarding mental hygiene among undergraduate student in selected college, GNSU, with a view to develop an information booklet.

¹Dr. K. Latha, ²Rakesh Narayan, ³Rani Kumari, ⁴Ranjan Kumar
*Dean Cum Principal, Narayan Nursing College, Gopal Narayan Singh University, Bihar,
Narayan Nursing college, Gopal Narayan Singh University, Rohtas, Bihar.*

Submitted: 08-05-2023

Accepted: 20-05-2023

ABSTRACT: Mental hygiene is the science of maintaining mental health and preventing disorders to help people function at their full mental potential. It includes all measures taken to promote and preserve mental health in a stressful world. To assess the level of knowledge regarding mental hygiene among the undergraduate students and in a view to develop a information booklets, a Quantitative approach Non experimental descriptive research study with 60 under graduate students in Gopal Narayan Singh University were selected by non-probability purposive sampling technique. Socio -Demographic data was obtained by Self-administered survey and the knowledge regarding Mental hygiene among the students were assessed using a Self-administered structured Questionnaire developed by the investigator. Results showed that, 47(78.3%) had adequate knowledge and 13(21.7%) students had inadequate knowledge regarding mental hygiene. A information booklet on mental hygiene was given to all the students at the end of the study. None of the socio demographic variables had significant association with the level of knowledge regarding Mental hygiene among the under graduate students at $p < 0.05$ level. Study concludes that majority of the students had adequate knowledge regarding Mental hygiene.

Key words: Mental hygiene, Knowledge, Mental health, Mental Illness.

I. INTRODUCTION

Mental health (MH) is regarded as a condition of the individual relative to the capacities and social environmental context of that person. Mental health includes the emotional, psychological and social wellbeing (1). It affects how one think, feel and act. It also helps one to handle the stress, relate to others and make choices. Mental health is important at every stage of life, from childhood, adolescence through adult hood (2).

The term mental health represents a variety of human aspirations: Rehabilitation of the mentally disturbed, prevention of mental disorder, reduction of tension in the stressful world and the attainment of a state of well being in which the individual functions at a level consistent with his or her mental potentials (3). It includes all the measures taken to promote and to preserve mental health. Understanding the connection between the mind and body helps in effectively managing the mental health care.

Mental health problems are very common among college students(4). This may be due to the fact that attending college corresponds to a challenging time for many traditional and non-traditional undergraduate students. In addition to stress related to academic load, these students may have to face the task of taking on more adult-like responsibilities without having yet mastered the skills and cognitive maturity of adulthood. With the increasing recognition of child mental health issues and the use of more psychotropic medications, the number of young adults with mental health problems entering college has significantly increased. Most mental health disorders have their peak onset during young adulthood. For example, in a survey of 274 institutions, 88 % of counseling center directors reported an increase in "severe" psychological problems over the previous 5 years including learning disabilities, self-injury incidents, eating disorders, substance use, and sexual assaults. Thus, there is an increase in demand for counseling and specialized services(5). However, the increase in demands has not always corresponded to an increase in staff. Anxiety disorders are the most prevalent psychiatric problems among college students, with approximately 11.9 % of college students suffering from an anxiety disorder . Among the anxiety disorders, social phobia has an early age of onset (median age of onset between 7–14 years), while panic disorder, generalized anxiety disorders (GAD), and post-traumatic stress disorder

(PTSD) have somewhat later onsets(6).In the National Comorbidity Survey-Replication study, Kessler et al.reported that one out of every five individuals with depression had their first episode by the age of 25 years. The onset of bipolar disorder (BAD) appears to follow a similar trend. Approximately 3.2 % of college students meet the criteria for BAD .Suicide, although not a specific diagnosis, is the third leading cause of death among young adults and is a significant problem among college students (7).Eating disorders such as bulimia, anorexia, and binge eating are common and often have their onset during adolescence with a rapid increase in risk during early adulthood(8).Attention-deficit/hyperactivity disorder (ADHD) onsets during childhood and persists into adulthood in approximately one half of cases and negatively affects many critical areas in young adults(9).The most prevalent problem among college students is the presence of substance use disorders. Approximately one in five college students meet the criteria for alcohol use disorder (AUD) in the previous year (12.5 % alcohol dependence and 7.8 % alcohol abuse. Another hazardous behavior common among college students is binge drinking(10). It is defined as consuming four standard drinks for women and five for men in a 2-h period.Binge drinking is considered the number one public health hazard and the primary source of preventable morbidity and mortality for college students in the USA(11). Among college students, alcohol consumption is associated with motor vehicle accidents, another leading cause of death in this age group, accidental injuries, unsafe sex, sexual assaults, and poor classroom performance, as well as impairments in prefrontal cortex functions such as memory and attentionetc(12).Data from the National College Health Risk Behavior Survey shows that binge drinking students are nine times more likely to report lifetime use of marijuana than their non-binge drinking peers.(13)

Lack of identification or acknowledgement (denial) of mental health symptoms and/or lack of or inadequate treatment are common problems among college students and may contribute to the persistence of mental health problems in this population.Thus, it is critical to employ outreach programs and implement strategies to ensure treatment retention. With the above literature, it is evident that Mental health problems are prevalent among the college students with substance use, anxiety, and depression being the most common.It is critical for mental health

providers to develop an extensive knowledge of the prevalence and range of mental health problems occurring among college students. Strategies to enhance treatment seeking and engagement among college students should be implemented. With the above view in mind, the researcher was interested to assess the knowledge regarding Mental hygiene among the college students as a initial step in promoting mental helath among the students.

II. OBJECTIVES

- To assess the level of knowledge regarding mental hygiene among the undergraduate students.
- To find out the association between the knowledge score of undergraduate students on mental hygiene with their selected socio-demographic variables.

III. MATERIALS AND METHODS

A Quantitative approach, non-experimental descriptiveresearch design was used. Non probability purposive sampling technique was used to select the 60 samples for the study, who fulfilled the inclusion criteria. Sample size calculation was made on the basis of the pilot study. The study was conducted at Narayan Institute of Agriculture Science, Gopal Narayan Singh University, Jamuhar, Sasaram (Bihar).Formal permission from the Dean Cum Principal, Narayan Agricultural scienceswas obtained Data was collected and analysed. The study protocol was approved by the institutional Nursing research and monitoring committee, Narayan Nursing college, Gopal Narayan Singh University. Informed written consent was obtained from all the particiapnts and were requested to participate voluntarily in the study.

Tools used for the study

Section I – Self-administered survey was used to assess the socio demographic data of the undergraduate students, which includes age, Gender, Religion, type of the family, family income, history of any chronic illness.

Section – II – Self administered structured questionnaire with 20 questions with 4 ooptions related to Mental hygiene was used to assess the knowledge regarding the mental hygiene among the undergraduate students developed by the investigator. The score assigned for the Each correct answer was ‘1’ and for wrong answer was ‘0’. Thus the knowledge regarding the mental hygiene was interpreted as Adequate knowledge

with score between 11-20 and Inadequate knowledge with scores between 0-10.

Content validity of the tool was obtained by the experts in the field and the reliability of the tool was assessed by the split half technique. The Karl Pearsons correlation coefficient showed r-0.96 and hence the tool was found highly reliable.

Statistical data processing

Statistical Package for social sciences (SPSS) version 19, IBM Chicago USA and instat were used for data analysis. Frequency and percentage distribution was used to distribute the variables of the study. Chi square analysis was used to associate the level of knowledge regarding mental hygiene among the undergraduate students with selected socio demographic data.

IV. RESULTS

The results are discussed as per the objectives framed for the study.

I - Assessment of the socio demographic data of the under graduate students

TABLE 1: Frequency and percentage distribution of socio-demographic variables of the under graduate students

N=60

Socio -demographic data	Frequency(n)	Percentage(%)
1.Age		
a. 18years	22	36.7%
b. 19years	30	50.0%
c. 17years	08	13.3%
2.Gender		
a. Female	22	36.7%
b. Male	38	63.3%
3.Religion		
a. Hindu	59	98.3%
b. Muslim	01	1.7%
c. Sikh	0	0%
d. Christian	0	0%
e. Buddhists	0	0%
4. Type of family		
a. Nuclear	38	63.3%
b. Joint	13	21.7%
c. Single	9	15.0%
d. Extended	0	0%
5. Family Income		
a. 10,000 per months	15	25.0%
b. 20,000 per months	16	26.7%
c. 40,000 per months	21	35.0%
d. 100000 per months	08	13.3%
6. History of chronic illness		
a. Yes	04	6.7%
b. No	56	93.3%

Table 1.Shows the frequency and percentage of socio-demographic data of the under graduate students. Majority of the students 30 (50%) were in 19 years of age, 38(63.3%) of undergraduate students were males, Majority 58 (98.3%) of them were Hindus, 38 (63.3%) students were living in a Nuclear family, 21(35.00%) of

undergraduate student had their family income as Rs40,000/- per month and 56 (93.3%) of the students didn't had any history of any chronic illness.

II – Assesment of the level of Knowledge regarding the mental hygiene among the under graduate students



Pie diagram showing the level of knowledge regarding mental hygiene among the undergraduate students

It was revealed the 47 (78.30%) out of 60 undergraduate students had adequate knowledge and , 13 (21.70%) of them had Inadequate knowledge regarding the mental hygiene. The study findings were found to be consistent with the findings of AB Siddique (2022) , who studied on

the awareness level of the university students on knowledge regarding Mental health problems in Bangladesh. It was found that majority of the students (62%) had higher knowledge and awareness regarding Mental health problems.

Table 2 - Chi-square analysis of the association of the level of the knowledge among the undergraduate students with their selected demographic variables.

N=60

Socio demographic variable	Knowledge score				X ²	df	p-value
	Adequate knowledge		Inadequate knowledge				
	(n)	%	(n)	%			
1)Age: -(in year)							
a.17year	7	14.9	1	7.7	.995	2	0.608
b.18year	18	38.3	4	30.8			
c.19year	22	46.8	8	61.5			
2) Gender: -					6.000	1	0.114
Male	26	55.3	12	92.3			
Female	21	44.7	1	7.7			

3) Religion: -							
a. Hindu	46	97.9	13	100			
b. Muslim	1	2.1	0	0			
c. Sikh	0	0	0	0	.281	1	0.596
d. Christians	0	0	0	0			
e. Buddhists	0	0	0	0			
f. others	0	0	0	0			
4) Type of family							
a. Nuclear	11	23.4	2	15.4			
b. Joint	30	63.8	8	61.5	1.032	2	0.597
c. Single	6	12.8	3	23.1			
d. Extended	0	0	0	0			
5) Total income of the family per month?							
	9	19.1	6	46.2			
	12	25.5	4	30.8	5.296	3	0.151
a. 10,000 per months	19	40.4	2	15.4			
b. 20,000 per months	7	14.9	1	7.7			
c. 40,000 per months							
d. 1 lack per months							
6) History of chronic illness (please tick in one)							
• Yes	2	4.3	2	15.4	2.027	1	0.155
• No	45	95.7	11	84.6			

*Significance at $p \leq 0.05$, **highly significance at $p \leq 0.01$, ***very high significance at $p \leq 0.001$ level

It was evident from the above table that none of the socio-demographic variables were found to have any significant association with the level of the knowledge among the under graduate students and hence the research hypothesis stating that “there is no significant statistical association of the level of knowledge regarding the mental hygiene among the under graduate students with their selected socio demographic variables” was not accepted at $p < 0.05$ level.

Recommendations

1. The study can be replicated on larger samples, thereby finding can be generalized to a larger population.
2. Similar study can be conducted among family members regarding mental hygiene.

3. The study can be conducted including attitude and beliefs with regard to mental hygiene among the general population.

V. CONCLUSION

The present study aimed at assessing the level of knowledge regarding the mental hygiene among the undergraduate students at Gopal Narayan Singh university. the finding shows that majority of the students had adequate knowledge regarding the mental hygiene and no socio - demographic variables were found to associated with their level of knowledge regarding mental hygiene. This study showed that the students level of understanding on mental health and wellbeing will find ways to identify strategies that enhance the students' abilities to cope with the challenges of

higher education. Further This paved a way to develop an ideal information booklet for the students based on their needs which may enable them to promote their mental health and prevent them mental illness to in their adjustment to college.

Acknowledgement

The author would like to thank Dean cum Principal & students of Narayan college of agricultural sciences , Gopal Narayan Singh University for their support and participation.

Conflict of Interest

There is no conflict of interest to declare

REFERENCES

- [1]. Emmanuel M. Ngui, Lincoln Khasakhala, David Ndeti, And Laura Weiss Roberts, "Mental disorders , health inequities and ethics: a global perspective ", *Psychiatry*. 2010; 22(3): 235–244. doi: 10.3109/09540261.2010.485273
- [2]. Centre for disease control and prevention, About mental health " <https://www.cdc.gov/mentalhealth/learn/index>"
- [3]. WHO, "Mental Health " <https://www.who.int/news-room/factsheets/detail/mental-health-strengthening-our-response>.
- [4]. Pierpalaolo Limone, Giusi Antonia Toto, " Factors that predispose undergraduates to mental issues: a Cumulative literature review for future research perspectives" *National Library of medicine, Public health*, Feb 2022, Vol 10-2022, <https://doi.org/10.3389/fpubh.2022.831349>
- [5]. Gallagher R, Gill AM, Sysko HB. National survey of counseling directors, 2000. Alexandria: International Association of Counseling Centers, Inc; 2000. [Google Scholar]
- [6]. Blanco C, et al. Mental health of college students and their non-college-attending peers: Results from the National Epidemiologic Study on Alcohol and Related Conditions. *Arch Gen Psychiatry*. 2008;65(12):1429–37. [PMC free article] [PubMed] [Google Scholar]
- [7]. Kessler RC, et al. Lifetime prevalence and age-of-onset distributions of DSM-IV disorders in the National Comorbidity Survey Replication. *Arch Gen Psychiatry*. 2005;62(6):593–602. [PubMed] [Google Scholar]
- [8]. Hudson JI, et al. The prevalence and correlates of eating disorders in the National Comorbidity Survey Replication. *Biol Psychiatry*. 2007;61(3):348–58. [PMC free article] [PubMed] [Google Scholar]
- [9]. Eisenberg D, et al. Eating disorder symptoms among college students: Prevalence, persistence, correlates, and treatment-seeking. *J Am Coll Health*. 2011;59(8):700–7. [PMC free article] [PubMed] [Google Scholar]
- [10]. Substance Abuse and Mental Health Services Administration. NSDUH Series H-46, HHS Publications No. (SMA) 13-4795. Rockville: Substance Abuse and Mental Health Services Administration; 2013. Results from 2012 National Survey on Drug Use and Health: Summary of National Findings. [Google Scholar]
- [11]. Slutske WS. Alcohol use disorders among US college students and their non-college-attending peers. *Arch Gen Psychiatry*. 2005;62(3):321. [PubMed] [Google Scholar]
- [12]. Prevention, C.f.D.C.a. Web-based Injury Statistics Query and Reporting System (WISQARS) [cited 2010 October 2012];2010 Available from: <http://www.cdc.gov/injury/wisqars>. [PMC free article] [PubMed]
- [13]. Services U.S.D.o.H.a.H. SAaMHS Administration and S Center for Behavioral Health Statistics and Quality, Editors. Rockville, MD: 2013. Results from the 2012 National Survey on Drug Use and Health: Summary of National Findings. [Google Scholar]
- [14]. Md Abu Bakar Siddique, Musaddiqur Rahman Ovi, Tanvir Ahammed, Muhammad Abdul Baker Chowdhury, Md Jamal Uddin, "Mental health knowledge and awareness among university students in Bangladesh", *Heliyon*, Oct 2022; Vol 8 (10), Pg no. 11084 doi: 10.1016/j.heliyon.2022.e11084.