

**“A STUDY TO ASSESS THE KNOWLEDGE REGRADING
HUMAN RIGHTS OF MENTALLY ILL PATIENTS AMONG
THE CARE GIVER OF MENTALLY ILL PATIENTS IN THE
SELECTED COMMUNITY AREA OF JAMUHAR, ROHTAS, BIHAR**

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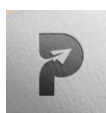
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Abstract

Background

Mental illness is an important public health concern affecting individuals, families, and society. People suffering from mental illness are often exposed to discrimination, neglect, social isolation, and violation of their basic human rights. Protection of the rights of mentally ill patients is essential to ensure dignity, equality, freedom, and proper healthcare services. Caregivers play a major role in supporting mentally ill patients and maintaining their quality



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of life. Adequate knowledge regarding human rights among caregivers is necessary for promoting respectful care and preventing abuse or neglect.

Objectives

1. To assess the knowledge regarding human rights of mentally ill patients among caregivers of mentally ill patients
2. To determine the association between knowledge scores and selected demographic variables.

Methods

A quantitative descriptive research design was adopted for the study. The study was conducted in the selected community area of Jamuhar, Rohtas, Bihar. A total of 60 caregivers of mentally ill patients were selected using non-probability convenient sampling technique. Data were collected using a structured knowledge questionnaire. The collected data were analyzed using descriptive and inferential statistics.

Results

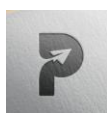
The findings of the study revealed that most caregivers had moderate knowledge regarding human rights of mentally ill patients. Some caregivers had adequate knowledge, whereas a smaller proportion demonstrated inadequate knowledge. Significant association was found between knowledge scores and selected demographic variables such as educational status and previous exposure to mental health information.

Conclusion

The study concluded that caregivers had moderate knowledge regarding human rights of mentally ill patients. Community awareness programs, mental health education, and counseling services are important to improve understanding regarding the rights and dignity of mentally ill patients.

Keywords: Human Rights, Mental Illness, Caregivers, Knowledge, Community, Mental Health.

Introduction



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Mental illness affects the emotional, psychological, and social well-being of individuals. It influences the way people think, feel, behave, and interact with others. Mental disorders may include depression, schizophrenia, bipolar disorder, anxiety disorders, and other psychiatric conditions. Mental illness can affect individuals of all age groups and may lead to impairment in personal, social, and occupational functioning.

People with mental illness often face social stigma, discrimination, neglect, and violation of their rights. In many communities, mentally ill individuals are treated unfairly and denied equal opportunities in education, employment, healthcare, and social participation. Due to misconceptions and lack of awareness, mentally ill patients are sometimes isolated, physically restrained, emotionally abused, or deprived of proper treatment.

Human rights are basic rights and freedoms that belong to every individual regardless of age, gender, religion, social status, or health condition. Mentally ill patients have the right to dignity, privacy, equality, protection from abuse, access to healthcare, education, rehabilitation, and participation in society. Protection of these rights is essential to improve their quality of life and mental well-being.

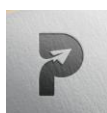
Caregivers are individuals who provide physical, emotional, social, and financial support to mentally ill patients. They play an important role in treatment adherence, rehabilitation, and social reintegration of mentally ill patients. The level of knowledge among caregivers regarding human rights directly affects the care and support provided to patients.

Lack of awareness among caregivers may contribute to neglect, inappropriate treatment, and violation of patient rights. Therefore, educating caregivers regarding the rights of mentally ill patients is necessary for promoting respectful and humane care.

The present study was conducted to assess the knowledge regarding human rights of mentally ill patients among caregivers in the selected community area of Jamuhar, Rohtas, Bihar.

Need for the Study

Mental illness is increasing worldwide and has become a major public health challenge. Despite advancements in mental healthcare services, mentally ill patients continue to experience violation of their human rights in many settings. Lack of awareness regarding patient rights contributes to discrimination, stigma, social exclusion, and poor treatment outcomes.



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Caregivers spend most of their time with mentally ill patients and are responsible for providing day-to-day support and assistance. Their understanding regarding human rights is important to ensure respectful care and protection of patient dignity.

In rural and community settings, misconceptions regarding mental illness are still common. Many caregivers are unaware about legal rights, access to treatment, freedom from abuse, confidentiality, and rehabilitation services available for mentally ill patients.

Healthcare professionals, especially nurses, have an important role in creating awareness regarding mental health rights and promoting positive attitudes toward mentally ill patients. Assessing the knowledge level of caregivers can help identify educational needs and guide future awareness programs.

The investigator observed that many caregivers in the selected community area had limited awareness regarding human rights of mentally ill patients. Hence, the study was undertaken to assess their level of knowledge.

Statement of the Problem

“A study to assess the knowledge regarding human rights of mentally ill patients among the caregivers of mentally ill patients in the selected community area of Jamuhar, Rohtas, Bihar.”

Objectives of the Study

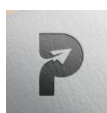
1. To assess the knowledge regarding human rights of mentally ill patients among caregivers.
2. To determine the association between knowledge scores and selected demographic variables.

Operational Definitions

Knowledge

In this study, knowledge refers to the awareness and understanding of caregivers regarding the human rights of mentally ill patients as measured by a structured questionnaire.

Human Rights



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Human rights refer to the basic rights and freedoms entitled to mentally ill patients, including dignity, equality, access to healthcare, privacy, protection from abuse, and participation in society.

Mentally Ill Patients

Mentally ill patients refer to individuals suffering from psychiatric disorders requiring emotional, medical, and social support.

Caregivers

Caregivers refer to family members or individuals who provide care and support to mentally ill patients.

Selected Community Area

Selected community area refers to the community area of Jamuhar, Rohtas, Bihar where the study was conducted.

Assumptions

1. Caregivers may have inadequate knowledge regarding human rights of mentally ill patients.
2. Educational status may influence knowledge regarding patient rights.
3. Health education can improve awareness among caregivers.

Delimitations

1. The study was limited to caregivers residing in the selected community area.
2. The study included only caregivers willing to participate.
3. The sample size was limited to 60 participants.

Methodology

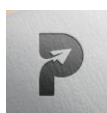
Research Approach

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A quantitative research approach was adopted for the study.

Research Design

A descriptive research design was used.

Setting of the Study

The study was conducted in the selected community area of Jamuhar, Rohtas, Bihar.

Population

The target population consisted of caregivers of mentally ill patients.

Sample

The sample consisted of 60 caregivers of mentally ill patients.

Sampling Technique

Non-probability convenient sampling technique was used.

Inclusion Criteria

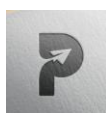
1. Caregivers who were willing to participate.
2. Caregivers residing in the selected community area.
3. Caregivers who could understand Hindi or English.

Exclusion Criteria

1. Caregivers who were seriously ill.
2. Caregivers who were unavailable during data collection.

Description of the Tool

The tool consisted of two sections:



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Section A: Demographic Variables

It included age, gender, educational status, occupation, relationship with patient, and source of information.

Section B: Structured Knowledge Questionnaire

It consisted of questions related to human rights, dignity, equality, confidentiality, healthcare access, and legal protection of mentally ill patients.

Data Collection Procedure

Formal permission was obtained before conducting the study. Participants were informed regarding the purpose of the study and informed consent was obtained. Data were collected using a structured questionnaire.

Plan for Data Analysis

The collected data were analyzed using descriptive and inferential statistics. Frequency, percentage, mean, and standard deviation were used for descriptive analysis. Chi-square test was used to determine association between knowledge scores and demographic variables.

Results

Table 1: Distribution of Participants According to Demographic Variables

Demographic variable	Frequency (n)	Percentage (%)
Age 20-35 years	24	40
Age 36-50 years	22	36.7%
Age Above 50 years	14	23.3%
Male	32	53.3%
Female	28	46.7%
Primary education	18	30%
Secondary education	27	45%
Graduate and above	15	25%

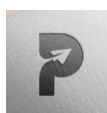


Table 2: Distribution of Knowledge Scores Regarding Human Rights of Mentally Ill Patients

Level of knowledge	Frequency (n)	Percentage (%)
Adequate	14	23.3%
Moderate	36	60%
Inadequate	10	16.7%

Table 3: Association Between Knowledge Scores and Demographic Variables

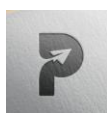
Variable	Chi-square value	Significance
Educational status	5.84	Significant
Gender	1.67	Non significant
Age	2.43	Non significant
Previous mental health information	6.11	Significant

Discussion

The present study assessed the knowledge regarding human rights of mentally ill patients among caregivers in the selected community area of Jamuhar, Rohtas, Bihar.

The findings indicated that most caregivers had moderate knowledge regarding human rights of mentally ill patients. Only a limited number of caregivers had adequate knowledge, while some demonstrated inadequate understanding regarding patient rights.

The study findings are consistent with previous studies which reported lack of awareness regarding legal rights and protection of mentally ill individuals among caregivers and community members.



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Educational status was found to have significant association with knowledge scores. Caregivers with higher educational qualification demonstrated better understanding regarding human rights and mental healthcare services.

Participants who had previous exposure to mental health information through healthcare professionals, awareness programs, or media sources also showed better knowledge scores.

The study highlights the importance of community education, counseling, and awareness programs to improve caregiver understanding regarding the rights and dignity of mentally ill patients.

Nursing Implications

Nursing Practice

Nurses should educate caregivers regarding rights, dignity, and legal protection of mentally ill patients.

Nursing Education

Mental health nursing curriculum should emphasize human rights and ethical care of mentally ill patients.

Nursing Administration

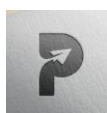
Nursing administrators should organize community awareness programs related to mental health rights.

Nursing Research

Further research studies can be conducted on larger populations and different settings.

Recommendations

1. Similar studies can be conducted with larger sample sizes.
2. Educational intervention studies can be conducted among caregivers.
3. Awareness programs should be organized regularly in community areas.



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4. Comparative studies can be conducted between rural and urban communities.

Conclusion

The study concluded that caregivers of mentally ill patients had moderate knowledge regarding human rights of mentally ill patients. Lack of awareness regarding patient rights may contribute to discrimination and neglect. Educational programs, counseling, and mental health awareness campaigns are necessary to improve caregiver knowledge and ensure protection of the rights and dignity of mentally ill patients.

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