

Research Article

Effectiveness of Structured Teaching Program on Knowledge Regarding Legal Issues of Mental Health Among B.SC. Nursing 2nd Year Students of MMINSR, SKIMS, Soura Srinagar

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A B S T R A C T

Background: Law is a set of rules that are created and are enforceable by social or governmental institutions to regulate behaviour. According to current mental health laws, Mental health nurses are held accountable to practice. To make sure they are legally protected; it is important for mental health nurses to stay up to date on legal aspects/issues in their field. Legal issues are what the nurse must tail as a law in a professional way or the duties of nurses legally permitted with the care of patients with physical and mental illness. The present study aimed to assess the knowledge of B.Sc. nursing 2nd year students regarding Legal issues in mental health.

Objectives: The objectives of the study were ; To assess the pre-test knowledge score of B.Sc. nursing 2nd year students regarding the legal issues in mental health , to assess the post -test knowledge score of B.Sc. nursing 2nd year students regarding legal issues in mental health, to assess the effectiveness of structured teaching program by comparing pretest and post-test knowledge scores of B.sc nursing 2nd year students regarding legal issues in mental health, to find out the association of pre -test knowledge score of B.Sc. nursing 2nd year students regarding legal issues in mental health with selected demographic variables (Age in years, gender, area of residence, type of family, father's education, mother's education, occupation of father, occupation of mother, any information regarding legal issues in mental health).

Materials and Methods: A Pre- experimental research design was used to conduct the study on 70 B.Sc. nursing 2nd year students, selected by using purposive/ total enumerative sampling technique at MMINSR SKIMS Soura Srinagar, Kashmir. Self-structured knowledge questionnaire

was used for data collection which consists of two sections. section I consists of Socio demographic data (such as Age in years, gender, area of residence type of family, father's education, mother's education, occupation of father, occupation of mother, any information regarding legal issues in mental health (9 items) and section II consist of knowledge related to legal issues in mental health which further consists of four parts and total of 50 items . In total, the maximum score was 50 and the minimum score was 0. Data was analysed using Microsoft excel and SPSS version 26 (descriptive and inferential statistical tests).

Results: The findings of the study revealed that maximum of the study subjects 61.43% were in the age 21 years, maximum 64.29% of the study subjects were males, majority 71.43% of the study subjects belonged to rural area, 54.29% of study subjects were living in joint family, majority 75.71% fathers of the study subjects were graduate and above, 41.43% of mothers of the study subjects were graduate and above, maximum 68.57% fathers of the study subjects were govt employees, 44.29% of mothers of the study subjects were govt employees and none of the study subjects had any information regarding legal issues in mental health. The mean post-test knowledge score of the study subjects regarding legal issues in mental health was (42.16±6.547) which was significantly higher than mean pretest knowledge score (15.14± 7.486) at 0.05 level of significance(p=0.001).This indicated that the "structured teaching program" was effective in increasing the knowledge of study subjects regarding legal issues in mental health.

Conclusion: The findings of the study concluded that knowledge of study subjects regarding legal issues in mental health was inadequate, therefore structured teaching program was effective in enhancing their knowledge. Hence, it can be concluded that knowledge of study subjects regarding legal issues in mental health after implementation of structured teaching program has increased.

Keywords: knowledge, structured teaching program, legal issues, B.sc nursing 2nd year students.

Introduction

WHO estimates that the burden of mental health problems in India is: Depressive disorders 33.8%, anxiety disorders 19.0%, dissociative identity disorder 10.8%, schizophrenia 9.8%, bipolar disorder 6.9%, and conduct disorder 5.9%. The economic loss due to mental health conditions between 2012-2023, is estimated at USD 1.03 trillion¹.

Mental health is viewed as the successful adaptation to stressors from the internal or external environment, evidenced by thought, feeling, and behaviour that are age – appropriate and congruent with local and cultural

norms²." Mental health nursing is the science and art of providing protective, therapeutic, supportive, physical and social care to the people too ill to be completely responsible for management for their own behaviour. So, the Mental health nurse can face a number of legal concerns as well³. Law is a set of rules that are created and are enforceable by social or governmental institutions to regulate behaviour⁴.

Legal issues are what the nurse must tail as a law in a professional way or the duties of nurses legally permitted with the care of patients with physical and mental illness⁵ . Nurses who are aware of their rights and duties in legal matter are better able to protect themselves against liability or loss of professional licensure and in turn their awareness protect their patients. According to current mental health laws, Mental health nurses are held accountable to practice. To make sure they are legally protected; it is important for mental health nurses to stay up to date on legal aspects/ issues in their field⁶.

The mental health nurse should know the following basic aspects of Legal psychiatry which are: Laws relating to Mental health, Admission and discharge procedures of patients in a psychiatric hospital, Civil rights of the patient ,crime and psychiatric disorders, criminal responsibility and civil responsibility. This will help her to protect the rights of patient and avoid in giving poor advice or innocently involving herself in legal issues. In attempting to practice within legal limits mental health nurses must demonstrate safe and acceptable clinical practice. The mental health nurse must keep focused on the patient and attempting to provide the best clinical care that should guide practice, not fear of litigation . it is wise to be familiar with law, institutional policies and professional standards, but nothing can replace sound clinical judgement⁵.

Need for the study: As per the data, about 70% to 80% of persons in India struggling with mental illness receive no care. According to the survey, only one out of every ten people in India suffering mental health issues get evidence-based treatment. Research published in the Lancet in October 2021 found a 35% increase in mental health disorders in India. According to the 'Global Burden of Disease Study 1990–2017,' 19.73 crore Indians, or one in every seven, suffer from a variety mental health issue. In 2018 Ministry of health and family welfare in the Lok Sabha said that nation had only 1,500 psychiatric nurses compared to a demand of 30,000. Observer research foundation (ORFF)in 2021 stated that there is critical lack of psychiatric nurses in the country. This indicates that there is an over burden on psychiatric nurses working in different Mental health institutions. Under such demands nurses need to be well versed with different aspects of psychiatry especially the legal issues related to it, so as to provide quality and efficient care to the patients with different mental illness in different mental health care

settings such as outpatient departments, inpatient units, counselling centres etc⁷.

Though the legal aspects of Mental health are included early in the syllabus of nursing students, yet very little emphasis is given on its use, as the staff nurses rarely get to apply their knowledge in general in psychiatric ward settings. But with the prevalence of mental illness and increased awareness of consumers protection Laws, nurse's must know the law that governs her profession to avoid law suits against her. Legal issues confronting mental health nurses today are many. The nurse should view the law not with apprehension, but as helpful adjunct to define nursing practice. Mental health nurses who are aware of the legal rights and obligations will be better prepared to care for clients with mental illness⁸.

The most common legal and ethical challenges facing the nursing profession include: The appropriate use of social media in relationship to their workplace, Balancing the need to provide care for patients with pressure, to be more efficient in the use of time and resources, dealing with conflict in the workplace, coping with staffing shortage. For the implementation of high quality of nursing practice in the world of latest medical, technological advances a good knowledge of legal right is necessary. Knowledge of the legal boundaries governing psychiatric nursing practice is necessary to protect the public, the patient and the nurse. Nurses must understand the scope of Law that is protected by their license, and should seek assistance from legal counsel if they are unsure about its proper interpretation⁹.

Dapple, Wankhar, Singh (2017)⁸ conducted a descriptive Study among 60 staff nurses to Assess their Knowledge Regarding Legal Aspects in Psychiatric Nursing in a Selected Tertiary Care Centre in Lucknow. Results revealed 8.33% of study subjects had poor knowledge, 58.33% had average knowledge and 33.33% had good knowledge. The mean knowledge score of staff nurses was 17.93 ± 4.52 . The findings suggest that nurses do not have 100% knowledge Regarding Legal Aspects in Psychiatric Nursing⁸.

Elahi, Kumar (2021)⁹ conducted a pre-experimental study among 50 GNM 2nd year nursing students on effectiveness of structured teaching program regarding legal issues of mental health in selected nursing school of Jaipur. Results revealed that on pre-test 4% of study subjects had poor knowledge, 56% had average knowledge, and 40% had good knowledge. On post-test 52% of study subjects had good knowledge, 34% had very good, 12% had average and 2% had excellent level of knowledge. The post -test mean knowledge score was higher 16.86 ± 3.58 when compared with mean pre- test knowledge score which was 11.52 ± 2.95 . Hence pre-test post-test knowledge score was significant at 0.05% level of significance.

The legal context of care is important for all nursing

professional, because it focuses on concern on the rights of patients and quality of care they receive and nurses are responsible 24 hours of the day in the ward and the final responsibility of the ward management is on the nurse. Therefore, nursing professionals should be well versed in legal aspects of care and treatment of mentally ill¹⁰.

Student nurses will become future professionals who deal with situations that may be included under legal issues in mental health, where they face scenarios like patients' involuntary commitment for treatment, lack of decisional capacity and surrogate consent, breach of privacy and confidentiality, use of seclusion and restrains, so this necessitates studies that explore the student's knowledge regarding different aspects of legal issues.

The findings of the cited studies indicate that there is a lack of literature on legal issues in mental health in the UT of Jammu and Kashmir and also the investigators, personal experience while working in the clinical area had observed that students as well as staff nurses usually have a lack of knowledge of legal issues in mental health.

Hence the researcher undertook a study to assess an effectiveness of structured teaching program on knowledge regarding legal issues of mental health among B.sc nursing 2nd year students at MMINSR, Skims, Soura, Srinagar.

Methodology

A pre-experimental research approach was selected to carry out this study. Permission was obtained from the concerned authorities of Mader-e-Meharban Institute of Nursing Sciences and Research (MMINSR) SKIMS Soura, Srinagar to conduct the final study. Ethical clearance was obtained from Institutional Ethical Committee (IEC) and the study was ethically exempted. A Sample of 70 B.Sc. nursing 2nd year students were selected by using purposive/ total enumerative sampling. Permission was also obtained by taking informed consent from each study subject, prior to their inclusion as sample in the study. Privacy, confidentiality, and anonymity were being guarded. Data was collected from study subjects by using self-structured knowledge questionnaire. Assessment of knowledge score was categorized into various levels based on the criteria developed by Punitavalli.P in her study. Score of > 75%, was considered adequate knowledge, score of 50-75% was considered moderately adequate knowledge, and the score of < 50%, was considered inadequate knowledge.

Results and discussion

Finding related to demographic variables of study subjects:

The findings of the study revealed that maximum (61.43%) of the study subjects were in the age 21 years. Maximum of the study subjects (64.29%) were males. Majority of the study subjects (71.43%) belonged to rural area. (54.29%)

of the study subjects were living in joint family. Majority (75.71%) of the fathers of study subjects were graduate and above (41.43%) of mothers of the study subjects were graduate and above. Maximum(68.57%) fathers of the study subjects were govt. employees. (44.29%) of mothers of the study subjects were govt. employees. None of the study subjects had any information regarding legal issues in mental health (Table 1).

A similar study was conducted by conducted by Elahi and Kumar (2021)⁹. The Results revealed that majority 58% of subjects were in the age group of 21-24 years, 62% were males and 38% of them were females, 66% of the subjects belonged to rural area, 34% belonged to urban area, none of the study subjects had any source of awareness of legal issues in mental health. Another study was conducted by Saranya and Venisha (2023)¹¹. The results of the study revealed that equal participants are in the age group 19 and 20 years, maximum 83.33% of the study subjects were staying in nuclear family, 35% of study subjects had no information regarding mental health Act.

Findings related to knowledge level of study subjects

on the pretest, maximum of study subjects (85.70%) had inadequate knowledge, whereas 5.70% had moderately adequate knowledge and 8.60% of the study subjects had adequate knowledge, whereas on post- test majority of the study subjects (88.60%) had adequate knowledge,(8.60%) had moderately adequate knowledge and only (2.90%) had inadequate knowledge.(table 2). Similar results were conveyed from a study conducted by Punnithavalli (2019)¹⁰ Results revealed on pretest 52% had inadequate knowledge, 46% had moderately adequate knowledge and 2% had adequate knowledge. on post-test 20% of study subjects had adequate knowledge ,74% had moderately adequate

knowledge and 6% of study subjects had inadequate knowledge.

In comparing pre-test and post-test knowledge scores, the mean post-test knowledge scores of the study subjects regarding legal issues in mental health was significantly higher 42.16 6.547 than that of mean pre-test knowledge scores 15.14 7.486 at 0.05 level of significance. This indicates that structured teaching program was effective in enhancing the knowledge regarding legal issues in mental health. (table 3, Figure 1).

A study was conducted by Punnithavalli (2019)¹⁰. Results revealed that mean post-test knowledge score was 20.82±2.82 which was higher as compared with mean pretest knowledge score which was 15.22±2.54 at 0.05 level of significance. This shows that structured teaching program was effective in improving the knowledge of study subjects²⁷.

Findings related to association of knowledge level of study subjects with selected demographic variables.

The results showed that there was no statistically significant association between the pretest knowledge scores of study subjects and selected demographic variables age in years, gender, area of residence, type of family, father’s education, mother’s education, occupation of father, occupation of mother, any information regarding legal issues in mental health (table 4)

Similar study was conducted by **Youtham and Jaiman (2022)**¹² The study findings showed that there was no significant association between pretest knowledge scores of study subjects and selected demographic variables like age in years, gender, area of residence, any source of information regarding legal issues in mental health.

Table 1: Frequency and percentage distribution of study subjects according to demographic variables [N=70]

Variables	Categories	Frequency (f)	Percentage (%)
Age in Years	21 years	43	61.43%
	22 years	19	27.14%
	23 years	8	11.43%
Gender	Male	45	64.29%
	Female	25	35.71%
Area of residence	Urban	20	28.57%
	Rural	50	71.43%
Type of family	Nuclear	20	28.57%
	Joint	38	54.29%
	Extended	12	17.14%

Fathers' education	Illiterate	2	2.86%
	Primary	2	2.86%
	Middle	13	18.57%
	Graduate and above	53	75.71%
Mothers' education	Illiterate	9	12.86%
	Primary	12	17.14%
	Middle	20	28.57%
	Graduate and above	29	41.43%
Fathers Occupation	Govt employee	48	68.57%
	Private employee	14	20.00%
	Self employed	5	7.14%
	Any other	3	4.29%
Mothers' occupation	Govt employee	31	44.29%
	Private employee	16	22.86%
	Self employed	19	27.14%
	Any other	4	5.71%
Any information regarding legal issues in mental health	Yes	0	0%
	No	70	100.00%

Table 2. Frequency and percentage distribution of pre and post-test knowledge score of study subjects regarding legal issues in mental health

[N=70]

Knowledge of study subjects	Knowledge scores of study subjects	Pre – test knowledge score		Post -test score obtained	
		Frequency(f)	Percentage(%)	Frequency (f)	Percentage(%)
Inadequate Knowledge	0-25	60	85.70%	2	2.90%
Moderately adequate Knowledge	26-38	4	5.70%	6	8.60%
adequate knowledge	39-50	6	8.60%	62	88.60%

Table 3. comparison between pre-test and post-test knowledge scores of study subjects regarding legal issues in mental health

[N=70]

Knowledge score	MeanS.D	Mean %	Mean difference	P value
Pre – test	15.14 7.486	15.14	27.02	0.001***
Post – test	42.16 6.547	42.16		

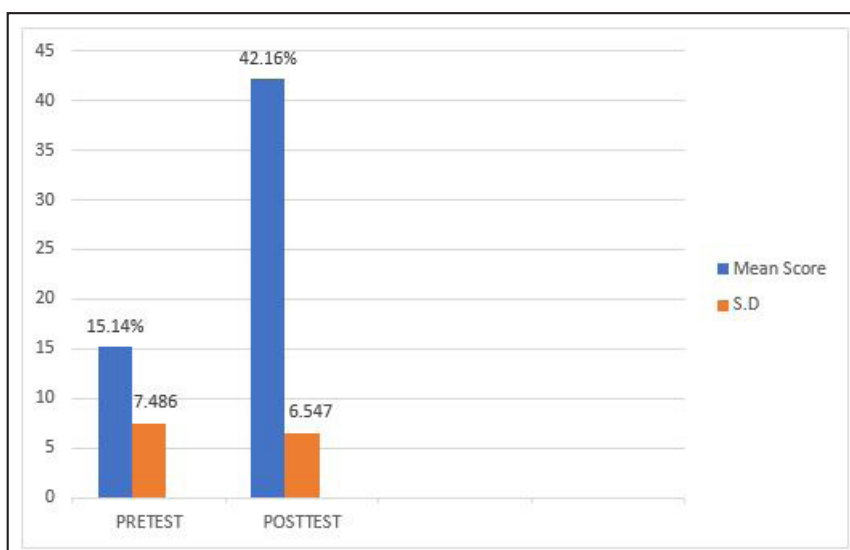


Figure 1. Bar diagram showing comparison between mean scores of pre-test and post test

Table 4. Association between pre-test knowledge score of study subjects regarding legal

Variables	Category	Inadequate knowledge (0-25)		Moderately adequate knowledge (26-38)		Adequate knowledge (39-50)		p-value	Remark's
		f	%	f	%	f	%		
Age in years.	21	38	54.28	4	5.71	1	1.42	0.082	NS
	22	16	22.85%	0	0.00	3	4.28		
	23	6	8.57%	0	0.00	2	2.85		
Gender.	Male	23	32.85	1	1.42	1	1.42	0.515	NS
	Female	37	52.85	3	4.28	5	7.14		
Area of residence.	Urban	16	22.85	1	1.42	3	4.28	0.477	NS
	Rural	44	62.85	3	4.28	3	4.28		
Type of family.	Nuclear	17	24.28	2	2.85	1	1.42	0.628	NS
	Joint	33	47.14	2	2.85	3	4.28		
	Extended	10	14.28	0	0.00	2	2.85		
Father's education.	Illiterate	2	2.85	0	0.00	0	0.00%	0.292	NS
	Primary	1	1.42	0	0.00	1	1.42		
	Middle	13	18.57	0	0.00	0	0.00		
	Graduate & above	44	62.85	4	5.71	5	7.14		
Mother's education.	Illiterate	8	11.42	0	0.00	1	1.42	0.871	NS
	Primary	11	15.71	0	0.00	1	1.42		
	Middle	17	24.28	2	2.85	1	1.42		
	Graduate & above	24	34.38	2	2.85	3	4.28		

Occupation of father.	Govt employee	43	61.42	2	2.85	3	4.28	0.15	NS
	Private employee	11	15.71	2	2.85	1	1.42		
	Self employed	3	4.28	0	0.00	2	2.85		
	Any other	3	4.28	0	0.00	0	0.00		
Occupation of mother.	Govt employee	26	37.14	2	2.85	3	4.28	0.76	NS
	Private employee	13	18.57	2	2.85	1	1.42		
	Self employed	17	24.28	0	0.00	2	2.85		
	Any other	4	5.71	0	0.00	0	0.00		

Conclusions

Based on findings of study following conclusions were drawn:

- Pretest findings showed that the majority of the study subjects had inadequate knowledge. It may be due to lack of previous exposure and education regarding legal issues in mental health. So, there was a need to educate them regarding legal issues in mental health.
- There was an improvement in the knowledge of study subjects after implementation of structured teaching program regarding legal issues in mental health, which was evident from post-test knowledge scores.
- No significant association was found between pretest knowledge score of study subjects regarding legal issues in mental health and their selected demographic variables i.e., age in years, gender area of residence, type of family, father's education, mother's education, occupation of father, occupation of mother, any information regarding legal issues in mental health, which indicated that selected demographic variables probably have no effect on their knowledge.

Hence, it can be concluded that knowledge of study subjects regarding legal issues in mental health after implementation of structured teaching program has increased.

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Conflict of interest: None

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