

**“A STUDY TO ASSESS THE MISCONCEPTION OF MENTAL ILLNESS
AMONG THE ADULTS IN A SELECTED COMMUNITY AREA,
BANGALORE”.**

by

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ABSTRACT

BACKGROUND

Adults describe the age group between 25 to 45 years it can be considered the very important stage of life for everyone. Adulthood bring up issues of social due to independence and self-identity.

Adulthood is a time when they get more exposure to the external world and realize about the responsibilities.

Mental health is not just the absence of mental disorder. It is defined as a state of wellbeing in which every individual realizes his or her own potential can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to her or his community.

Within a clinical context, mental illness can be defined as a clinically recognizable set of symptoms (relating to mood, thought or cognition) or behavior that is associated with distress and interference with functions(i e., impairments leading to activity limitation or participation restriction).

A survey done by newly formed “Mental health task force(MHTF) shows that over 25% of the Karnataka population suffers from major mental health problem. In Karnataka, people suffering from severe mental disorder are 2%. Minor mental disorder is 10-12%, depression 10-12%, substance use disorder 3% , childhood problems 5%, suicide rate 9-11/1 lakh population (average for Karnataka per year).

Hence the present study is aimed to assess misconceptions among adults in selected community area in Bangalore.

OBJECTIVES OF THE STUDY

1. To assess the knowledge regarding the misconception of mental illness among the adults.
2. To find association between misconceptions related to mental illness and selected demographic variables.

ASSUMPTIONS

There will be significant level of misconceptions among adults.

In the present study, descriptive approach was selected. The structured questionnaire on knowledge was developed by the researcher and myths on mental-illness was adopted to collect data. The pilot study was done in Ganapathi nagar, Bangalore and main study was conducted in Abbigere, Bangalore, with the sample size of 100 adults aged 25-45 years. The samples were selected by using purposive sampling technique and the collected data was analyzed and interpreted based on descriptive and inferential statistics.

RESULTS

The analyzed data from the demographic information of the adults reveals that majority 44% of adults belong to age group of 25-45 years, majority 60% were females, majority 85% were literates, majority were from rural, and majority were Hindu.

CONCLUSION

The present study attempted to assess misconceptions on mental illness in selected community in Bangalore. Misconceptions about mental illness are highly prevalent in the community. Thus, there is a need for more education and awareness about mental illness and its misconceptions.

KEY WORDS: Misconceptions, Myths, Mental health task force (MHTF)

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