

Original Research Article

Assessing the effectiveness of planned teaching programme on knowledge regarding human rights of mentally ill among B.Sc. nursing students

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ABSTRACT

Background: As per the amendments in mental health care act 2017 regarding the rights of mentally ill is highly affected on basis of knowledge among the nursing professional students that helps to maintain the quality care of the future nurses. Objectives were to assess the level of knowledge regarding human rights of mentally ill among B. Sc. nursing students, to evaluate the effectiveness of planned teaching program on knowledge regarding human rights of mentally ill, and to find out the association between level of knowledge regarding rights of mentally ill among B. Sc. nursing student in selected nursing college at Meerut.

Methods: Pre-experimental, convenient sampling study was done among 90 samples of B. Sc. nursing students with structured questionnaire.

Results: The effectiveness of the planned teaching program on knowledge regarding human rights of mentally ill individuals among B. Sc. nursing students. The mean pretest knowledge score was 12.53 ± 3.535 , while the post-test mean score increased to 19.31 ± 3.871 .

Conclusions: Study reveal that the majority of students (82.2%) have an adequate level of knowledge after the intervention, while 17.8% have an inadequate level of knowledge indicate planned teaching program was effective and participant knowledge was improved.

Keywords: Effectiveness, Planned-teaching program, Rights of mentally ill

INTRODUCTION

General secretary of mental health of United Nations concluded 2017 report A comprehensive approach to addressing their human rights situation requires the protection of autonomy, agency and dignity as well as the other human rights guaranteed by, inter alia, the convention on the rights of persons with disabilities and the international covenant on economic, social and cultural rights.¹ It also requires policy shifts that recognize exclusion and marginalization as the causes and consequences of poor mental health and take seriously the commitment in the 2030 agenda sustainable development to leave no one behind and reach first those who are furthest behind.¹ As per the BBC news report, the mental

health institutions itself does not respect the rights of mentally ill patients.

Sometimes the patients are found in dreadful conditions like being kept undressed or in dirty or old clothes.² Nurses deal with human rights issues daily, in all aspects of their professional role.³

Human rights deal with balancing the rights of all human beings as individuals within the community.⁴ Mental disorders are common, affecting more than 25% of all people at some time during their lives.¹ The human rights violation starts from the very beginning of their admission to treatment and rehabilitation till their discharge from mental health hospitals.⁵

Despite signing up to various acts and conventions on mental health, the violation of their rights are continuing around the globe. This may be due to the lack of knowledge and faulty attitude of community and also some poor beliefs are contributing to this. Investigator felt that the 3rd year B. Sc. nursing students would be the best resource as they will be the future teachers and staff nurses.⁴ The role of nurses and professional nursing has expanded rapidly within the past few decades to include expertise specialization, autonomy and accountability, both from a legal and ethical perspective.⁶

Psychiatric association's diagnostic and statistical manual of mental disorders (DSM) V and international classification of diseases (ICD) 10. We selected all the articles directly focussing on human rights aspects of mental health, including those invoking the CRPD, the WHO quality rights and other national and international human rights charters.⁷

World health organization had chosen the theme of mental health "stop exclusion dare to care" to focus the world-wide attention on the issues related to mental health.⁷ As India was a signatory of the convention on rights of persons with disabilities (CRPD) on 13th December 2006, therefore more efficient mental health legislation was required and this paved the way to mental healthcare act.⁸

It clearly represents the logical continuation of arguments and positions articulated by the UN and WHO over past decades and, more recently in the CRPD. As a result, India's new mental health legislation is both timely and ground-breaking, and its implementation over the coming years will provide much-needed information about human rights in practice in the field of mental health care.⁹

Operational definition

Effectiveness

It refers to desire change, which can be brought about by structured teaching programme and is measured in terms of significant difference in level of knowledge regarding human rights of mentally ill among B. Sc. nursing students structured teaching programme.

Planned teaching program

It refers to systematically planned information regarding human rights of mentally ill among the B. Sc. nursing student through power point presentations.

Human rights

It is pertaining to basic rights of the patients with mental illness. As outlined, in international declaration and conventions, encompassing dignity, autonomy, non-discrimination, access to appropriate health care and treatment.

Knowledge

Information acquired by the B. Sc. nursing student through the planned teaching program regarding human rights of mentally ill.

Problem statement

A study to assess the effectiveness of planned teaching programme on knowledge regarding human rights of mentally ill among B. Sc. nursing students in selected nursing college at Meerut UP.

Objectives

Objectives were to assess the level of knowledge regarding human rights of mentally ill among the B. Sc. nursing students, to evaluate the effectiveness of planned teaching program on knowledge regarding human rights of mentally ill among B. Sc. nursing students in selected nursing college and to find out the association between level of knowledge regarding rights of mentally ill among B. Sc. nursing student in selected nursing college at Meerut.

METHODS

Research approach

Researcher adopted a quantitative technique.

Research design

Pre-experimental research design (One group pre-test post-test design) used in study.

Variables

Independent variable planned teaching program and dependent variable-'Knowledge' regarding human rights of mental illness were used.

Setting

Study conducted at college of nursing LLRM medical college, Meerut (UP).

Target population was B. Sc. nursing students.

Assessable population was V semester B. Sc. nursing students in college of nursing at Meerut.

Sampling technique non-probability convenient used to select samples.

Sample size

B. Sc. nursing V semester students sample 100 students were selected.

Inclusion criteria

Students those were studying V-semester B. Sc. Nursing, students who were willing to participate in study, students who were absent on the day of data collection were included.

Exclusion criteria

Students who were not available on the day of data collection and students who were not willing to participate in the study were excluded.

Hypothesis

H1

There will be significant difference between pretest and post-test level of knowledge regarding human rights of mentally ill among B. Sc. nursing student.

H2

There will be a significant association between post-test level knowledge score regarding human rights of mentally ill among B. Sc. nursing students with their selected demographic variables.

Description of tool

The researcher has developed two sections-Section A: demographic variables set of 10 questions.

Section B: structured questionnaire with set of 32 questions to assess the knowledge regarding human rights of the mentally ill.

Procedure for data collection

After getting the permission from the concerned authorities, researcher explained the purpose of the study to the students. After obtaining informed consent from the students, pre-test conducted by using of structured questionnaire to assess the student's knowledge on human rights of mentally ill. After planned teaching programme post-test will be conducted using the same tool.

Data analysis

Descriptive statistics such as frequency, percentage, mean, standard deviation, median, and interquartile range

were calculated. Inferential statistics, including the dependent t-test and chi-square test, were applied. Data analysis and interpretation were performed using IBM SPSS version 27.

Ethical consideration

Ethical approval with reference: sc-1/2025/1768 was obtained from the institutional ethical committees.

RESULTS

Table 1 present the post-test assessment of knowledge regarding human rights of mentally ill individuals among B. Sc. nursing students. The results reveal that the majority of students (82.2%) have a good level of knowledge after the intervention, while 17.8% have an adequate level of knowledge.

In the pretest, the mean knowledge score was 12.53 with a standard deviation of 3.535, a median of 13.00, and an interquartile range (IQR) of 6. The scores ranged from a minimum of 5 to a maximum of 19, giving a range of the 14.

In the posttest, the mean knowledge score increased to 19.31 with a standard deviation of 3.871, a median of 20, and an IQR of 3. The posttest scores ranged from 9 to 29, indicating a range of 19 (Table 2).

Association of post-test knowledge level the chi-square test was used to examine the relationship between socio-demographic variables and knowledge levels after the intervention. Most variables, including age ($\chi^2=2.474$, $p=0.289$), gender ($\chi^2=1.057$, $p=0.277$), religion ($\chi^2=6.345$, $p=0.084$), Father's educational status ($\chi^2=3.601$, $p=0.332$), father's occupation ($\chi^2=7.075$, $p=0.103$), Mother's occupation ($\chi^2=4.434$, $p=0.268$).

Type of family ($\chi^2=2.364$, $p=0.340$), presence of a medical professional in the family ($\chi^2=0.560$, $p=0.318$), presence of mentally ill patients in the family ($\chi^2=0.136$, $p=0.502$), associations with the post-test knowledge levels, as all p values were greater than 0.05 did not show statistically significant.

However, the mother's educational status ($\chi^2=8.798$, $p=0.039$) was found to have a significant association with the students' post-test knowledge levels, suggesting that maternal education had an influence on the knowledge outcomes following the intervention (Table 3).

Table 1: Descriptive statistics of knowledge scores regarding human rights of mentally ill among B. Sc. nursing students, (n=90).

Score	Mean	SD	MD	IQR	Min.	Max.	Range
Pretest knowledge	12.53	3.535	13.00	6	5	19	14
Post-test knowledge	19.31	3.871	20	3	9	29	19

*SD=Standard deviation, MD=Median, IQR=Inter quartal range, Min=Minimum, Max=Maximum

Table 2: Effectiveness of planned teaching program on knowledge regarding human rights of mentally ill among B. Sc. nursing students, (n=90).

Knowledge score	Mean	SD	MD	T value	Df	P value
Pretest	12.53	3.535	6.778	17.370	89	0.001 ^S
Posttest	19.31	3.871				

*SD=Standard deviation, MD=Mean difference, df=degree of freedom, S=significant at 0.01 mean SD level.

Table 3: Association between post- test level of knowledge regarding rights of mentally ill among B. Sc. nursing student in selected nursing college at Meerut, (n=90).

Variables	Knowledge level		X ² value	Df	P value
	Moderately adequate	Adequate			
Age (in years)					
20-21	6	17	2.474	2	0.289 ^{NS}
22-23	7	48			
>23	3	9			
Gender					
Male	1	12	1.057	1	0.277 ^{NS}
Female	15	62			
Religion					
Hindu	15	47	6.345	3	0.084 ^{NS}
Muslim	0	10			
Christian	0	11			
Sikh	1	6			
Educational status of father					
Illiterate	8	37	3.601	3	0.332 ^{NS}
Primary school education	4	25			
Higher secondary school education	1	8			
Graduate and above	3	4			
Educational status of mother					
Illiterate	0	9	8.798	3	0.039 ^S
Primary school education	0	12			
Higher secondary school education	2	17			
Graduate and above	14	36			
Occupation of father					
Daily wages	1	17	7.075	3	0.103 ^{NS}
Self-employee	6	9			
Government employee	3	15			
Private-employee	6	33			
Occupation of mother					
House wife	1	10	4.434	3	0.268 ^{NS}
Self-employee	2	21			
Government employee	10	26			
Private-employee	3	17			
Type of family					
Nuclear	11	40	2.364	2	0.340 ^{NS}
Joint	4	17			
Extended	1	17			
Any medical professional in your family					
Yes	7	40	0.560	1	0.318 ^{NS}
No	9	34			
Any mental ill patients in your family					
Yes	3	17	0.136	1	0.502 ^{NS}
No	13	57			

*S=significant, NS=not significant.

DISCUSSION

Our study revealed that the effectiveness of planned teaching program increases the level of knowledge regarding human rights of mentally ill individual with significant association among educational status of student's mother. Saranya et al study shows that structured teaching programme is effective of B. Sc Nursing students according to level of knowledge before and after the manipulation in which (41.67%) of the samples had showed inadequate levels of knowledge in pretest. In contrast, (70%) of the samples experienced adequate levels of knowledge in the post test.

Socio-demographic profile of socio-demographic variable profiles among B. Sc. nursing students at selected nursing college at Meerut (U. P.). Regarding the age group the major finding depicted as (61.1%) least affected (13.3%). Regarding the gender majority of students are 85.6% are female where as 14.4% only males are there. In the term religion majority of Hindu students depicted as higher than others. Regarding fathers' educational status majority (95.0%) are if illiterate least (7.8%) of them are graduate. Mother's educational status, in the contrast of father's educational status as majorly found (55.6%) is majorly and least finding as up to (10.0%). Largest proportion of father's occupation (43.3%) are employed of private self-employed are least of them up to (16.7%). For mothers most of the mother (40.0%) are government employees and only (12.2%) are found as least proportion of housewives. Majority of students are belonging to the (56.7%) belong to nuclear family and (20.0%) are from extended families. In the term (52.2%) of major proportion have medical professionals in their family where while (47.8%) does not have. Mentally ill person belongs are just up (22.2%) while majority of mentally ill in family is (77.8%).

The result of post-test assessment of knowledge level reveals that after the intervention of planned teaching program the, result of majority of students (82.2%) while (17.8%) have an adequate knowledge this indicates a significant improvement in the students' understanding of human rights concerning mentally ill individuals, with most students demonstrating a higher level of knowledge post intervention.

The descriptive statistics of knowledge scores regarding human rights of mentally ill individuals among B. Sc. nursing students. In the pre-test, the mean knowledge score was 12.53 with a standard deviation of 3.535, a median of 13.00, and an interquartile range of 6. The scores ranged from a minimum of 5 to a maximum of 19, giving a range of 14. In the post-test, the mean knowledge score increased to 19.31 with a standard deviation of 3.871, a median of 20, and an interquartile range of 3. The post-test scores ranged from 9 to 29, indicating a range of 19. The effectiveness of the planned teaching program on knowledge regarding human rights of mentally ill individuals among B. Sc. nursing students.

The mean pretest knowledge score was 12.53 ± 3.535 , while the posttest mean score increased to 19.31 ± 3.871 . The mean difference (MD) between the pretest and posttest scores was 6.778. Here dependent 't' test was applied which indicate ($t=17$, $p=0.001$), the teaching program had a significant positive impact on the students' knowledge of human rights concerning mentally ill individuals.

Association of post-test knowledge level the chi-square test was used to examine the relationship between socio-demographic variables and knowledge levels after the intervention. Most variables, including age ($\chi^2=2.474$, $p=0.289$), gender ($\chi^2=1.057$, $p=0.277$), religion ($\chi^2=6.345$, $p=0.084$), Father's educational status ($\chi^2=3.601$, $p=0.332$), father's occupation ($\chi^2=7.075$, $p=0.103$), Mother's occupation ($\chi^2=4.434$, $p=0.268$), Type of family ($\chi^2=2.364$, $p=0.340$), presence of a medical professional in the family ($\chi^2=0.560$, $p=0.318$) associations with the post-test knowledge levels, as all p values were greater than 0.05.

An experimental study one-group pre-test post test design convenient sampling with sample size 30, structured questionnaire methods for data collection. At selected hospital staff at Asha hospital Maharashtra. result the mean knowledge score of post test was higher at 15.5 with $SD=3.35$ When compared with the pre-test mean knowledge score value of 5.83 with a SD of 3.87 the paired t test implies the difference in pre-test and post test knowledge score was found 9.67 which is significant at the 0.05% level. Conclusion finding shows that the most of the staff nurses of hospital had significantly in adequate knowledge and the high association between knowledge score with selected demographic variables and written prepared material regarding right of mentally ill patients is effective to helped the staff nurses knowledge improvement study by Aamir.⁵

A experimental study was conducted in RD memorial college nursing Bhopal MP. Total 40 subjects through random sample method with descriptive and inferential statistics were adopted to reveal the result finding shows the result of the finding shows the comparison of overall knowledge score Data showed the percentage distribution of subjects. It was observed from the result that majority 33 (82.5%) of students were female, and 7 (17.5%) of students were male. Data showed the shows the percentage distribution of nursing students by their previous knowledge on human rights. It was seen that majority 27 (67.5%) of students have previous knowledge on human rights, 13 (32.5%) of students have no previous knowledge on human rights. Data showed the shows the percentage distribution of nursing students by their source of information. It was observed that majority 15 (37.5%) of students obtained information from electronic media, 8 (20%) of students from printed media, 4 (10%) of students from health personnel and 13 (32.5%) of students had no information. data shows the percentage distribution of nursing students by theory classes they attended. It was seen that 17 (42.5%) students attended

theory classes and 23 (57.5%) students did not attend any classes on human rights of the mentally ill study by Singh et al.⁶

Supported study findings related to socio demographic variables of nursing students. The data showed the percentage distribution of 3rd year B. Sc. nursing students by sex. It was observed from the result that majority 33 (82.5%) of students were female, and 7 (17.5%) of students were male. The finding showed that percentage distribution of nursing students by their previous knowledge on human rights. It was seen that majority 27 (67.5%) of students have previous knowledge on human rights, 13 (32.5%) of students have no previous knowledge on human rights. The data showed the percentage distribution of nursing students by their source of information. It was observed that majority 15 (37.5%) of students obtained information from electronic media, 8 (20%) of students from printed media, 4 (10%) of students from health personnel and 13 (32.5%) of students had no information. Data showed the percentage distribution of nursing students by theory classes they attended. It was seen that 17 (42.5%) students attended theory classes and 23 (57.5%) students did not attend any classes on human rights of mentally ill.⁸

The present study is an effort to evaluate the “effectiveness of self-instructional module on human rights of mentally ill among 3rd year B. Sc. Nursing students in selected college in Bhopal”. In order to achieve the objectives of the study quasi experimental (one group pretest posttest) design was adapted and 40 subjects were selected using simple random sampling, fulfilling the inclusion and exclusion criteria. The subjects were evaluated using structured questionnaire for sociodemographic variables and knowledge questionnaire regarding human rights of mentally ill.⁶

Limitations

The study is focused on only providing the knowledge regarding human rights of mentally ill only effected to the B. Sc. nursing students. It should be avail at every professional institutes as per needs for behaviour modification towards mentally ill. Mental illness is social issue on that the focus should be widen for the knowledge of legal implication not only up-to the nursing students also for other departments also due to know about legal implication that can be avail due violation of rights of mentally ill person therefore the mentally ill can have succeeding community living right.

CONCLUSION

The aim of the study was to assess the effectiveness of planned teaching programme on knowledge regarding rights of mentally ill. It shows that, majority samples had inadequate knowledge. When the post-test and pre-test scores are compared after the planned teaching programme there was great difference in knowledge

regarding rights of mentally ill and proved that planned teaching programme have great influence on improving knowledge. associations with the post-test knowledge levels, as all p values were greater than 0.05. However, the mother's educational status ($\chi^2=8.798$, $p=0.039$) was found to have a significant association with the students' post-test knowledge levels, suggesting that maternal education had an assertive influence on the knowledge outcomes following the intervention.

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