

## A STUDY TO ASSESS THE LEVEL OF KNOWLEDGE ABOUT MENTAL ILLNESS AMONG COMMUNITY PEOPLE AT SAMBALPUR THEMRA

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### ABSTRACT

*Background* Despite the increased burden of mental health problem, little is known about knowledge and perception of the public towards mental health problems in Ethiopia. *Method.* Community based cross-sectional study was conducted among selected 845 Gimbi town residents from May 28 to June 28, 2014. *Result* out of the total study participants, 304 (37.3%) were found to have poor perception (a score below mean five semantic differential scales for positive questions and above mean for negative question) of mental illness. Being above 28 years of age (AOR = 0.48 CI (0.23, 0.78)), private workers (AOR = 0.41 CI (0.19, 0.87)), and lack of mental health information were found to be associated with poor perception of mental illness (AOR = 0.133 CI (0.09, 0.20)). Absence of family history of mental illness was also found to be associated with poor perception of mental illness (AOR = 0.37 CI (0.21, 0.66)). *Conclusion,* Significant proportions of the community in Gimbi town were found to have poor perception of mental illness. Poor perception is common among old aged, less educated, private workers, those unable to access mental health information, and those with no family history of mental illness. Mental health education on possible causes, treatment options, and possible outcome of treatment to the community is required.

*Keywords:* Mental health, Poor perception, Community, mental illness

### INTRODUCTION

#### “A sound mind is sound body”

Today our world’s population is 681 million (United Nations Central Bureau, 2010), Mental, neurological and behavior disorders are common to all countries and cause immense suffering. People with these disorders are often subjected to social isolation, poor quality of life and increased mortality. These disorders are cause of staggering economic and social costs.

In worldwide hundred millions of people were affected by mental disorder, among that 154 million people were suffering from depression, 25 million people from schizophrenia, 91 million of people were affected by alcohol use disorders and 15 millions by drug use disorders (WHO, 2002), About 877,000 death occur every year (WHO, 2005) due to suicide.

In India, the total population is 117 crores (WHO 2006), About 2-5% of India population suffers from some form of mental illness. Prevalence is 65.4/1000 population (WHO 2006). Among that 70 millions of people were affected by mild mental disorder and 20 millions of people were affected by severe mental disorder.

There are around 4000,000 wandering mentally ill person in India. they are often seen in various stages of mental disorder. They belong to economically backward and socially marginalized family.

#### Need for Study :-

According to WHO, “Health is defined as the state of completer physical, mental, social, emotional and spiritual well being not merely the absence of disease or infirmity”.

But due to lack of knowledge the Community people think that health as physical fitness and not considering mental well being as a part of health.

India is a developing country with a population of 1,17 Crores (WHO, 2006). In that 70 million (WHO, 2006) people is suffering from mild mental illness and 20 million (WHO, 2006) people with severe mental illness, people are ashamed of getting treatment. Hence 50-90% (WHO, 2006) of people didn’t seek medical attention.

Though we are in 21th century, many community people were indulging themselves in superstitious activities, regarding mental illness because they are unaware of treatment facilities available. They also think that mental illness is not curable.