A STUDY TO ASSESS THE LEVEL OF MENTAL HEALTH AMONG B.SC NURSING FIRST YEAR STUDENTS IN SRM COLLEGE OF NURSING, KATTANKULATHUR

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ABSTRACT

Objectives: The present study aimed to determine the level of mental health adopted by 1st year B.Sc. nursing students.

Methods: A total of 50 1st year B.Sc., nursing students were selected using non-probability convenient sampling technique. The tools used for data collection were William C. Menninger mental health assessment scale, and socio-demographic pro forma.

Results: The studies revealed that 40 (80%) students have moderate mental health, 10 (20%) students have good mental health, and none of them have poor mental health. There is a significant association between the level of mental health among nursing students and with their demographic variable sex.

Conclusion: The nurse administrator should plan and organize an educational program for nursing students, to prepare them to cope up with any stressful situations. Hence, the researcher emphasizes the need for more research to improve the level of mental health and by applying the research finding for future.

Keywords: Assess, Mental health, Student, Nursing college.

INTRODUCTION

Mental health is created in our interactions with the world around us [1], and these challenges pose a major problem for many undergraduate and graduate college students [2]. Good mental health protects us and helps us to avoid risk-taking behaviors that contribute to poor mental health [3] and impact college campuses in a variety of ways, including student health outcomes, academic performance, student retention, and graduation rates.

Mental health is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively, and is able to make a contribution to his or her community [4] and have a negative impact on the health behaviors of college students [5]. Normal mental health or wellbeing implies that a person is reasonably happy and free of worry [6] and mental illness is a major concern yet nearly half of the students report receiving no education on mental health issues before starting college [7].

The researcher observed that students are mentally healthy and academically good when they join the course; however; as they advance in their education and training, they do suffer with various mental health problems, i.e., anxiety, depression, stress, maladjustment, drug abuse, or even commit suicide. This made the researcher curious to know whether the students suffering with mental health problems.

METHODS

The research design applied in this study was descriptive survey design. This study was conducted at the SRM College of Nursing, Kattankulathur, Tamil Nadu, India. Ethical clearance from the Institutional Ethics Committee approval (SRMCON/2015-2016/bsc/44) has been obtained. The sampling technique used in this study was non-probability convenient sampling. The mental health questionnaire (William C. Menninger) 13 questions are used to assess the level of mental health. These questions are based on negative aspects. Those who chosen the options yes will be awarded zero mark. Those who chosen the option no will be awarded one mark. Interpretation of scores 13 means Good mental health, 7-12 means moderate mental health, and 0-6 means poor mental health. The obtained data from the respondents were tabulated with appropriate descriptive and inferential statistics. The descriptive statistics used are mean, percentage, and inferential statistics are Chi-square used to associate the quality of life.

Table 1 shows that among 50 nursing students, 40 (80%) students have moderately mental health, 10 (20%) students have good mental health, and none of them have poor mental health.

Table 2 reveals that there is a significant association between the level of mental health among nursing students and with their demographic variable sex. There is no association with respect to other variables.

DISCUSSION

The first objective of the study is to assess the level of mental health among nursing students. A similar study was conducted by Paul (2012) conducted a study was on Mental Health of Muslim Nursing Students in Thailand. Results indicated stress ($\beta=0.42$) was positively associated with anxiety whereas self-esteem ($\beta=-0.42$) was negatively associated with anxiety, together this model accounted for 46% of the variance in anxiety. Self-esteem ($\beta=-0.41$) and social support ($\beta=-0.17$) were negatively associated with depression whereas stress ($\beta=0.37$) was positively correlated with depression, together this model accounted for 57% of the variance in depression [8].

The second objective of the study is to associate the level of mental health among nursing students with their demographic variables. A similar cross-sectional study was conducted by Revista (2010) on

Table 1: Assessment of the level of mental health among nursing students

Level of mental health	n (%)
Poor mental health	0 (0)
Moderate mental health	40 (80)
Good mental health	10 (20)

Table 2: Association between the level of mental health among nursing students with their demographic variables (n=50)

Demographic variables	Level of mental health n (%)			Chi-square test
	Poor mental health	**Moderately mental health**	**Good mental health**	
Age (years)				
18	0 (0)	34 (85)	9 (90)	χ^2=0.166
19	0 (0)	4 (15)	1 (10)	p=0.684
				NS
Sex				
Male	0 (0)	2 (5)	3 (30)	χ^2=8.666
Female	38 (95)	7 (70)	1 (7.2)	p=0.018
				S
Education of fathers				
Primary	0 (0)	7 (17.5)	1 (10)	χ^2=4.68
Secondary	0 (0)	6 (15)	2 (20)	p=0.321
High school	0 (0)	12 (30)	4 (40)	NS
Higher secondary	0 (0)	10 (25)	0 (0)	
Degree	0 (0)	5 (12.5)	3 (30)	
Education of mothers				
Non formal education	0 (0)	3 (7.5)	0 (0)	χ^2=2.20
Primary	0 (0)	2 (5)	1 (10)	p=0.82
Secondary	0 (0)	8 (20)	1 (10)	NS
High school	0 (0)	15 (37.5)	4 (40)	
Higher secondary	0 (0)	4 (10)	2 (20)	
Degree	0 (0)	8 (20)	2 (20)	
Occupation of fathers				
Public sector	0 (0)	7 (17.5)	1 (10)	χ^2=4.33
Private sector	0 (0)	11 (27.5)	1 (10)	p=0.38
Self employed	0 (0)	10 (25)	5 (50)	NS
Un employed	0 (0)	4 (10)	0 (0)	
Business	0 (0)	8 (20)	3 (30)	
Type of family				
Nuclear	0 (0)	32 (80)	10 (100)	χ^2=2.38
Joint	0 (0)	8 (20)	0 (0)	p=0.12
				NS
No. of members in the family				
1-2	0 (0)	11 (27.5)	5 (50)	χ^2=1.867
>2	0 (0)	29 (72.5)	5 (50)	p=0.17
				NS

S: Significant, NS: Not significant

common mental disorders among medical students at Universidade Federal de Sergipe. The result shows that the general prevalence of common mental disorder was 40% (n=473) after exclusion of the freshmen it increased to 42.5% among students from the secondto the 12th semester. It was higher among those who did not have faith in their acquisition of the skills needed to become a good doctor (odds ratio [OR]=2.82) who felt less comfortable about course activities (OR=3.75) who considered themselves emotionally stressed (OR=2.14) among those who did not consider themselves happy (OR=2.85), who believed that the course did not match their expectations (OR=1.64) [9].

CONCLUSION

The findings of the present study reveal that among 50 nursing students, 40 (80%) students have moderate mental health, 10 (20%) students have good mental health, and none of them have poor mental health, and there is significant association between the level of mental health among nursing students and with their demographic variable sex.

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