

**“KNOWLEDGE OF MOTHERS REGARDING
PROMOTION OF MENTAL HEALTH AMONG
CHILDREN AT SRIRAM NAGAR, HYDERABAD,
ANDHRA PRADESH, INDIA”**

Mrs. Panta Sailaja M.Sc.(N),PGDHM*

Mrs. N. Sowbhagya Lakshmi M.Sc. (N)**

ABSTRACT

The mental health promotion is the process of enhancing the capacity of individuals and communities to take control over their lives and improve their mental health. In modern society, competitiveness, stress and western life style has great influence on the individual levels of thinking and behavior. The objectives of the study are to assess the knowledge of mothers regarding promotion of mental health among children and to analyze the association between knowledge of mothers regarding promotion of mental health among children with selected demographic variables. By using non – experimental descriptive survey design and convenient sample technique 100 mothers are selected in SriramNagar, Hyderabad. The structured questionnaire was developed with a review of literature and it was validated by experts and reliability($r= 0.9697$) was determined by test-retest method. The conceptual frame work adopted for the study was revised health promotion model by Nola J Pender in 1982. The major findings of the study showed that among 100 mothers, the highest mean knowledge scores found among mothers who have/are above 41 years($X=45.00$, $SD=0$), Muslims ($X=33.48$, $SD=6.56$), above secondary education ($X=34.66$, $SD=7.06$), income of family is above Rs 9001/month($X=36.17$, $SD=4.70$), single parent (mothers) ($X=36.81$, $SD=6.49$),

* Lecturer, School of nursing & midwifery, Hawassa university of medical & health sciences, Hawassa, Ethiopia.

** D/o. G.Narayana swami, 9-27, M.B.Road, Puttoor, CHITTOR (DIST.)-517583, Andhra Pradesh, India

above 3 children($X=33.69$, $SD=6.79$). The association of knowledge and demographic variables showed that, income of the family, type of family are found significant at 5% level of significance. The study concluded that the education/ awareness should be provided to the mothers regarding promotion of mental health.

Key words: knowledge, promotion, mental health, mothers.

INTRODUCTION

The mental health promotion is the process of enhancing the capacity of individuals and communities to take control over their lives and improve their mental health.¹ Mental Health promotion uses strategies that foster supportive environments and individual resilience, while showing respect for culture, equity, social justice, interconnections and personal dignity.

Mental Health promotion emphasizes two key concepts:

Power & Resilience

Power : is defined as a person's group's or community's sense of control over life and the ability to be resilient building on one's existing capacities can increase power and control.

Resilience: is defined as "the ability to manage or cope with significant adversity or stress in ways that are not only effective, but may result in an increased ability to respond to future adversity."²

The Goals of mental health promotion:

1. To increase resilience and protective factors:

Mental health promotion aims to strengthen the ability of individuals, families and communities to cope with stressful events that happen in their every day lives by:

- ✓ Increasing an individuals or community's resilience
- ✓ Increasing coping skills.
- ✓ Improving quality of life and feeling of satisfaction.
- ✓ Increasing self – esteem
- ✓ Increasing sense of well – being
- ✓ Strengthening social supports
- ✓ Strengthening the balance of physical social, emotional, spiritual and psychological health.

2. To decrease risk factors :

Mental health promotion aims to reduce the factors that place individuals, families and communities at risk of diminishing mental health, by reducing or eliminating:

- ✓ Anxiety
- ✓ Depression
- ✓ Stress and distress
- ✓ Sense of helplessness
- ✓ Sexual abuse
- ✓ Family conflict
- ✓ Problem substance use
- ✓ Suicide
- ✓ Violence

3. To reduce inequities :

Mental health promotion aims to reduce inequities and their consequent effects on mental health. Inequities are often based on:

- ✓ Gender
- ✓ Poverty
- ✓ Physical or mental disability
- ✓ Employment status

- ✓ Race
- ✓ Ethnic background
- ✓ Geographic location

Reduce inequities by:

- ✓ Implementing diversity polices
- ✓ Providing diversity training
- ✓ Creating transitional programs
- ✓ Promoting anti stigma interventions / campaigns

Mental health promotion builds individual and community capacity by enhancing peoples own innate ability to achieve and maintain good mental health by creating supportive environments that reduce barriers to god mental health.³

Need for the Study

Mental Health is an essential component of health and is a resource to help us deal with the stresses and challenges of every day life. Good mental health contributes to the quality of our lives as individuals, as communities and as a society in general. An individual who has good mental health is able to realize his (or) her own abilities, cope with the stress of every day life. Good mental health protects us and helps us to avoid risk taking behaviors that contribute to poor mental health.⁴

In modern society, competitiveness, stress and western life style has great influence on the individual levels of thinking and behavior. As the result, there is increased incidence of mental disorders. People are living in confined nuclear families with altered psychosocial environment and ending up with mental imbalance from the childhood to old age.

According to a study done to investigate the help seeking preferences for mental health problems in a community based study of child Psychiatric disorders found that, the socio

cultural factors and parental perceptions may have a major effect on whether children with Psychiatric disturbance receive professional help or not.

(Eapan. V. Chubash . R (2003))

Programmes that target young mothers, mothers of young children and early parenthood in general are most effective at enhancing good mental health of young children and parents. Interventions such as parent training programmes and home based support during early parenthood have been shown to enhance mental health of mothers of young children, particularly in economically disadvantaged families and have resulted in positive attitudes towards and better knowledge about child behaviors, as well as healthier child development.

Mothers are generally considered the main care givers, with the main setting being the home, but as more women enter the work force, children are spending more time outside the home in child care. Therefore, care givers in these settings who may not be related to the children also become importance figures for promoting mental health.

Because of all the above reasons the morbidity of psychiatric disorders increased day by day. Hence, the researcher is interested to find out the knowledge of mothers on promotion of mental health in children, and also planned to give health education on promotion of mental health to the community, as mothers play a key role in the family.

OBJECTIVES:

1. To assess the knowledge of mothers regarding promotion of mental health among children.
2. To analyze the association between knowledge of mothers regarding promotion of mental health among children with selected demographic variables

RESEARCH HYPOTHESIS:-

H₁ : There will be significant association between the knowledge and their age, religion, education, occupation, number of children and source of Information

H₂ : There will be significant association between the knowledge and type of family and their income

METHODOLOGY

Research approach: descriptive research approach

Research design: non –experimental descriptive survey method

Setting of the study: The present study was conducted at Sreeram Nagar, Hyderabad.

Population: The populations for the present study are mothers who are having children between the age group of 5-10 years including all religions at Sreeram nagar Hyderabad.

Sample & sampling technique: Convenient sampling technique was used to select the sample. The sample consisted of 100 mothers who are having children between the age group of 5-10 years and who are residing at Sreeram Nagar, Hyderabad.

Tool: The questionnaire used in the present study concise of two sections namely Section-A and Section-B

Section-A consists of 8-Items on demographic variables.

Section-B comprises of 25 questions related to knowledge on promotion of mental health.

Scoring system:

The structured closed ended questionnaire contains 25 questions. Total score was 60. Each question has 4 Options. For the question numbers 2, 7, 9,14,15,16 one marks is

allotted, for the question numbers 1, 18, 20 Two marks is allotted, for the question numbers 3,4,5,6,8,10,11,12,13,17,19,21,22,23,24,25 Three marks are allotted.

Data Collection Procedure: The period of data collection was planned for a week and the time was chosen according to the convenience of the subjects. During the period of data collection the researcher visited the houses situated at Sreeram Nagar Hyderabad with structured questionnaire to collect data from subjects.

RESULTS:

SECTION- I : Description of demographic characteristics of sample.

out of 100 samples 47 (47%) are between the age of 25-30 years, 33 (33%) are Muslims, with secondary education and 30 (30%) are with above secondary education, 40 (40%) are House Wives, 34 (34%) are earning below Rs. 5000, about 38 (38%) members are from Nuclear Family, 40 (40%) are having 2 Children, 28 (28%) got information through Relatives.

SECTION – II: Mean and standard deviation of knowledge scores of mothers.

Mean scores of knowledge is high in 41 years above age group $X=45.00$, $SD=0$, Muslims have high mean knowledge scores $X=33.48$, $SD=6.56$, mothers who have above secondary education got highest mean knowledge scores $X=34.66$, $SD= 7.063$. Mothers who are house wives have high mean knowledge scores $X=33.25$, $SD=7.70$, mothers whose income of family is above Rs 9001 per month have high mean knowledge scores $X=36.17$, $SD=4.70$, single parent (Mother) have highest mean knowledge score $X=36.81$, $SD=6.49$, mothers who have above 3 children got highest mean knowledge score $X=33.75$, $SD=5.99$,

SECTION – III: Association between demographic variables with knowledge.

The Chi-Square values computed for knowledge score and Income of family ($\chi^2 =22.5815$), Type of Family ($\chi^2=18.6437$) is found to be statistically significant at 5% level, which implies that there is a significant association between knowledge of Mothers regarding promotion of mental health in children and their Type of Family and their Income. Hence the researcher accepts the research hypothesis H_2 and rejects null hypothesis H_{02} .

DISCUSSION

The major findings of the present study revealed that the highest Mean scores of knowledge is found in 41 years above age group $X=45.00$, $SD=0$, Muslims have high mean knowledge scores $X=33.48$, $SD=6.56$, mothers who have above secondary education got highest mean knowledge scores $X=34.66$, $SD=7.063$. Mothers who are house wives have high mean knowledge scores $X=33.25$, $SD=7.70$, mothers whose income of family is above Rs 9001 per month have high mean knowledge scores $X=36.17$, $SD=4.70$, single parent (Mother) have highest mean knowledge score $X=36.81$, $SD=6.49$, mothers who have above 3 children got highest mean knowledge score $X=33.75$, $SD=5.99$,

The findings of the study were supported by the study conducted to assess the knowledge regarding mental health promotion among mothers. The findings of the study shows that, mothers whose age is less than 41 years, other than muslim religion, who have got below secondary education, mothers who are working, whose family income is more than Rs.9000/ month, mothers who have less than 3 children have got less knowledge scores. Therefore, the findings suggests that education is required for the above category mothers.

CONCLUSION

Based on the study findings, the study concluded that the education/ awareness should be provided to the mothers whose age is less than 41 years, other than muslim religion, who have got below secondary education, mothers who are working, whose family income is more than Rs.9000/ month, mothers who have less than 3 children to promote mental health in children.

REFERENCES

1. R.Sreevani (2007), *A Guide To Mental Health And Psychiatric Nursing* 2nd Edition , New Delhi, India, Jaypee Brothers Medical Publishers.
2. V.D.Namboodiri (2005) *Concise Text Book Of Psychiatry*, 2nd Edition, New Delhi, India, Elsevier, a division of reed Elsevier India Private Limited.

3. Park's. (2005) *Text Book Of Preventive And Social Medicine* , 19th Edition, Newdelhi, India, M/s Banarsidas Bharton Publishers.
4. Lisa Robinson. (1983). *Psychiatric Nursing – as a human experience*, 3rd edition. Philadelphia. W.B. Saunders Company.

