



## EFFECTIVENESS OF EDUCATIONAL INTERVENTION ON KNOWLEDGE AND ATTITUDE AMONG NURSING STUDENTS REGARDING THE RIGHTS OF MENTALLY ILL CLIENTS.

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### Abstract:

The study was designed to evaluate the effectiveness of educational intervention on knowledge and attitude regarding mentally ill rights among nursing students. The aims of the study were to enhance the knowledge and attitude of nursing students regarding the rights of mentally ill clients. The objectives of the study were to assess the knowledge and attitude among nursing students regarding the rights of mentally ill clients, to assess the effectiveness of educational intervention on knowledge and attitude among nursing students regarding the rights of mentally ill clients, and to find the association between the level of pre-test knowledge score and attitude score with their selected demographic variables. A pre-experimental, one group pre-test post-test design was adopted for the study. The accessible population for the study consists of G.N.M. second year nursing students. The sample was conducted at Rohilkhand School of Nursing, Bareilly. 50 samples were collected by a convenient sampling technique. Data was collected using self structured knowledge questionnaires and a five point Likert scale. The collected data was organized in a master data sheet and analyzed using descriptive and inferential statistics as per the objectives of the study. The study revealed that in the pre-test score, none of the nursing students had adequate knowledge, 96% (48) of nursing students had moderate knowledge, and 4% (02) nursing students had inadequate knowledge regarding the rights of mentally ill clients. In the post-test, 92% (46) of nursing students had adequate knowledge, 8% (04) nursing students had moderate knowledge, and none of the nursing students had inadequate knowledge regarding the rights of mentally ill clients. In the pre-test score, 2% (01) nursing students had a favorable attitude, and 98% (49) of nursing students had moderately favorable attitudes. In the post-test, 96% (48) of nursing students had a favorable attitude, 4% (02) nursing students had moderately favorable attitudes, and none of them had unfavorable attitudes regarding the rights of mentally ill clients. The study shows that a structured teaching program was effective to improve the level of knowledge and attitude of nursing students.

**Key Words:** Knowledge, Attitude, Structured teaching program, Rights of mentally ill clients, Nursing Students.

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## INTRODUCTION:

Human rights are universal standards that uphold the dignity of individuals, governing community relationships and obligations. Nurses must be aware of patient rights, discuss them with mental health teams, and include them in their care plans. They must possess knowledge and a positive attitude to ensure dignity in mental health care. The rights under the Mental Health Care act 2017 are mentioned as the right to make an advance directive, the right to access health care services, the right to live in a community, the right to protection from cruel in human and degrading treatment, the right not to be treated under prohibited treatment, the right to equality and non-discrimination, the right to information, the right to confidentiality, and the rights to legal aid and complaints are rights for individuals with mental illnesses, including contract, marriage, voting, will-making, and criminal liability. The study aims to explore nursing students' knowledge and attitude towards mental health rights, emphasizing the importance of promoting empowerment and improving quality of life for those with mental illness. Understanding mental health rights is crucial for compassionate care.

## LITERATURE REVIEW:

The literature review leads the reader through development of knowledge about chosen topic up to the present time to indicate why this current research project was necessary. In order to accomplish the goal of the study, the review of literature has been organized under the following headings.

- Literature related to the rights of the mentally ill clients.
- Literature related to the knowledge and attitude regarding the rights of the mentally ill clients among nursing students.
- Literature related to effectiveness of the educational intervention regarding the rights of the mentally ill clients among nursing students.

## MATERIAL AND METHODS:

**Research Approach:** A quantitative research approach was used to assess the effectiveness of educational interventions on knowledge and

attitude regarding the rights of mentally ill clients among nursing students. **Research design:** A pre-experimental, one group pre-test post-test design was adopted for the present study. **Sample:** The accessible population for the study consists of G.N.M. Second Year Nursing Students.

**Sample Setting:** The sample was conducted at Rohilkhand School of Nursing, Bareilly.

**Sample size:** 50 samples were collected by a convenient sampling technique.

**Sampling criteria:** The study selected nursing students from selected Nursing Schools of Bareilly, G.N.M. second year students, and those with mental health nursing syllabuses, as well as those who were not present or unwilling to participate.

**Study variables:** The study focuses on demographic variables such as age, gender, religion, education, and human rights information, as well as independent variables like educational intervention and dependent variables like understanding and attitudes of second-year G.N.M students towards mental health rights.

**Description of the Tools:** A self-structured questionnaire and five point Likert scale were developed to assess the knowledge and attitude of 50 G.N.M. second year students regarding the rights of the mentally ill. Questionnaire addresses legal rights, dignity, confidentiality, autonomy, Indian mental health act, human rights, psychiatric nurse, and quality assurance in mental health care.

**Data analysis:** Descriptive and inferential statistics were used to calculate the findings.

## RESULTS:

The findings of the study suggest that the educational intervention had a positive and significant impact on the knowledge and attitude of nursing students regarding the rights of mentally ill clients. Prior to the intervention, nursing students exhibited gaps in their understanding of the rights of mentally ill individuals and held certain biases or misconceptions. However, after participating in the educational program, there was a noticeable improvement in both their knowledge and attitude. The study highlights the need for increased mental health awareness among nursing students about legal and human rights.

**Table 1:** Frequency and percentage distribution of demographic characteristics of samples

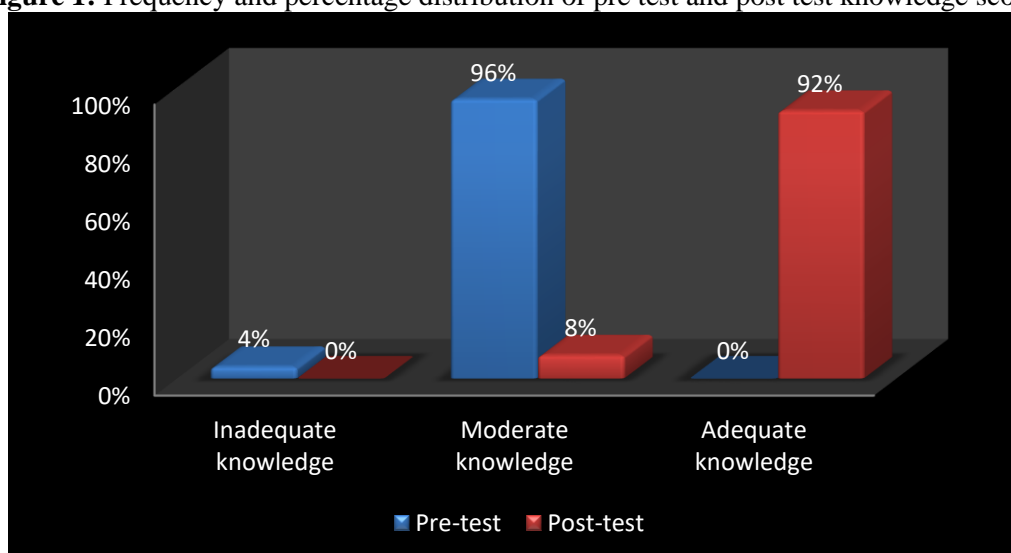
S.no.	Demographic variables	Frequency	Percentage	
1.	Age	18 years	00	0%
		19 years	06	11.5%
		20 years	37	71.2%
		above 20 years	07	13.5%
2.	Gender	Male	07	13.5%
		Female	43	82.7%

3.	Religion	Hindu	47	90.4%
		Muslim	02	3.8%
		Christian	01	1.9%
		Other	00	0%
4.	Previous Educational Status	Intermediate	44	84.6%
		Graduate	06	11.5%
5.	Resident	Urban	28	53.8%
		Rural	22	42.3%
6.	Previous source of information regarding human rights	Electronic media	09	18.2%
		Printed media	07	14.4%
		Health personnel	34	68.5%
		No information	00	0%

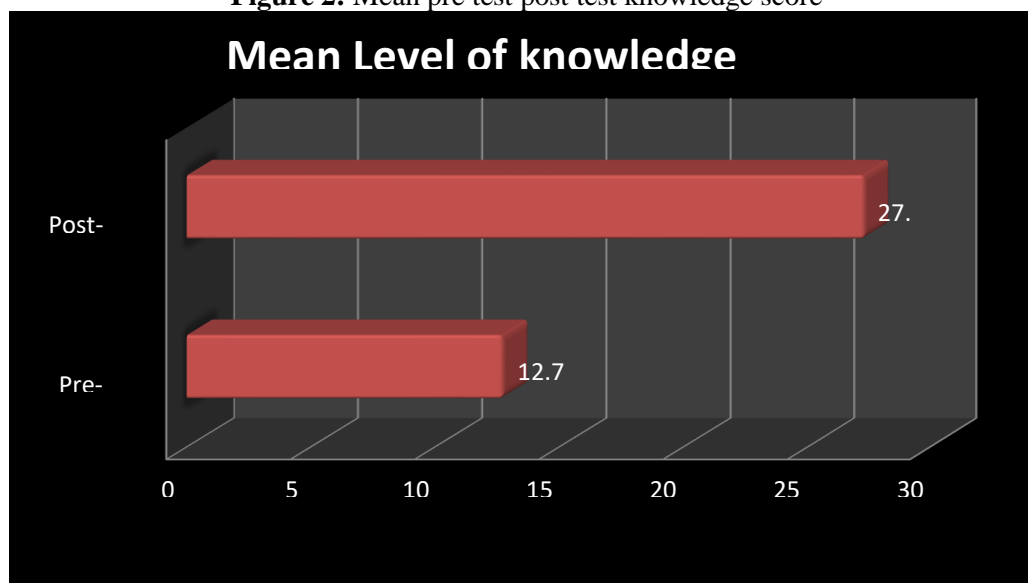
**Table 2:** Comparison of the knowledge scores at pre-test & post-test.

S. No.	Observation	Inadequate knowledge		Moderate knowledge		Adequate knowledge	
		F	%	F	%	F	%
1.	Pre-test	02	4%	48	96%	00	0%
2.	Post-test	00	0%	04	8%	46	92%

**Figure 1:** Frequency and percentage distribution of pre test and post test knowledge scores



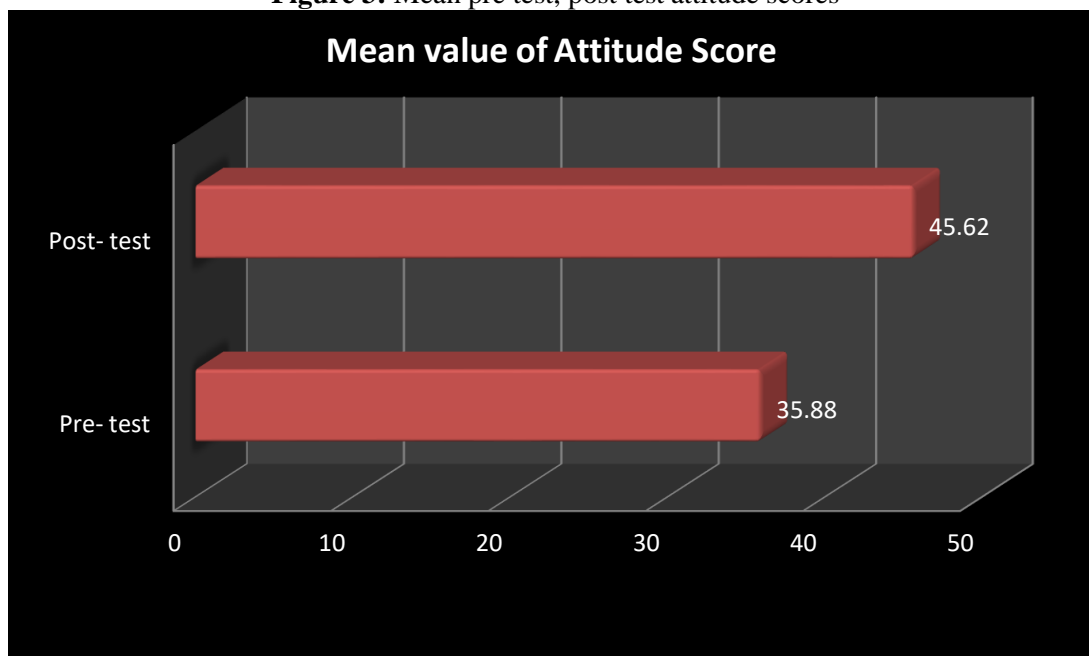
**Figure 2:** Mean pre test post test knowledge score



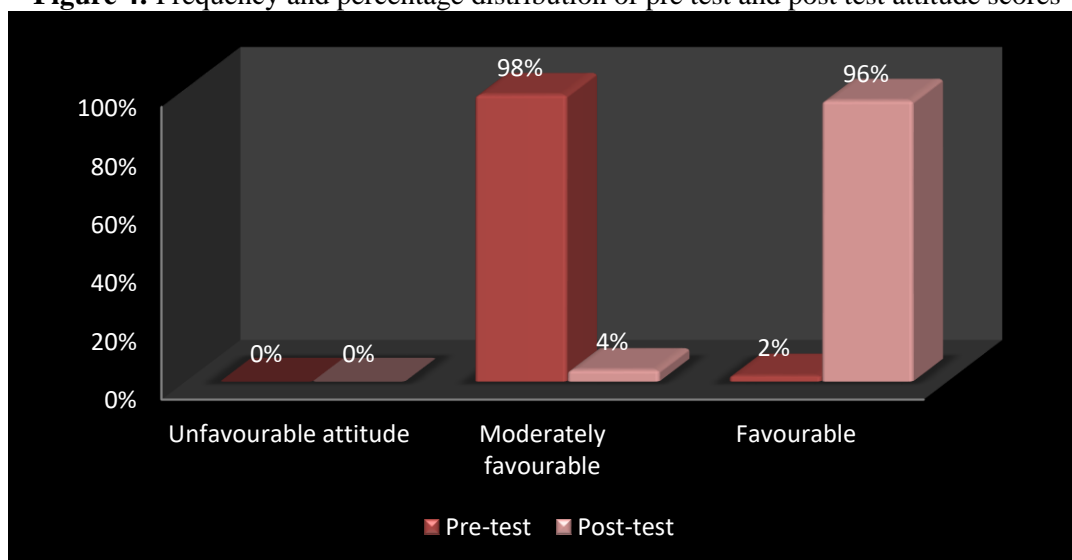
**Table 3:** Comparison of level of attitude scores at pre-test & post-test.

S. No.	Observation	Unfavorableattitude		Moderately favorable attitude		Favorableattitude	
		F	%	F	%	F	%
1.	Pre-test	0%	0%	49	98%	01	2%
2.	Post-test	0%	0%	02	4%	48	96%

**Figure 3:** Mean pre test, post test attitude scores



**Figure 4:** Frequency and percentage distribution of pre test and post test attitude scores



**DISCUSSION:**

The structured questionnaires were used to assess the effectiveness of the educational intervention on the understanding and attitude of nursing students regarding mentally ill client’ rights. The results indicate that before the intervention, none of the nursing students had adequate knowledge, while 96% had moderate level of knowledge, and 4% had inadequate knowledge. After the intervention, 92% had adequate knowledge, 8% had moderate

levels of knowledge, and 0% had inadequate knowledge. Regarding attitude, 2% of student nurses had a favorable attitude before the intervention, while 98% had a moderately favorable attitude. After the intervention, 96% had a favorable attitude, 4% had a moderately favorable attitude, and none had an unfavorable attitude. The findings related to demographic characteristics showed that out of 50 nursing students, the majorities (71.2%) were 20 years old,

82.7% were females, 90.4% were Hindus, 84.6% had intermediate education, and (68.5%) had previously been informed by health personnel.

#### **RECOMMENDATIONS:**

The study suggests several recommendations for improvement. It suggests conducting a quantitative study with a control group to compare knowledge and attitude levels, replicating the findings on a larger sample, assessing staff nurses' knowledge and attitude towards mentally ill clients' rights, using educational methods like demonstrations and self-instructional modules, evaluating the understanding and practice of other mental health care workers, assessing attitudes among community people, and conducting a comparative study among psychiatric nurses and general nurses and midwives.

#### **CONCLUSION:**

Nursing students' knowledge and attitude shape mental health care's future. This study aims to promote awareness and discussion on mental illness in nursing education, improving knowledge and attitudes for inclusive environments for individuals with mental illness.

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#### **CONFLICT OF INTEREST:**

Regarding the publishing of this work, the authors state that they have no conflicts of interest.

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