



Original Research Article

## A Study to Assess the Knowledge Regarding Human Rights of Mentally Ill among Post Basic B.Sc. Nursing Students in Krishna Institute of Nursing Sciences, Karad

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### ABSTRACT

**Introduction:** Mentally ill patients are one of the most vulnerable groups in society. Human Rights Commissions found appalling and unacceptable conditions when they visited several psychiatric hospitals in Central America and India during the last five years. Incidence of violation of rights of mentally ill patients can be avoided if the nurse becomes aware of them.

**Research methodology:** A descriptive survey approach. Non-experimental research design .setting of the study was Krishna Institute of Nursing Sciences, Karad. In this study, sample consists of 33 Post Basic B. Sc. Nursing students in Krishna Institute of Nursing Sciences, Karad. Non probability convenient sampling technique .inclusion criteria: Post Basic B. Sc Nursing students of 1<sup>st</sup> year who are willing to participate. Data collection techniques structured knowledge questionnaire to assess the knowledge regarding human rights of mentally ill. **The objectives of the study were:** To assess the level of knowledge regarding human rights of mentally ill among Post Basic B. Sc Nursing students. & To determine the association between certain demographic variables and knowledge of Post Basic B.Sc. Nursing students regarding human rights of mentally ill.

**Results:** In the present study, it was found that 85% of the nursing students had average knowledge and 15% had poor knowledge regarding human rights of mentally ill. In the present study, there is no significant association between demographic variables and knowledge score of Post Basic B. Sc. nursing students

**Conclusion:** The findings of the study reveal that the level of knowledge of Post Basic B.Sc Nursing Students is average.

**Key words-** Knowledge, Human rights, Mentally ill, Nursing

### INTRODUCTION

The article number 25 of Universal Declaration of Human Rights states that "Everyone has the right to a standard of living adequate for the health and wellbeing

of himself and of his family including food, clothing, housing and medical care and necessary social services and the right to security in the event of unemployment, sickness, disability, widowhood, old age, or

other lack of livelihood in circumstances beyond his control. <sup>[1]</sup>

Everyone has the basic Human Rights including those who are mentally ill. Mentally ill patients are one of the most vulnerable groups in society. It is the responsibility of the health care providers specially those working in psychiatric setup to protect their human rights. In order to do so the health personnel mainly the psychiatric nurse must be aware of human rights of mentally ill patients. Incidence of violation of rights of mentally ill patients can be avoided if the nurse becomes aware of them.

Mental and physical health is two vital strands of life that are closely interwoven and deeply interdependent. <sup>[1]</sup> Since the beginning of the society, mental health has taken the back seat. Not much importance given to this field and much less with regards to rights of mentally ill clients. The human rights of mentally ill have been violated and they have been stigmatized since the origin of civilization. One of the reason for ill treatment may be due to decreased or absent contribution in the economic field by mentally ill clients. <sup>[2]</sup>

Human rights deal with balancing the rights of all human beings as individuals within the community. In the context of mentally ill persons, it includes their privileges and their remedial right and right of protection against infringement of their human and other statutory rights. <sup>[2]</sup>

When a psychiatric patient enters a hospital, he loses his freedom to come and go, to schedule his day, to control his activities of daily living, freedom to manage his financial and legal affairs and make many important decisions because of the loss of these important freedoms, the authorities of health care agencies closely guard and valve those rights that the psychiatric patient retains.

### ***Need For Study***

Mental health today is recognized as an important aspect of one's total status. It is a basic factor that contributes to the maintenance of physical health as well as social effectiveness. <sup>[7]</sup> The WHO in its world health report 2001 has drawn attention to fact that, nearly 45 crore people are estimated to be suffering from mental illness globally. <sup>[1]</sup>

In the world, the prevalence of psychiatric disorder is 58.2 per thousand which means that in India there are about 5.7crore people suffering from some sort of psychiatric disturbances.

About 1.5crore people suffer from severe mental disorder, beside 12,000 patients in government mental hospital in the country.

In many hospitals in India, there are anecdotal reports of violent persons with mentally ill. The dignity of persons with mentally illness is not respected in mental health institution itself. Sometimes they are found in conditions which are deplorable for example being kept naked or in dirty or old cloths. They are placed in unhygienic condition and sometime women were found in dreadful condition, sometime parts of their bodies could be seen through ill-fitting clothes. They were not provided with dignity and items to maintain menstrual hygiene. There conditions qualify for human right violations.

India with population of more than a billion has highest number of mentally ill persons who require long term care. With less than 10% availability of the inpatient care required for very ill mental patients and less than one psychiatrist available for one lakh Indians, indicate that there is a wide gap between resources and requirements. <sup>[3]</sup>

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 [4]

A study was conducted regarding mental health treatment data on 84,850 adults in 17 developed and developing countries taken from the World Health Organization's mental health surveys. They found, lack of mental health treatment was most severe in less-developed countries, whereas, in developed nations, roughly half of those with severe disorders got no care at all. [5]

Human Rights Commissions found appalling and unacceptable conditions when they visited several psychiatric hospitals in Central America and India during the last five years. Many hospitals retained the jail like structure because of their construction in colonial times. Patients were referred to as inmates and were for most of the day in the care of warders, whose supervisors were called overseers, while the wards were referred to as enclosures. Seclusion rooms were used in the majority of the hospitals. [1]

In over 80% of the hospitals visited, routine blood and urine tests were unavailable. At least one third of the individuals did not have a psychiatric diagnosis to justify their presence there. In most hospitals, case file recording was extremely inadequate. Trained psychiatric nurses were present in less than 25% of the hospitals, and less than half the hospitals had clinical psychologists and psychiatric social workers. [1] A report from Turkey's psychiatric hospitals mentions the horrific abuses where patients were subjected to raw electric shock as a form of punishment. Electroconvulsive therapy (ECT) in these centres is given without anaesthesia to treat a wide range of illnesses in both adults and children. [6]

Two surveys for Health Education Authority (HEA) show that many mentally ill patients have suffered discrimination. Mental health workers said two-thirds of

their patients had been discriminated, verbally abused and physically assaulted because of their race and a third because of their medical history. [7]

Mental Disability Rights International, a US-based human rights organization, said that as many as 17,000 patients in Serbia were tied to their beds for 'lifetime' to keep them from harming themselves. They were neglected and made to suffer from 'tantamount to torture'. [8]

A cross sectional study was conducted to determine the level of awareness of patient's rights among 350 nurses and 150 midwives. The study found that 51% (n=154) of midwives and nurses were not aware of any legislation related to patient's rights. 71% (n=222) of respondents were aware of the legal arrangements. Only 34% (n=74) of all knew of any legal basis for patient's rights. [9]

A review of the statutory provisions in England and Wales mentions some powers and duties that psychiatric nurses have under the Mental Health Act 1983 with respect to the care and treatment of mentally disordered people. These powers and duties are primarily concerned with the nurse's role in relation to consent to treatment, the administration of medication, and the right to be consulted and to ensuring that detained patients are informed of their rights under the 1983 Act. The 1983 Act also provides and extends the powers of psychiatric nurses to detain certain inpatients with mental disorder against their will. In order to avoid the potential charges of 'treatment without consent' and 'unlawful detention', it is vital that psychiatric nurses, when caring for their client group, have a sound working knowledge of their powers and duties under current legislation. [10]

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. In the past two decades civil, criminal, and consumer rights of patients have been established and expanded through the legal system. Many of the laws vary from state to state; the nurses working in psychiatric set up must become familiar with the laws of the state in which they practice. This knowledge enhances the freedom of the both nurse and patient, informs their ethical decision making, and ultimately results in better care. [11]

Mr. Dilip Kumar, Nursing advisor to Govt. of India, in his article entitled "Human Rights and Nurses Role", has focused on the values embodied in the code of ethics developed by INC.

1. How do nurse strive individually and collectively to promote protection of human rights and identify human rights.
2. How nurses can advocate for the rights of these patients and ethical decision making process.
3. What are the issues to be included in the curriculum with regard to human rights.

Therefore the investigator decided to take up a study to assess the knowledge of nursing students regarding human rights of mentally ill. [12]

### Objectives

The objectives of the study were:

1. To assess the level of knowledge regarding human rights of mentally ill among Post Basic B. Sc Nursing students.
2. To determine the association between certain demographic variables and knowledge of Post Basic B.Sc. Nursing students regarding human rights of mentally ill.

### Research methodology

Research approach - A descriptive survey approach

Research Design- Non-experimental research design

Setting Of The Study- Krishna Institute of Nursing Sciences, Karad.

Sample- In this study, sample consists of 33 Post Basic B. Sc. Nursing students in Krishna Institute of Nursing Sciences, Karad.

Sampling Technique- Non probability convenient sampling technique

Inclusion Criteria: Post Basic B. Sc Nursing students of 1<sup>st</sup> year who are willing to participate.

Data Collection Techniques: Structured knowledge questionnaire to assess the knowledge regarding human rights of mentally ill.

### Procedure for Data Collection

- Approval from authority. Select sample as per criteria.
- Administer structured knowledge questionnaire to assess the knowledge of nursing students regarding human rights of mentally ill.
- Individual consent of the subject and demographic data was obtained.

### Analysis and Interpretation of Data SECTION:-A

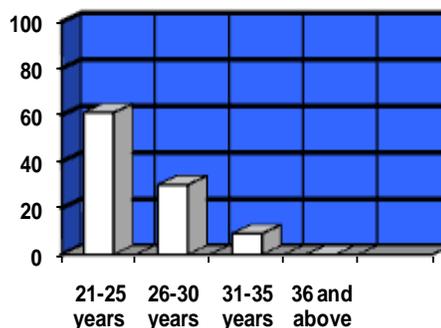


Fig1 Description of Post B B Sc Nursing students by age

61% of Post B B Sc Nursing students were belonging to 21-25 years and 30% of Post B B Sc Nursing students were belonging to 25-30years.

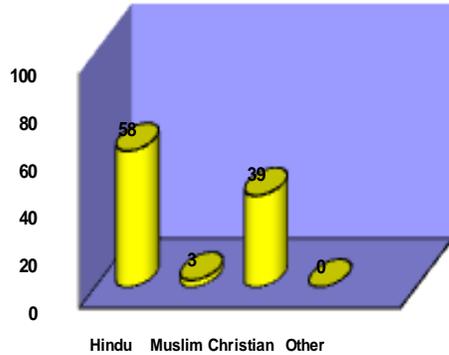


Fig.2 Distribution of Post B B Sc Nursing students by religion

The above figure showed Hindu religion is 58% and Christian is 39%.

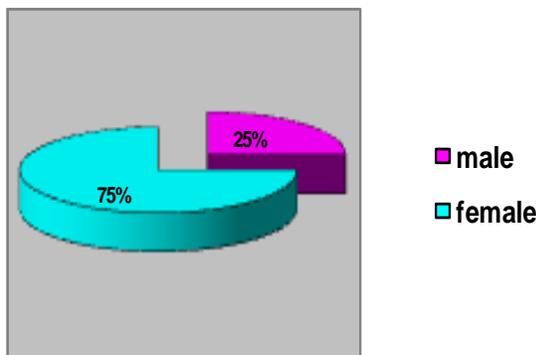


Fig. 3 Description of Post B B Sc Nursing students by gender

The above figure showed that 75% of samples were female and 25% was males.

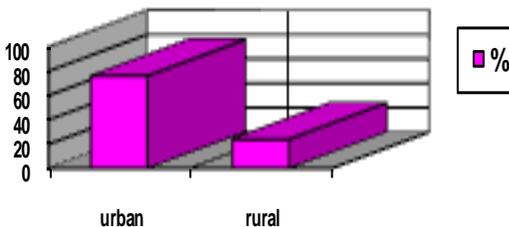


Fig. 4 Distribution of Post B B Sc Nursing students by residential area

This figure shows that 76% of samples belonging to urban area and 24% of samples belonging to rural area.

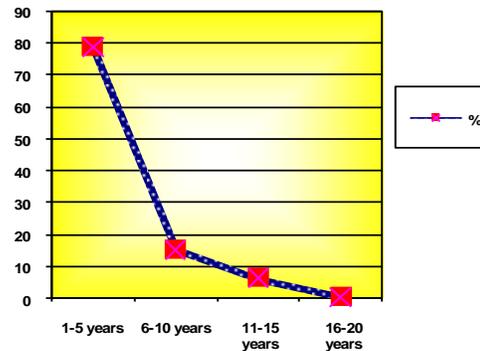


Fig.5 Distribution of Post B B Sc Nursing students by work experience

The figure represented that majority of the samples i.e., 79% are having work experience in between 1-5 years.

### SECTION B

Table 1 Distribution of knowledge score

Sr. no	Knowledge score	Frequency	%	Category
1	<=6	5	15	Poor
2	7-14	28	85	Average
3	>=15	0	0	Good
	TOTAL	33	100	

The data presented in the table 1 show that 85% of the samples are having average knowledge and 15% of samples are having poor knowledge regarding human rights of mentally ill.

### Variables

Table 2 shows that all the variables age in years, gender, residence, religion and work experience in years. There is no significant association between knowledge score and demographic variables except age and residence.

Table.2. ASSOCIATION BETWEEN KNOWLEDGE SCORE AND DEMOGRAPHIC

SL NO.	VARIABLES	KNOWLEDGE SCORE			CHI SQUARE	DF	t VALUE	INFERENCE
		POOR	AVERAGE	GOOD				
1	AGE				0.7189	2	5.99	S
	21-25	3	17	0				
	25-30	2	8	0				
	31-35	0	3	0				
	36 and above	0	0	0				
2	GENDER				0.7967	1	3.84	NS
	MALE	2	6	0				
	FEMALE	3	22	0				
3	RESIDENCE				4.103	1	3.84	S
	URBAN	2	23	0				
	RURAL	3	5	0				
4	RELIGION				4.342	2	5.99	NS
	HINDU	5	14	0				
	MUSLIM	0	1	0				
	CHRISTIAN	0	13	0				
	OTHERS	0	0	0				
5	WORK EXPERIENCE				1.340	2	5.99	NS
	1-5 YEARS	2	24	0				
	6-10 YEARS	3	2	0				
	11-15 YEARS	0	2	0				
	16-20 YEARS	0	0	0				

## DISCUSSION

The findings of the study are discussed under the following headings:

1. Assessment of the knowledge regarding human rights of mentally ill.

In the present study, it was found that 85% of the nursing students had average knowledge and 15% had poor knowledge regarding human rights of mentally ill.

2. Determine the association between certain demographic variables and knowledge of nursing students regarding human rights of mentally ill.

In the present study, there is no significant association between demographic variables and knowledge score of Post Basic B. Sc. nursing students

- Most of the students (61%) belong to the age group of 21-25 years and remaining students (39%) belongs to above 26 years of age.
- 76% of the samples are female and remaining 24% are male by gender.
- 76% of the students reside at urban area and the remaining 24% resides at rural area.

➤ 58% of the students were Hindu, 3% were Muslims and 39% were Christians by religion.

➤ 79% of the students have 1-5 years experience, 15% have 6-10 years experience and only 6% have 11-15 years experience.

➤ 85% of the students have average knowledge and 15% have poor knowledge regarding human rights of mentally ill.

### *Similar study corresponds to our study*

A study conducted by Vijayarani et. al. To assess the knowledge regarding rights if mentally ill among ayurvedic interns, in a selected ayurvedic medical college Bangalore, Karnataka, reveals that among 30 samples majority of participants ie, 25 were not aware of the rights of mentally ill person only 2 of them are having highly adequate level of knowledge. <sup>[13]</sup>

A study was conducted by George, in selected general hospital of Mangalore City. The finding revealed that a majority of nurses 72.80% were having moderately adequate knowledge, 19.5% of the nurse

were having adequate knowledge and 7.6% were having inadequate knowledge. <sup>[14]</sup>

A study done by Vijayalakshmi et al, “a study to assess attitude of student nurses about the rights of hospitalised psychiatric patients among nursing students of college of nursing NIMHANS” revealed that nursing students have favourable attitude in the cluster information on illness. The finding of association shows that the levels of attitude were not associated with the age, gender and background nursing students. <sup>[15]</sup>  
*Study which are contrast to our study*

A study conducted by Sharma et al, entitled “ awareness regarding human rights of mentally ill among nurse at selected hospitals in North India 2009 by using purposive sampling technique. They found the maximum number of 98.08% of subjects had good (61.54%) and average (36.54%) level of awareness. The maximum violation practices were regarding seclusion of mentally ill followed by forceful administration of medication and mechanical restraining of mentally ill. The relationship between awareness of subjects regarding human rights of mentally ill and selected social demographic characteristics was found statistically significant. <sup>[16]</sup>

## CONCLUSION

The findings of the study reveal that the level of knowledge of Post Basic B.Sc. Nursing Students is average.

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