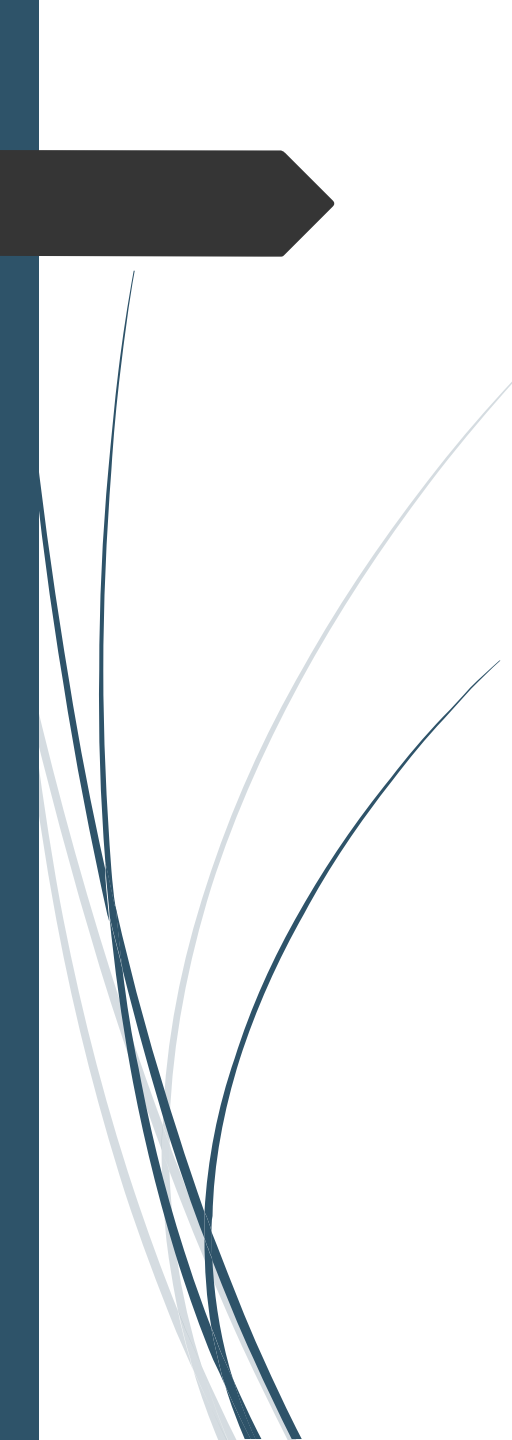


AWARENESS AND KNOWLEDGE OF MENTAL HEALTH DISORDERS AMONG THE GENERAL POPULATION OF BLOCK PALIGANJ, PATNA, BIHAR



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► **Definition of Health**

“Health is a state of complete physical, mental and social well-being and merely an absence of any disease or infirmity”.

► **Definition of Mental Health**

“Mental health is defined as a state of well-being in which an individual realizes their own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to their community”.

► **Definition of Mental Health Disorders**

“A mental disorder is characterized by a clinically significant disturbance in an individual’s cognition, emotional regulation, or behaviour. It is usually associated with distress or impairment in important areas of functioning”.



MOOD DISORDERS



SCHIZOPHRENIA



MENTAL
RETARDATION

Types of Mental health disorders



ANXIETY DISORDERS



EATING DISORDERS



PSYCHOTIC DISORDERS



SUBSTANCE ABUSE
DISORDERS



RESEARCH QUESTION

What is the level of awareness and knowledge of mental health disorders among the general population of Block Paliganj, Patna, Bihar ?

OBJECTIVES OF THE STUDY

- To determine the level of awareness and knowledge about Mental Health Disorders among general population of Paliganj.
 - To evaluate the attitude and beliefs towards Mental Health Disorders among the general population of Paliganj.
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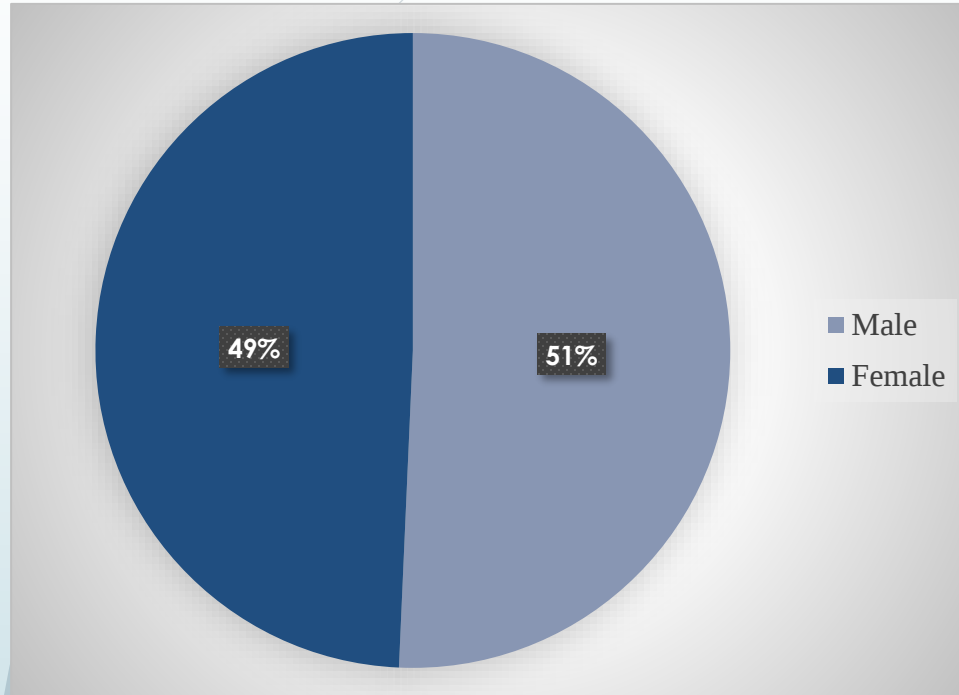


METHODOLOGY

- **STUDY DESIGN** – Descriptive Study
- **STUDY SETTING** – BLOCK PALIGANJ, PATNA, BIHAR
- **STUDY POPULATION**
 - Inclusion criteria - Population of age group 15-50 years were included in the study to assess their knowledge and awareness of mental health disorders.
 - Exclusion criteria - Population below age group of 15 years and above age group of 50 years were excluded from the study
- **STUDY TOOL** – Structured Questionnaire
- **DURATION OF STUDY** – 3 months
- **SAMPLE SIZE & TECHNIQUE** – 200 respondents, Non-Probability convenience sampling.

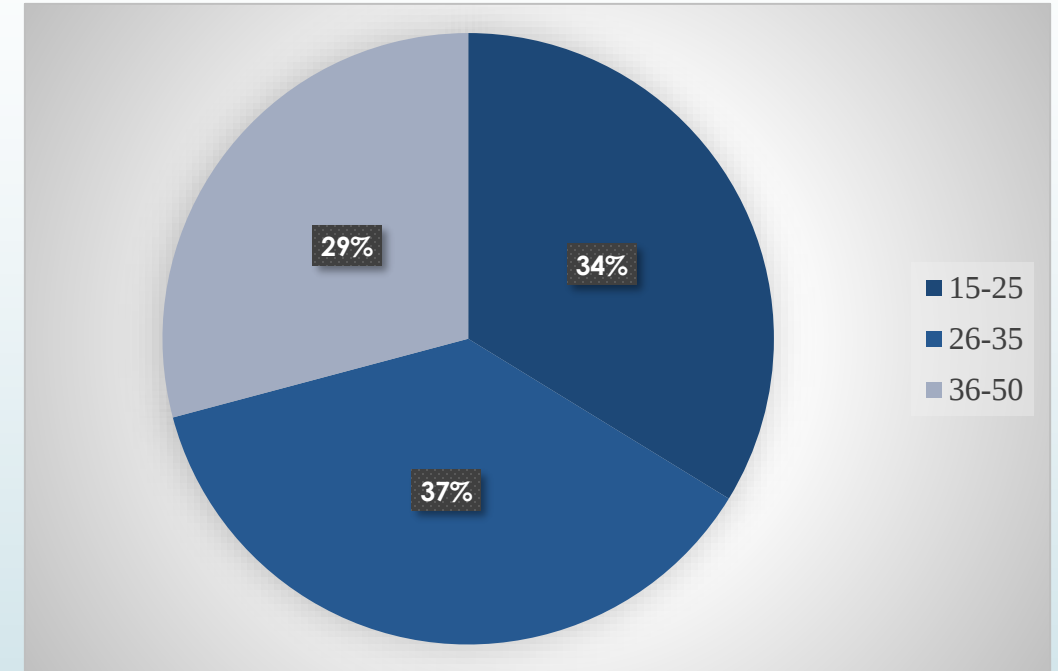
RESULTS

GENDER



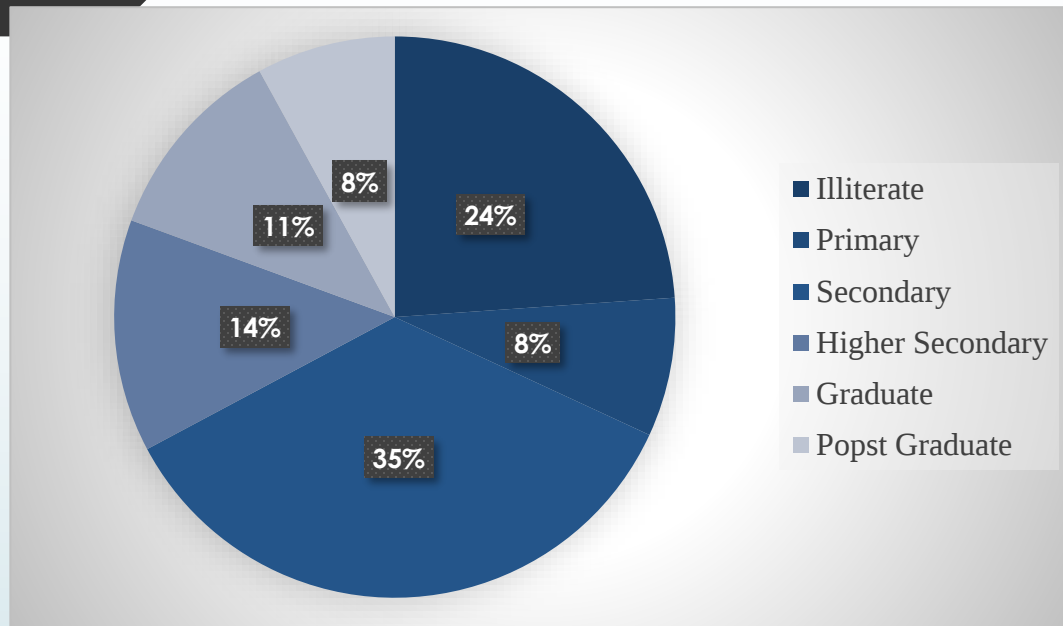
The Findings show that Out of 200 respondents, 102 respondents were male whereas 99 respondents were female. The above Fig 4.1 represents 51% of the respondents were male and 49% were female

AGE (IN YRS)



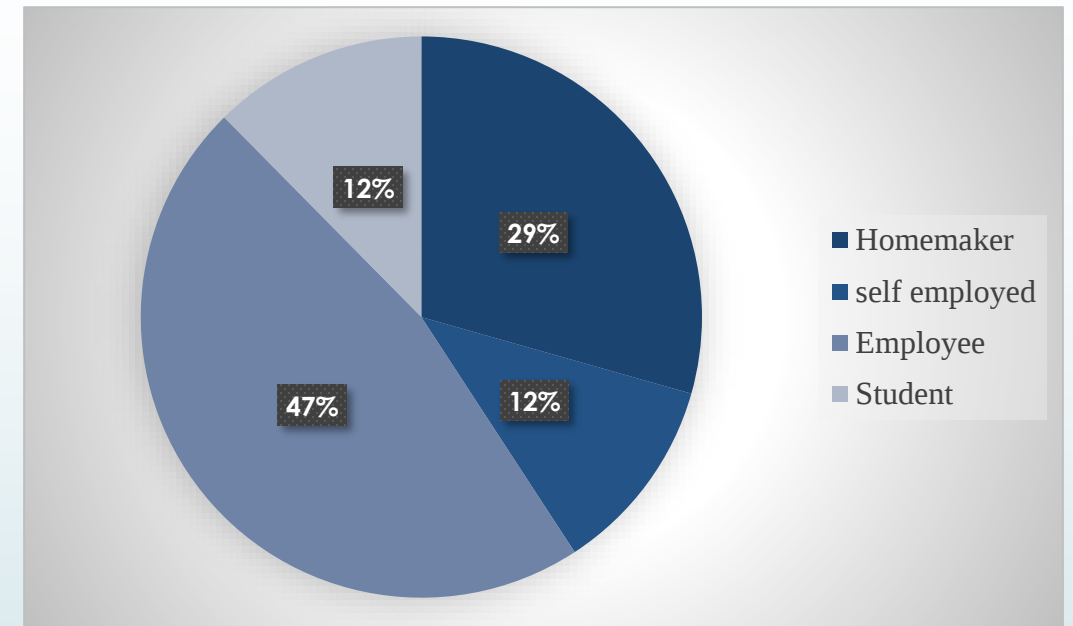
The figure represents that out of 200 respondents 34% of the respondents belong to the age category of 15-25 years of age, 37% of the respondents belong to the age category of 26-35 years of age and 29% respondents belong to the age category of 36-50 years of age.

EDUCATION



The figure shows that out of 200 respondents 24% respondents are illiterate, 57% constitute the primary, secondary and higher secondary education while only 19% constitute the graduate and post graduate respondents. This result provides a basic understanding of the educational distribution within the population which can further help in designing targeted interventions.

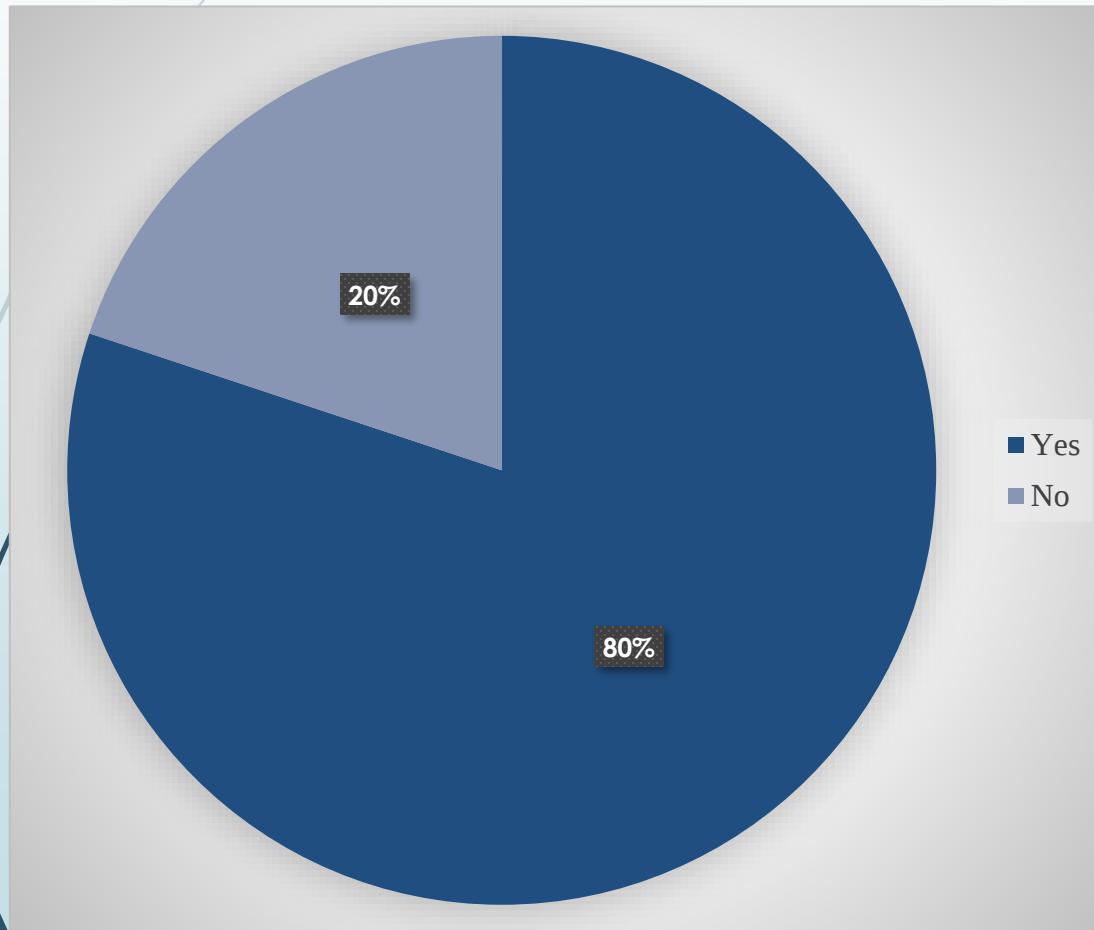
OCCUPATION



The above Fig 4.4 represents that nearly half of the respondents 47% were being employed by someone while both employee and student were 12% respectively. 29% of the respondents were homemakers. This result provides a snapshot of the occupational distribution within the study population which can help to understand the composition of occupation.

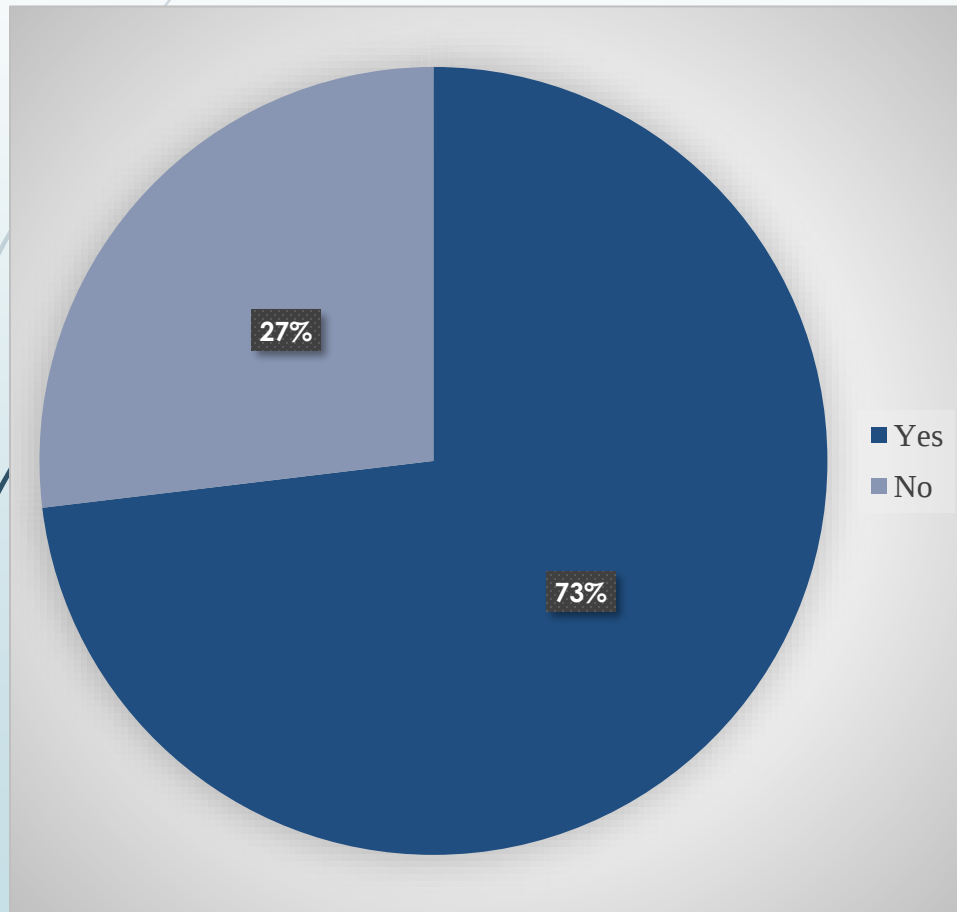
RESULTS

HAVE YOU HEARD OF MENTAL HEALTH DISORDER?



- The figure shows that majority of the respondents (80%) have heard about the mental health disorder while 20% haven't.
- This indicates significant proportion of respondents have some basic idea of mental health disorders.
- This also indicates that there is a gap in knowledge in some proportion of the respondents which need to be bridged by spreading awareness.

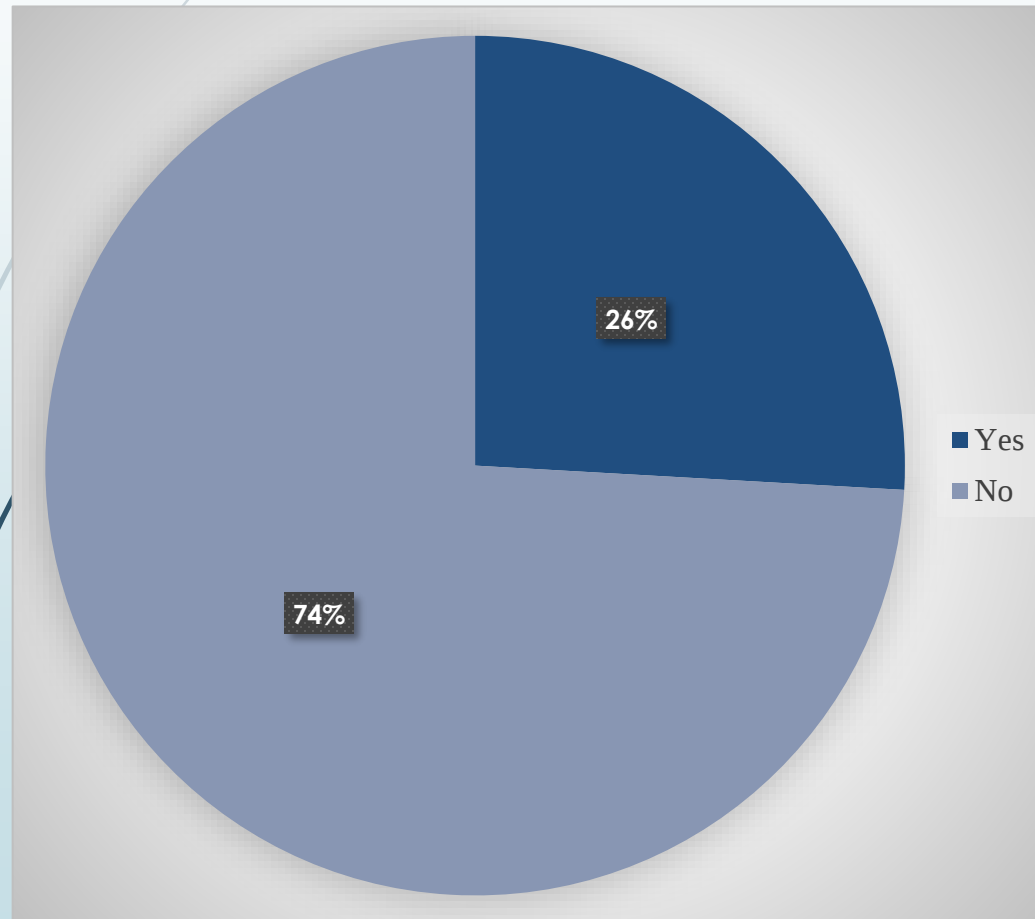
HAVE YOU OR ANYONE YOU KNOW EVER BEEN DIAGNOSED WITH A MENTAL HEALTH DISORDER?



- The figure shows that 73% of the participants known someone who has been diagnosed with a mental health disorder while 27% don't.
- The result suggests that knowing someone diagnosed with a mental health condition is relatively common, emphasizing the need for awareness, support and understanding around mental health. This underscores the importance of increasing empathy, reducing stigma, and building strong support networks to help individuals dealing with mental health challenges.

RESULTS

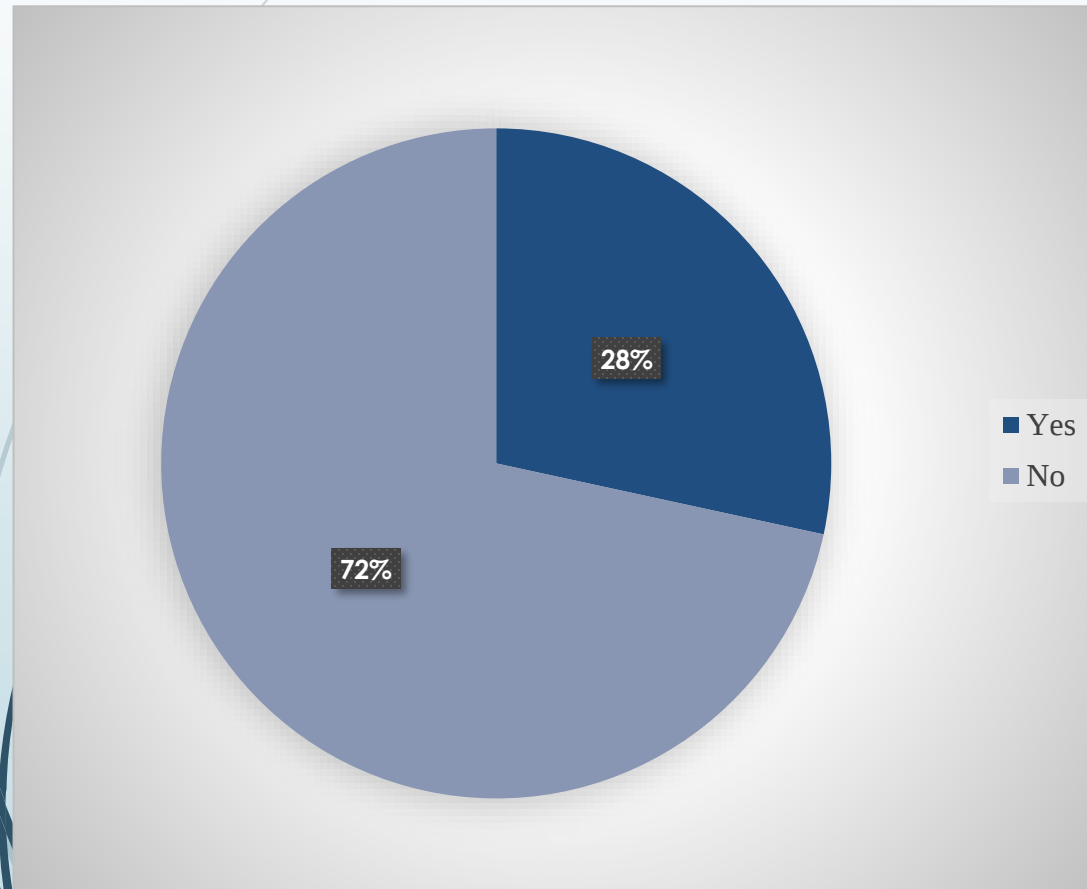
DO YOU THINK MENTAL HEALTH DISORDER ARE COMMON IN GENERAL POPULATION?



- The figure shows that 78% of the respondents think mental health disorder are common in general population while 26% of the population don't think the similar.
- The result indicates that the majority of respondents perceive mental health disorders as normal in the general population. It informs understanding of the prevalence of mental health challenges and potentially contributes to reducing stigma, promoting awareness, and emphasizing the importance of support and resources for individuals dealing with mental health disorders

RESULTS

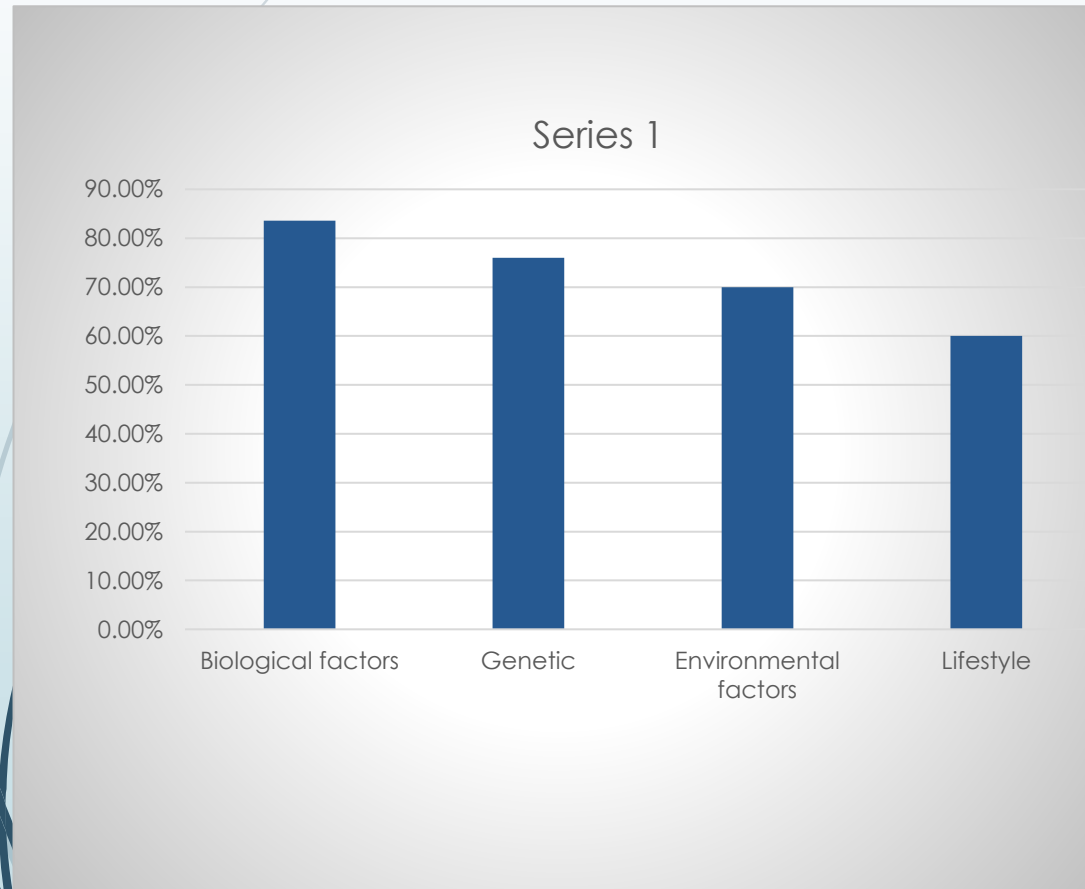
DO YOU THINK MENTAL HEALTH DISORDERS CAN BE LIFE THREATENING OR DANGEROUS?



This result indicates that the majority of respondents perceive mental health disorders as potentially life-threatening or dangerous. It indicates an understanding of the severity and risks of these conditions. However, the presence of a minority who share this perception highlights the ongoing need for education, awareness and stigma reduction efforts to ensure accurate understanding and promote appropriate support for individuals with mental health disorders

RESULTS

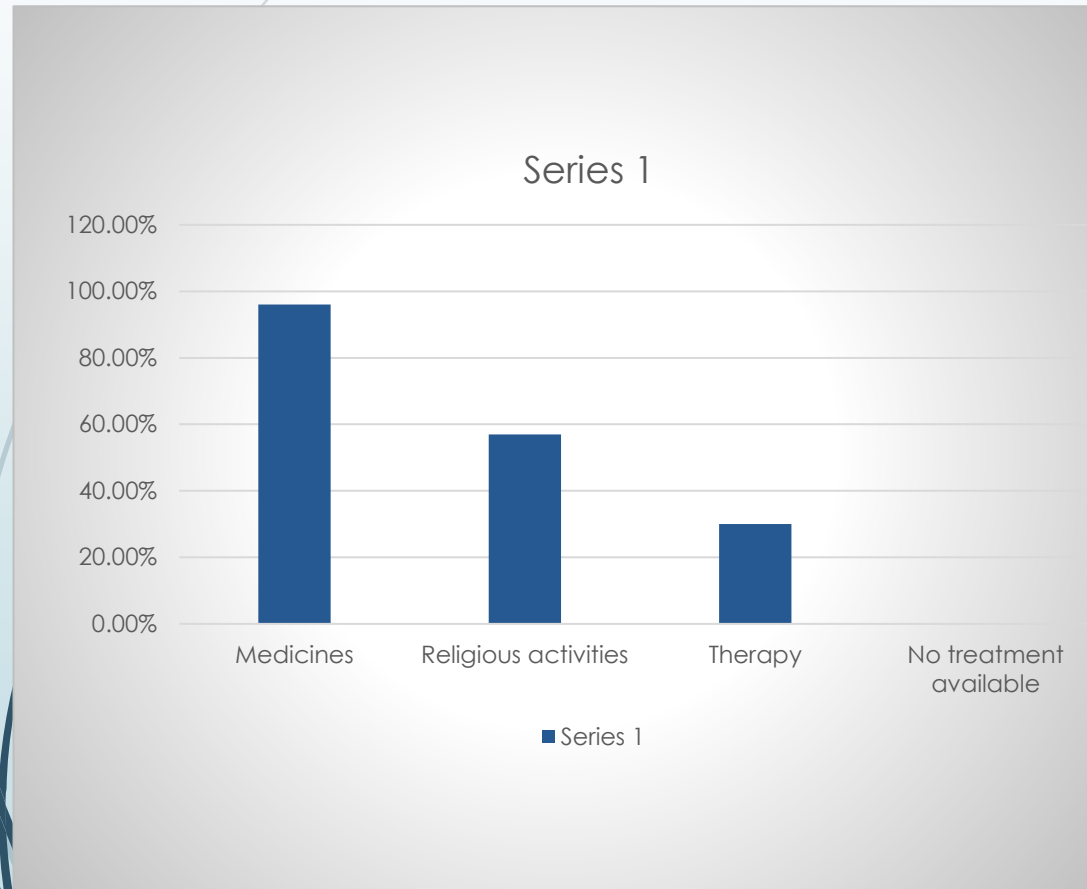
WHAT CAUSE MENTAL HEALTH DISORDERS?



The results reflect the attitudes and beliefs of the people about the causes of mental illness. They provide insight into the general understanding and awareness of a wide range of mental health conditions, including biological, genetic, environmental, and lifestyle factors. This information can be valuable for mental health education, awareness campaigns, and the development of targeted interventions that address these different factors to promote mental health and prevent mental health problems. the beauty of the mind.

RESULTS

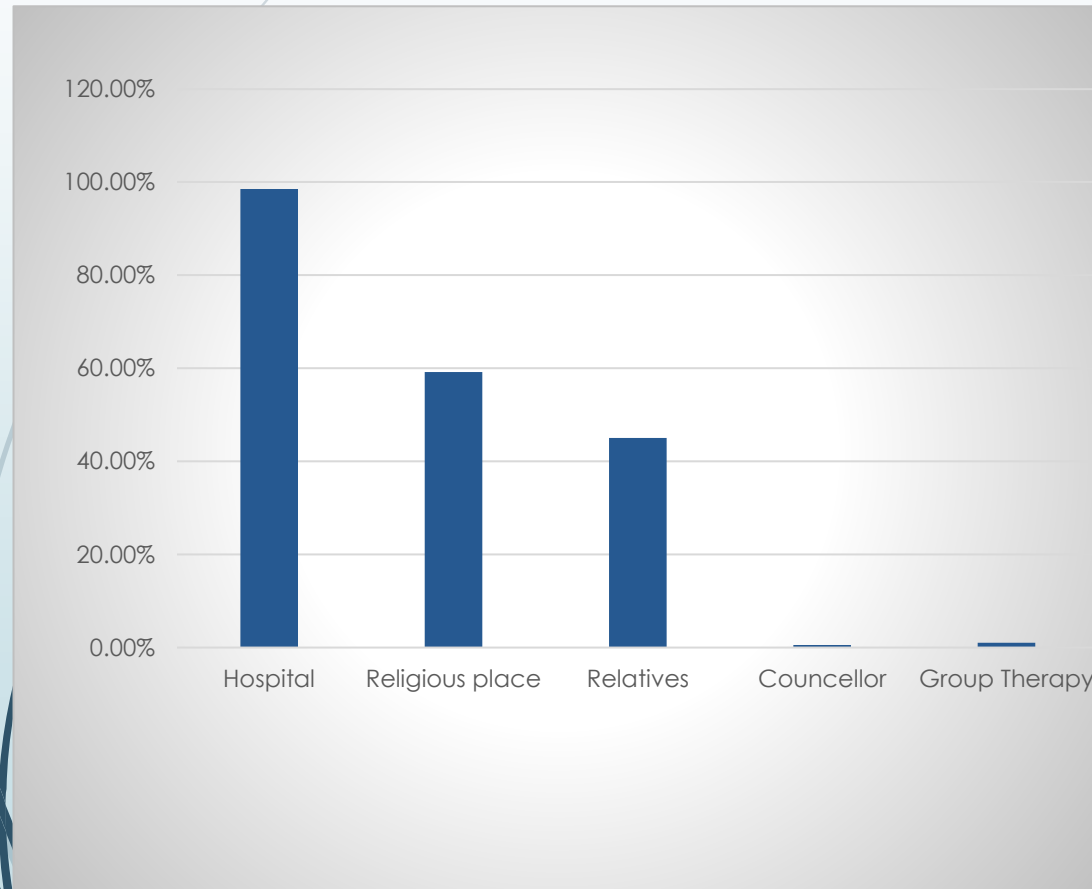
HOW CAN MENTAL HEALTH DISORDERS CAN BE TREATED?



The results reflect the beliefs and attitudes of the study population about treatment options for mental health disorders. They provide insight into effective perceptions of medications and religious activities as effective approaches, while potentially indicating low levels of awareness or acceptance of therapy as a treatment option. These findings can help inform mental health professionals, policy makers, and educators about the preferences and cultural context surrounding treatment decisions. This highlights the importance of promoting evidence-based approaches, raising awareness of the effectiveness of various treatment modalities, and addressing any potential barriers to accessing appropriate mental health care.

RESULTS

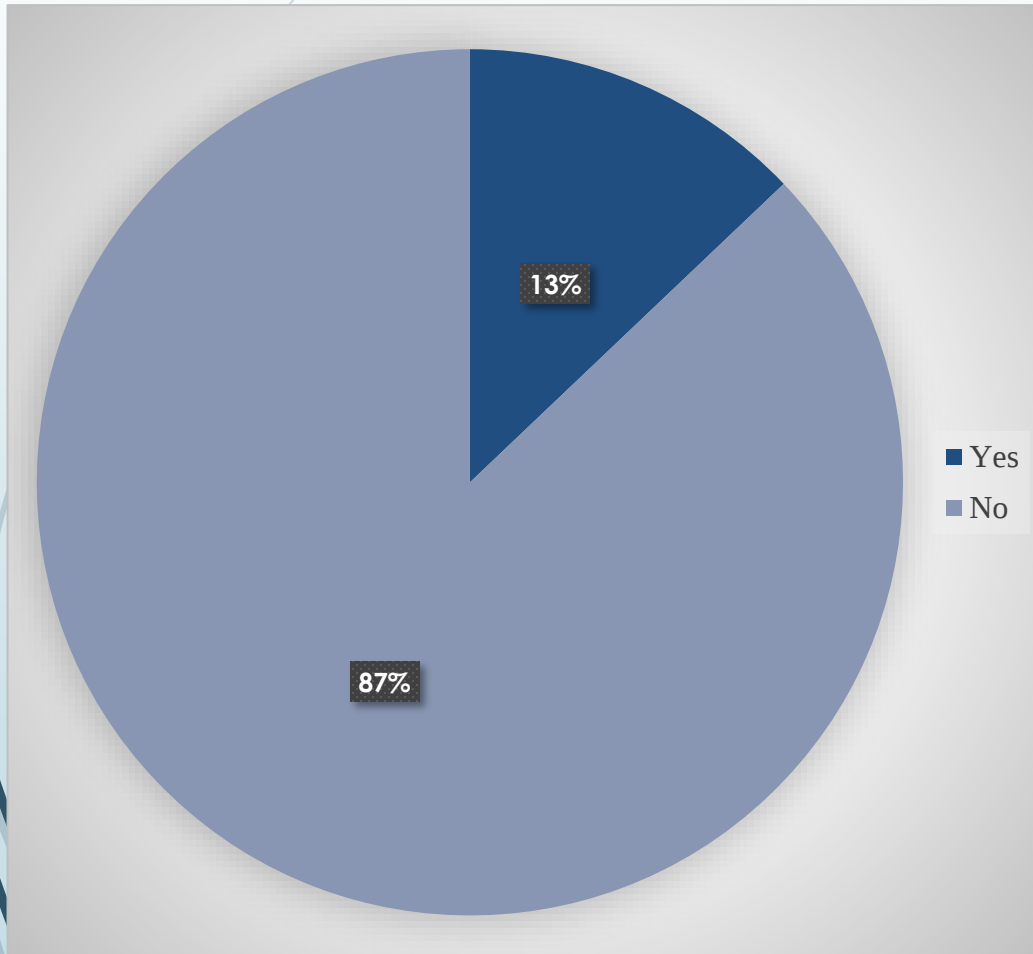
PEOPLE WITH MENTAL HEALTH DISORDERS SHOULD SEEK HELP AT?



Respondents think that hospitals are the most likely place to seek help in cases of mental health problems suggesting a strong belief in the role of medical institutions in dealing with mental health problems. This shows recognition of the importance of health care services and the need for special care for mental health conditions

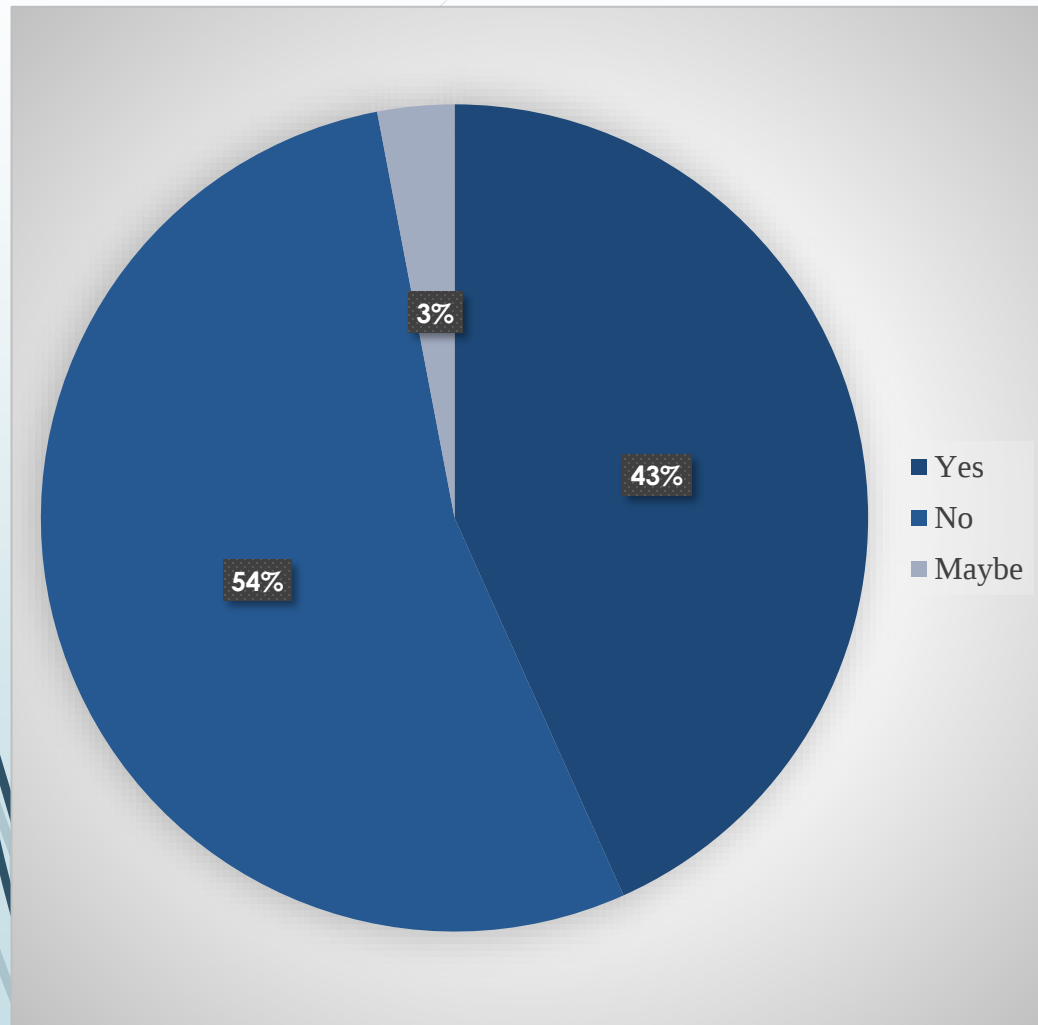
Relying solely on religious support may perpetuate the stigma and misunderstanding surrounding mental health. It may ignore the importance of seeking professional help, which can lead to delayed or inappropriate treatment. Encourage open discussion, promote mental health literacy, and raise awareness of the benefits of seeking help. of professionals as well as spiritual support can contribute to positive mental health outcomes

HAVE YOU EVER RECEIVED ANY FORMAL INFORMATION OR EDUCATION REGARDING MENTAL HEALTH DISORDERS?



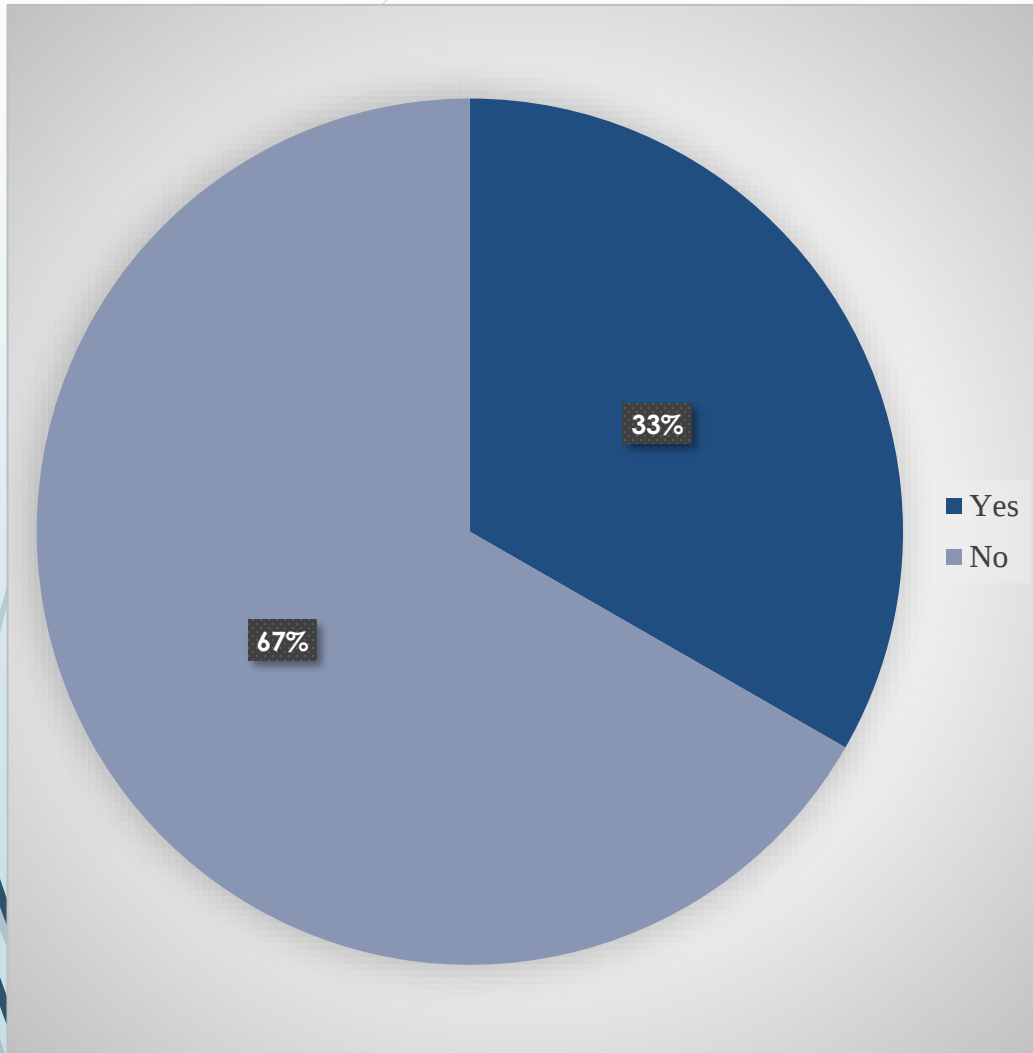
The absence of formal information or education suggests a possible lack of mental health resources, such as awareness campaigns, educational programs, or the experience of mental health professionals, in the area to be studied. This finding highlights the need for improved information sharing and development of educational initiatives to address this gap as lack of appropriate information generates stigma and misconceptions around mental health

DO YOU FEEL MENTAL HEALTH IS AS IMPORTANT AS PHYSICAL HEALTH?



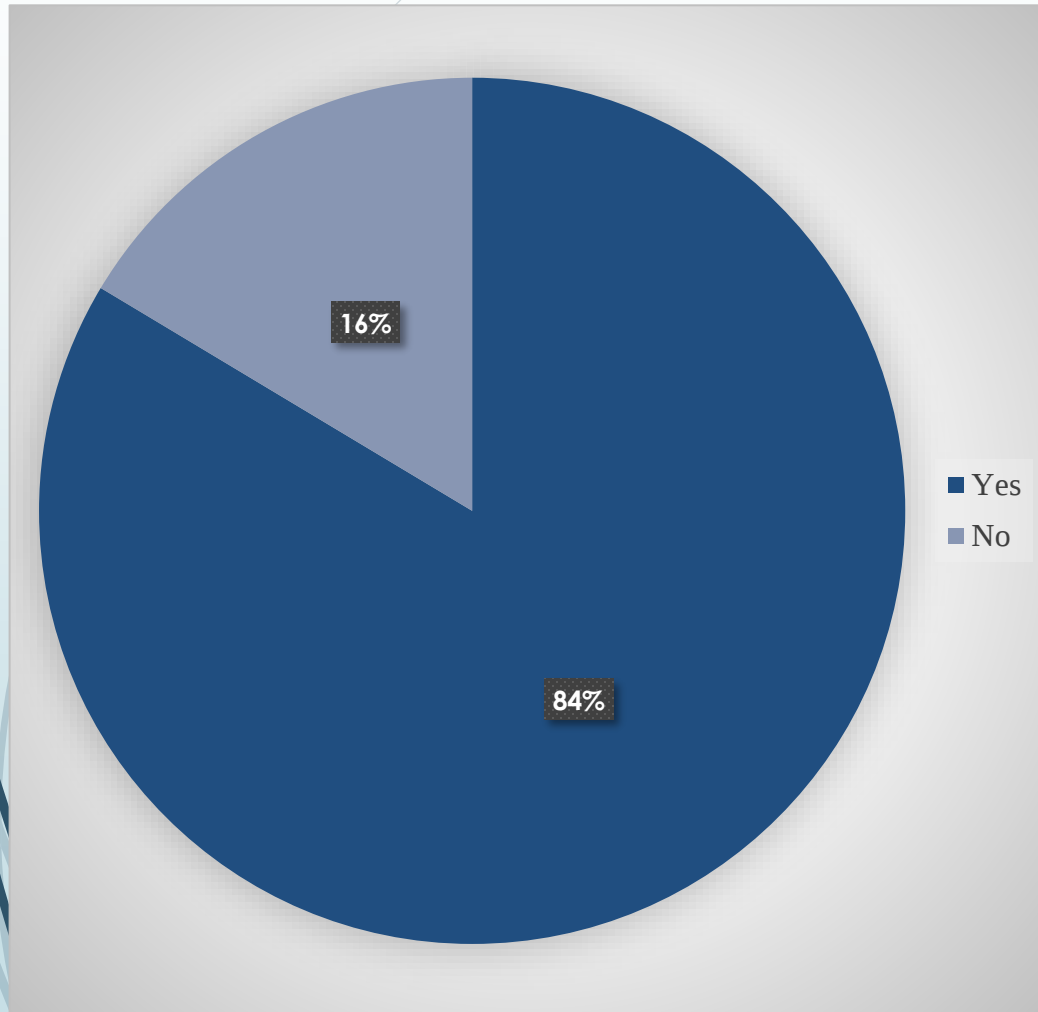
- The findings suggest that a large proportion of respondents may have stigmatizing attitudes or beliefs about mental health. This perception that mental health is less important than physical health may stem from negative societal attitudes, lack of awareness, or cultural biases that undermine the importance of mental health.
- The study's description suggests a mix of attitudes and levels of awareness about the importance of mental health compared to physical health. It emphasizes the importance of de-stigmatizing mental health, raising awareness of the interconnectedness of mental and physical health, and promoting a holistic approach to health care that prioritizes mental health as well as health.

DO YOU THINK PEOPLE WITH MENTAL HEALTH DISORDER SHOULD BE DISCRIMINATED IN THE SOCIETY?



- The figure reflects that 33% of people believe that people with mental health disorder should be discriminated in the society while 67% of the respondent don't think similar. This indicates a more empathetic side of the respondents who believe in treating people with mental health disorders with equality, respect and dignity.
- Findings suggests that a large part of the population still has a stigma attached to people with mental health problems. This discriminatory belief may stem from misconceptions, fear, or a lack of understanding about mental health conditions.

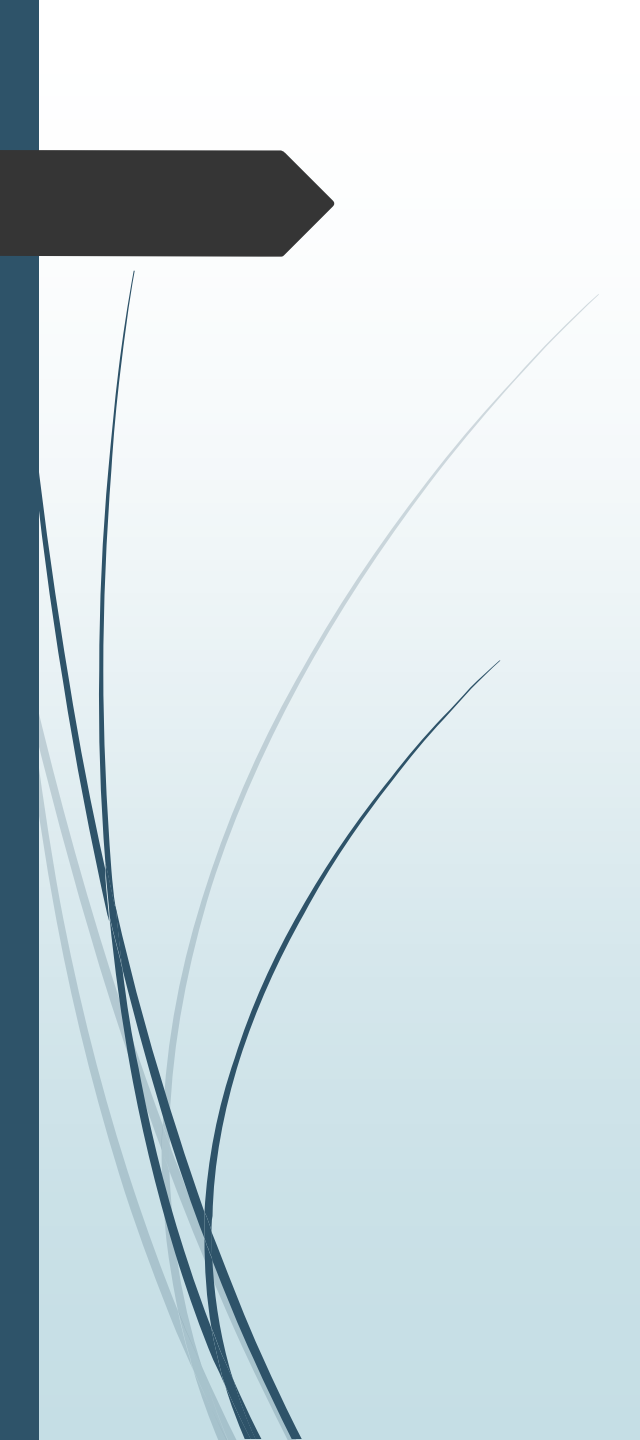
WOULD YOU BE INTERESTED IN LEARNING ABOUT THE MENTAL HEALTH DISORDERS AND HOW TO SUPPORT INDIVIDUALS EXPERIENCING THEM?



- The findings suggest a high interest and willingness among many respondents to learn about mental health issues. This shows a positive attitude towards understanding and supporting people with mental health problems.
- Overall, the result suggests a positive attitude and interest among respondents in learning about mental health issues and supporting those affected. It highlights the importance of continuing efforts to promote mental health knowledge and reduce stigma.

CONCLUSION

- This study on assessing the knowledge and awareness of mental health disorders among general population of Paliganj, Bihar throws light on many areas of the findings. On a positive side majority of the population (80%) have at least aware of the term mental health disorder and believe there are many factors such as environmental issues, biological etc. that causes mental illness.
- Further, majority of the respondents (96%) agreed that medicine is the most effective way of treatment for mental disorders however a significant proportion of participants also believed religious activities as an effective way of treatment for mental illness rather than therapy. This shows the need of awareness campaigns regarding mental health and its importance.
- A major proportion of respondents believe hospital is an appropriate place to seek help. This shows the awareness among people but it is also necessary that holistic care should be promoted for mental health disorders such as community participation, therapy, counsellors etc. Another area that needs intervention was limited information and education that participant get regarding the mental health and its issues. This shows the need for educational programs and awareness campaigns related to mental health to promote awareness, increase knowledge and reduce stigma and discrimination from the society.
- Finally, despite the positive data on awareness and knowledge of mental health problems among the population, there is still a great need for enhanced education, awareness and access to evidence-based treatments. . Efforts should be directed towards addressing negative attitudes, promoting the importance of treatment, different treatment options, and implementing comprehensive mental health education programs to empower individuals, to reduce stigma, and improve the mental health of the residents of Paliganj, Patna, Bihar.



THANK YOU