

PUBLIC OPINION ON MENTAL HEALTH ILLNESS WITH SPECIAL REFERENCES TO CHENNAI

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ABSTRACT--*Mental disorder, also called mental health illness. Mental illness has been a major problem for most of them globally. WHO (World Health Organization) takes necessary steps to improve the mental health by creating awareness globally. The objectives of this research are to identify the difference between the opinion on mental illness and gender of the respondents and to analyze the association between the major cause of mental illness and occupation of the respondents. The researcher has used descriptive method and convenient sampling method for the research. 1540 responses were collected. Dependent variables are mental illness, causes, treatment, psychotherapy, medication, advice, criticism, support group and exercise. Independent sample t-test, chi square and ANOVA are the research tools used in this research. From the research, it was found that the mental illness depends on the gender of the respondent and the causes of the mental illness are influenced by the occupation of the respondents. Researcher also suggests that an individual's biological, psychological and social elements can play an important part in their mental health.*

keyword--*Mental disorder, behavior, treatment, psychological, stigma, discrimination, stress*

I. INTRODUCTION

Mental illness is a recognized, medical diagnosed illness that results in significant damage of an individual's cognitive, affective or relational abilities. World Health Organization decided to reach most of the general public regarding the mental health problems. India is one of the countries which have serious mental disorder. 6.5% of the population is affected by this disorder. Presently, India spends very less (0.06%) for health on mental care, which is comparatively less when compared to Bangladesh. In 2017, the government of India has launched the first National Mental Health Policy. Mostly developed countries spent 4% on health for mental disorder. As per the reports of WHO, Indian population (20%) may suffer with one form of mental disorder by 2020. As on now, India has highest suicide rate among the youngsters. In India, most funding towards mental health is utilized for institutional care that focuses on addressing exclusively biological vulnerabilities instead of social stressors (e.g. poverty, employment status, abuse, homelessness). The aim of the research is to study and understand about mental health and its illness.

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II. OBJECTIVES

- To understand about the mental health illness
- To identify the opinion on mental illness differs with respect to gender of the respondents
- To analyze the association between the major cause of mental illness and occupation of the respondents
- To examine the level of agreeability towards better treatment for mental illness among the educational group.

III. LITERATURE REVIEW

Beckers T (2019) aims to explore the mental illness of patients from U.K. and Netherlands. The researcher found that they have primary health care support for mental illness. 84% of them were benefitted. Shi Y (2019) investigated the psychosocial and relevant factors for the study. 3381 participants have been analysed for the study. It was found that education on psycho social and online programs will benefit them for their improvement in mental health. Kim and Mitrani (2019) examined 137 mothers through interview method. It was found that when the number of adult members was more, then the stress level and depression level is high with those mothers. Chekroud, Loho, and Krystal (2017) compared mental illness with other chronic diseases. It was found that mental illness term itself is very interesting among all. The public eye is on mental health than all other illness. Graham Thornicroft and Patel (2014) observed that the people with mental illness had employment problems. The mental disorders which were not treated had a negative effect globally. This mental illness led to increase in absenteeism and drop outs. Adams, R (2010) describes about mental illness and its aid after evaluating the group for seven years. It was found that severe mental illness was also better through social groups. Telephonic mediation was also very helpful as per the study.

IV. METHODOLOGY

For the purpose of this study is descriptive research is used to portray the perception towards mental illness with special references to Chennai. Convenient sampling method is used for the survey. 1540 samples were collected. Dependent variables are mental illness, causes, treatment, psychotherapy, medication, advice, criticism, support group and exercise. Independent sample t-test, chi square and ANOVA are the research tools used in this research.

V. ANALYSIS AND DISCUSSION

Hypothesis 1: Opinion on mental illness differs based on the gender of the respondents.

Table 1: Mental Illness and Gender

Gender	N	Mean	Std. Deviation	Std. Error Mean
Male	803	1.35	.476	.017
Female	737	1.26	.437	.016

Table 2: Independent Samples t Test - Mental Illness and Gender

	t	df	Sig. (2-tailed)
Independent Sample t test	3.895	1538	0.000

Since the significant value is less than 0.001, the null hypothesis is rejected and alternate hypothesis is accepted. Therefore, there is a significant difference between mental illness and the gender of the respondents. It shows that mental illness depends on the gender of the respondent.

Hypothesis 2: Major cause of mental illness is based on the occupation of the respondents.

Table 3: Cross Tabulation - Major cause for Mental Illness and Occupation

Occupation	Major cause for mental illness				Total
	Genetics	Life events like abuse, poverty, relationship or financial	Injury and Brain defects	Drug and alcohol abuse	
Business	174	238	172	44	628
Private	118	324	173	79	694
Government	26	104	60	28	218
Total	318	666	405	151	1540

Table 4: Chi-Square Tests - Major cause for Mental Illness and Occupation

	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	44.442	6	0.000

Based on the p value it was found that there is a significant association between the major cause of mental illness and the occupation of the respondents. It shows that causes of the mental illness are influenced by the occupation of the respondents.

Hypothesis 3: Level of agreeability towards better treatment for mental illness among the educational qualification groups.

Table 5: ANOVA - Treatment of Mental Illness and Educational Qualification

		Sum of Squares	df	Mean Square	F	Sig.
Psychotherapy	Between Groups	86.503	4	21.626	15.995	.000
	Within Groups	2075.331	1535	1.352		
	Total	2161.834	1539			
Medication	Between Groups	10.267	4	2.567	2.993	.018
	Within Groups	1316.369	1535	.858		
	Total	1326.636	1539			
Advices and Criticism	Between Groups	36.125	4	9.031	7.653	.000
	Within Groups	1811.368	1535	1.180		

	Total	1847.493	1539			
Exercise	Between Groups	27.534	4	6.883	7.599	.000
	Within Groups	1390.438	1535	.906		
	Total	1417.971	1539			
Support Group	Between Groups	34.129	4	8.532	6.336	.000
	Within Groups	2067.010	1535	1.347		
	Total	2101.140	1539			

Significant value shows that there is a significant difference in the mean scores of level of agreeability towards better treatment for mental illness among the educational qualification groups. It shows medication in the treatment for mental illness influences the preference in Chennai.

VI. CONCLUSION

India is one of the countries which have serious mental disorder. 6.5% of the population are affected by this disorder. Presently, India spends very less (0.06%) for health on mental care, which is comparatively less when compared to Bangladesh. In 2017, the government of India has launched the first National Mental Health Policy. From the research, it was found that the mental illness depends on the gender of the respondent and the causes of the mental illness are influenced by the occupation of the respondents. It was also found out that medication in the treatment for mental illness influences the preference in Chennai.

There is confidence that advancements within the treatment of stress disorders can still bring hope and relief to the individual, and families affected by these disorders. There are some ways individuals with mental disorders would possibly receive treatment. There is a necessity to have an open discussion with the public, and not just experts which will help create a more inclusive environment for people with mental illness. Finally, many researches are needed to spot out good country concepts where a lot more integrated approach to the treatment and prevention is also adopted.

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