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**A Study To Assess Knowledge And Practices Regarding Mental Health/
Hygiene Among General Public At Selected Urban Area In View To
Develop Self-Instructional Module**

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ABSTRACT

INTRODUCTION

“Knowledge is the wing whereby we fly to Heaven”

William Shakespeare Mental health is very essential and crucial area of every once life. It refers to our thoughts, feelings and actions, particularly when faced with life's challenges and stressors. “Health is a complete state of physical, mental and social well-being and not merely an absence of diseases or infirmity.” Health is a multi-dimensional state. Mental health is integral and more important for physical and social function. Globally 400 million cases are suffering by mental illness, and everyone has one time

life risk for mental illness. Department of Psychiatry, Postgraduate Institute of Medical Education and Research, (2016) Chandigarh India. Co-investigator and chief investigator respectively of study area team in India. 1624 patients who were attending primary health facilities in 4 developing countries were examined to determine how many were suffering from mental disorder. Using stringent criteria to establish the presence of psychiatric morbidity, 225 cases were found, indicating an overall frequency of 13.9 %. The great majority of cases were suffering from neurotic illnesses and for most the presenting complaint was of a physical symptom, such as headache, abdominal pain, cough or weakness. The health workers following their normal procedure correctly detected one third of the psychiatric cases

PROBLEM STATEMENT

“A study to assess knowledge and practices regarding mental health/ hygiene among general public at selected urban area in view to develop self-instructional module”

OBJECTIVES OF THE STUDY

- 1] To assess the knowledge regarding mental hygiene/ health among the general public at urban area.
- 2] To assess the practices regarding mental hygiene/ health among the general public at urban area.
- 3] To find out association between selected demographic variables and knowledge and practices regarding mental hygiene/ health among the general public at urban area.
- 4] To prepare self-instructional module on basis of knowledge and practice regarding mental hygiene/ health among the general public at urban area.

METHODOLOGY:-

The research design selected for study was Survey research approach which was best suited to the study. The investigator developed self instructional module based on the result to improve mental health and hygiene among general public.

REVIEW OF LITERATURE:-

1. Shagufta Nazneen Ansari (2015) One of the most frequent experiences that everyone has is stress. It is compatible with every stage of life. Any physical, physiological, or emotional event that disturbs the body or the mind is considered a stressor. A variety of symptoms are produced, and they differ from person to person. Despite the fact that stress is sometimes considered to be a subjective sensation, its levels are easily detectable using a variety of physiological tests, and steps can be done to lessen it. Furthermore, it should be noted that it is unrealistic to completely eradicate stress, so it is crucial to manage stress for people who are experiencing it. All of this had caused the idea of "Stress Management" to evolve, which has since been shown to be one of the most essential soft skills in such a capable and quick-moving environment.
Shagufta Nazneen Ansari (November, 2015), STRESS MANAGEMENT -AN ULTIMATE NEED OF THE HOUR TO SUCCEED, International Journal in Management and Social Science, ISSN: 2321-1784.
2. RENU KUMARI (2016) Both employees and supervisors are experiencing higher levels of stress in today's dynamic and competitive workplace. More and more managers are displaying symptoms of chronic fatigue and burnout as a result of this work stress. According to research, stressed-out managers are bad for their businesses and shareholders. Even the most talented people typically become less effective under stress, which lowers output. Whether the economy is robust or weak, stress is an issue in practically every country in the globe. We need to understand what stress is, what causes it, what its effects are, and what can be done to decrease it.

Renu Kumari (June, 2016), Stress Management, International Journal in Commerce, IT & Social Sciences, ISSN: 2394-5702.

3. Neil Schneiderman (2005) According to Claude Bernard (1865–1961), maintaining our internal milieu in the face of a changing world is crucial for maintaining life. "Homeostasis" is what Cannon referred to as. When something poses a major danger to homeostasis, Selye used the term "stress" to describe its effects. The "stressor" is the actual or imagined danger to an organism, and the "stress response" is the organism's reaction to the stressor. Selye recognized that strong, sustained stress reactions could result in tissue damage and disease, even though stress responses have developed as adaptive processes.

Gail Ironson (2005), STRESS AND HEALTH: Psychological, Behavioral, and Biological Determinants, NIH Public Access, ISSN.

4. Dr. Gopal C. Mahakud (2013) Stress is a typical occurrence in contemporary life. Conflict resulting from ambitious goals and high expectations is typically what causes stress. Stress can also be brought on by indecision and/or an inability to handle a demanding circumstance. Everyone experiences stress, yet everyone's level of stress differs depending on numerous intrapsychic and interpersonal circumstances. People who are more susceptible to stress have greater health issues and interpersonal problems. Even though stress cannot be completely eliminated from a person's life, it can be reduced, which may support having a happy and fulfilling social life.

Vikas Sharma (December, 2013), Stress Management: Concept and Approaches, The International Journal Of Humanities & Social Studies, ISSN 2321 -9203.

5. K. Saravanan (2019) The Latin term "Stringere," which means to draw tight, is the source of the English word "stress." The phrase is used to describe difficulty, pressure, adversity, or affliction. Stress has been referred to by many different words, including worry, frustration, conflict, pressure, and so on. Each individual has a unique understanding of what stress is. Because any need on adaptability

would produce stress. Simply said, stress is the body's general response to any demand placed upon it. By definition, tension or worry are not the same as stress. Stress gives people the opportunity to use their talents and seek happiness. Additionally, it may result in accidents, heart attacks, physical or mental sickness, tiredness, and illness. It's crucial to keep in mind that some forms of stress are necessary and normal. One or more of the following domains of health—physical, emotional, spiritual, and social—may be disrupted as a result of ongoing stress.

K. MuthuLakshmi (April, 2019), A Study on Stress Management among Employees in Nationalized Bank, Nagapattinam District, ISSN NO : 2277-2723.

6. Ishwarya.S (2019) Every human being aspires to have the luxury and prosperity they seek in their lives. They are involved in a variety of activities to achieve this prosperous lifestyle. They put in a lot of effort every day, both physically and emotionally. The constant thrust of physical and mental energy causes alignment and realignment of the human anatomy, which results in illness and disease. They require a cure method in order to overcome the status of illness in both physical and mental aspects. Health care is the general term used to describe this system, which has undergone significant changes.

Dr. T. Amutha (March, 2019), STRESS MANAGEMENT IN HEALTHCARE SECTOR, Journal of Management Research and Analysis, ISSN 2394- 2762.

7. Dr. Saba Fatma (2020) The word insomnia comes from the Latin word "insomnis," which is made up of the words "in" for "not" and "somnus" for "sleep" to indicate no "sleep."

The term sehar (insomnia) refers to a condition that affects a person's ability to function while awake due to problems initiating and maintaining sleep, poor sleep quality, and insufficient sleep length. The second most common reason for adults to seek medical care after pain is insomnia, which can affect up to 10 to 59% of the adult population.

Rubi Anjum (September, 2020), Insomnia disorder: A review, International Journal of Applied Research, ISSN 2394-7500.

8. MR. A. ANBAZHAGAN (2013) Only in the last two decades has the term "stress" become widely used in the study of behavior. Derived from the physical sciences, the phrase refers to a force operating on a body to cause strain or deformation. Later stress has come to stand in for the strained state of the body. The term "stress" was used to describe a severe condition that included tension, potential harm, and some sort of resistance to the exerting force in both physical and biological sciences as well as behavioral research. A state of strain on one's feelings, thoughts, and/or physical health that makes it seem as though one's capacity to cope with the environment is in danger is known as stress.

DR.L.J.SOUNDAR RAJAN (May, 2013), A CONCEPTUAL FRAMEWORK OF OCCUPATIONAL STRESS AND COPING STRATEGIES, ZENITH International Journal of Business Economics & Management Research, ISSN 2249- 8826.

9. Kassymova K. Gulzhaina (2018) Life is stressful, that much is true. The concept of "stress" was first utilized in physics to examine the challenge of how to create structures that can withstand enormous loads and resist deformation. The term "stress" has a different meaning now that behavioral sciences have replaced physics as the field of study. Wheeler C. M. claims that stress is a term from physics that describes the amount of force given to an object and has applications to how some things that carry force are applied to people in everyday life. A person's body, mind, and spirit are all subject to strain from situations like financial difficulty, health problems, interpersonal disputes, and work-related concerns.

Sangilbayev S. Ospan (January, 2018), Stress management techniques for students, Atlantis Press,ISSN.

10. Vicente Javier Clemente-Suárez (2021) One of the biggest pandemics in the previous two generations was expected to hit the world in 2020. The new corona virus, which is notorious for being extremely contagious, is killing thousands of people every day while infecting hundreds of thousands more. Common respiratory infections in people, such as the common cold and more serious conditions like the Middle East

respiratory syndrome and severe acute respiratory syndrome, are typically caused by. The COVID-19 pandemic was brought on by the recently identified corona virus Sars-CoV-2, which had a higher fatality and contagiousness ratio than its predecessors. However, the virus and the present pandemic raise concerns beyond just the effects on health.

Eduardo Navarro-Jiménez (March 2021), Impact of COVID-19 Pandemic in Public Mental Health: An Extensive Narrative Review, MDPI, ISSN.

SAMPLING:-

Non-probability convenient sampling technique use for select the samples from general public selected urban area. In this study, the subject consisted of mental health and hygiene. The size of sample consisted of 300. The tools adopted by investigator for data collection was self structured knowledge questionnaire and self structured self reported practice check list.

MAJOR FINDINGS OF THE STUDY

From the evident that out of total 300 samples, majority of subjects are respectively (33.3%) belong to age group 49 yrs and above, (51.7%) belong to male category, (36.7%) had educated up to higher secondary education, (41.7%) were employed,(41.7%) eared Rs. 10,000 and below/ month, (65%) were rented residents of urban area, (36.7%).

Developed self-instructional module on overall Knowledge score of subjects mean was 8.87 and on overall Practice score of subjects mean was 10.72 which signifies that knowledge is poor and practices are good. Need to improve mental health and hygiene among general public at selected urban area.

There was co-relation of education and family income with Knowledge and practices of mental health and hygiene among general public at selected urban area.

DISCUSSION:

The main strategy adopted in this research is to assess the Knowledge and

Practice of mental health and hygiene among general public at selected urban area.

Involving general public at selected urban area in this research is the sustainability of research. During the study it was observed that, all the subjects were very conscious and interested to learn. The results of survey study revealed that there was low level of Knowledge and Practices regarding Mental Health and Hygiene among general public at selected urban area. Developed self-instructional module. Subjects expressed that they were expecting more of such kind of information programs with pictures, videos, demonstration and planned teaching.

CONCLUSION:

Following a health education intervention, awareness of personal hygiene and its component variables greatly increased. There was a statistically significant improvement in knowledge. After a health education intervention, personal hygiene usage and related factors greatly increased. Statistics showed a statistically significant rise in practice. It was determined that, if the health education intervention was adequately implemented to the kids, behavior improvement in school kids was possible. In order to enhance personal cleanliness among schoolchildren across the country, adequate health education interventions must be made through the school system. Personal hygiene education must be covered in the curriculum if the country is to have healthy human resources and a bright future