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INTERNATIONAL JOURNAL OF ADVANCED RESEARCH (IJAR)

Article DOI: 10.21474/IJAR01/19656
DOI URL: <http://dx.doi.org/10.21474/IJAR01/19656>



RESEARCH ARTICLE

A PRE-EXPERIMENTAL STUDY ON EFFECTIVENESS OF AWARENESS PROGRAM TOWARDS REDUCING STIGMA REGARDING MENTAL ILLNESS AMONG ASHA WORKERS AT SELECTED PHC OF SEPAHIJALA, TRIPURA

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Manuscript Info

Manuscript History

Received: 15 August 2024

Final Accepted: 18 September 2024

Published: October 2024

Abstract

A pre-experimental study was conducted to assess the effectiveness of awareness program towards reducing stigma regarding mental illness among ASHA workers at selected PHC of Sepahijala, Tripura. A quantitative Pre-experimental research design was adopted by the researcher for conducting the study, and the Roy's adaptation model was used as the framework. Data was collected from 30 ASHA workers after taking informed consent who were selected by non-probability purposive sampling technique through a 'self-structured stigma assessment scale'. Obtained data was compiled and analyzed according to objectives using frequency, percentage, mean, standard deviation, paired 't' test and chi square test. The findings of the study revealed that mean post test stigma score of ASHA workers were significantly higher than the mean pretest stigma score, which was significant at <0.05 level after exposure with awareness program. Therefore the awareness program was an effective method of imparting knowledge to ASHA workers.

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Introduction:-

Mental health is a state of balance between the individual and the surrounding world, a state of harmony between oneself and others, a co-existence between the realities of the self and that of other people and the environment and mental illness, also called mental health disorders, refers to a wide range of mental health conditions- disorders that affect mood, thinking and behavior. The present study focuses on the stigma regarding mental illness among ASHA workers those are known as front-line health care providers because their services directly connected to the community population. If ASHA workers have stigma it will directly affect the community population and due to that patient will not get the adequate treatment from the health care providers in the community. For reducing stigma regarding mental illness awareness is most important for ASHA workers because they play a vital role in the community such as identification, contact and management of mentally ill patient. If they have the sufficient knowledge through the awareness program regarding mental illness community people will be more benefited through this awareness.

Observation:-

During data collection, author observed mean post test stigma score of ASHA workers were significantly higher than the mean pretest stigma score which means significant effectiveness of the awareness program towards reducing stigma regarding mental illness among ASHA workers at <0.05 level of significance.

Results and Discussion:-

Findings of the present study shows that 100% (f=30) of the participants were Hindu by religion. 96.7% (f=29) of them are married. Most of them 63.3% (f=19) had family monthly income of less than Rs 5000/ month and 83.3% (f=25) of them studied up to Class VIII-X by educational status. The present study also shows that the Mean and Standard Deviation of pretest stigma score were 57.43 ± 5.01 and the Mean and Standard Deviation of post test stigma score were 71.37 ± 5.99 , indicating that the ASHA workers had a higher level of stigma about mental illness prior to the exposure to awareness program. The study shows that the Mean of pretest stigma score is 57.43 and post test stigma score is 71.37 and Calculated 't' value (14.93) is greater than the Tabulated value (2.04) and P-value is <0.01 , which indicates significant effectiveness of the awareness program towards reducing stigma regarding mental illness among ASHA workers at <0.05 level of significance & there is no significant association between the pretest level of stigma and selected socio-demographic variables i.e. age, educational status, marital status, monthly family income, presence of mental illness in family, exposure to teaching program, experience of identification, experience of contact and experience of managing mental illness in community. Results of current study indicates that ASHA workers may have a stigmatized attitude towards metal illness which is irrespective of their socio-demographic characteristics like age, educational status, marital status, monthly family income, exposure to teaching program, identification, contact ad management of mentally ill person. This indicates the need for eradication of such stigma through various strategies.

Section-1: Analysis of the demographic characteristics of ASHA workers under SBM PHC of Sepahijala, Tripura.

Table 4.1:- Frequency and Percentage distribution of socio-demographic variables among the ASHA workers. n=30

Sl. no	Demography variables	Frequency (f)	Percentage (%)
1	Religion – Hindu	30	100
2	Educational Status – Class VIII-X Class XI-XII Graduate & above	25 02 03	83.3 6.7 10
3	Marital Status – Married Divorced/ Separated	29 01	96.7 3.3
4	Monthly family income- Less than Rs 5,000 / month Rs 5001 to 10,000/month	19 11	63.3 36.7
5	Presence of person with mental illness in family – Yes No	07 23	23.3 76.7
6	Exposure to teaching program specifically on mental illness – Yes No	18 12	60 40
7	Experience of identifying a person with mental illness in community – Yes No	17 13	56.7 43.3
8	Experience of contact with a person with mental illness in community – Yes No	16 14	53.3 46.7
9	Experience of managing a person with mental		

	illness in community-		
	Yes	13	43.3
	No	17	56.7

Table 4.2:- Range and mean score of continuous variable of ASHA workers. **n=30**

	Minimum	Maximum	Range	Mean
Age	34	58	24	45.33

Section -2: Analysis of the level of stigma regarding mental illness among ASHA workers.**Table 5:-** Minimum score, Maximum score, Range, Mean , SD of pre test and post test score of stigma. **n=30**

	Minimum	Maximum	Range	Mean	SD
Pre test stigma score	48	66	18	57.43	5.01
Post test stigma score	53	78	25	71.37	5.99

Section -3: Analysis of the effectiveness of awareness program towards reducing stigma regarding mental illness among ASHA workers.**Table 6:-** Paired 't' test values showing effectiveness of awareness program. **n=30**

	Mean	SD	Paired 't' test		P-value
			Calculated value	Tabulated value	
Pre test stigma score	57.43	5.01	14.93	2.04	<0.01 ^(S)
Post test stigma score	71.37	5.99			

Section-4: Analysis of the association between pretest level of stigma and selected socio-demographic variables:**Table 4.1:-** Chi-square values showing association between pretest level of stigma and selected socio-demographic variables. : **n=30**

Sl. no	Demography variables	<Median < 58	≥Median ≥58	Chi-square test		P value
				Calculated value	Tabulated value (df)	
1	Age – 34-46year 46 year 1 day-58year	06 07	09 08	0.14	3.84 (1)	0.71 (NS)
	Educational Status – Class VIII-X Above Class X	14 03	11 02	0.16	5.99 (2)	0.92 (NS)
2	Marital Status – Married Divorced/ Separated	17 00	12 01	1.35	3.84 (1)	0.43 (NS)
3	Monthly family income- Less than Rs 5,000 / month More than Rs 5000 /month	09 08	10 03	1.82	3.84 (1)	0.25 (NS)
4	Presence of person with mental illness in family – Yes	03	04	0.71	3.84	0.66

	No	14	09		(1)	(NS)
5	Exposure to teaching program specifically on mental illness – Yes No	08 09	10 03	2.74	3.84 (1)	0.14 (NS)
6	Experience of identifying a person with mental illness in community – Yes No	08 09	09 04	1.48	3.84 (1)	0.28 (NS)
7	Experience of contact with a person with mental illness in community – Yes No	07 10	09 04	2.33	3.84 (1)	0.16 (NS)
8	Experience of managing a person with mental illness in community- Yes No	05 12	08 05	3.01	3.84 (1)	0.14 (NS)

*S- Significant at <0.05 level of significance, NS-No-significant

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