SOCIAL STIGMA AND FEAR IN NURSING STUDENTS DURING CLINICAL POSTING IN PSYCHIATRIC HOSPITAL

Mr. Pradeep Kumar Sharma

¹ PhD Scholar JJTU. M.Sc. (N), Mental Health Nursing, Faculty,
Govt. College of Nursing, Jaipur, Rajasthan, India

Corresponding email: pksharmapeethalpur@gmail.com

BACKGROUND: Mental illnesses are very serious problem in all over world. Approximate 45 Carores people in all over world suffering from mental disorders. According to WHO in 2020 Depression is the second leading cause of disability in world. There are a social stigma and various myths about mental health and mental illnesses in our country.

Key words: Psychiatric hospital, nursing students, clinical posting, social stigma and fear.

INTRODUCTION: For the professional development and justification the nurses develop new theories or researches to fulfil the required and perceptual effort as well as the astronomer's new star search or a new picture is completed by a artist.

– Florence Nightingale.

According to American Nurses Association's standard the professional nurse involves in the continue learning programme to acquire knowledge, skills and professional development.

Mental health is the main component of health which is defined by World Health Organization. [WHO]

The mental health is the combination of emotions, thinking and behaviour which is reflected by an individual. It is the essential part to maintain relationship, personal and emotional well being and provide contribution to society or community.

The mental health refers to a state of well being in which an individual acknowledge his or her strength and weaknesses, can cope up with situation, manage life stress, can work, service and contribute to his or her society.

The most of mental health problems are due to stress, rejection, maladjustment, relationship break up, death of near and dear, suicidal thinking, drug addiction, low self esteem and unstable mood. These develop mental disorders.

Mental disorders are due to biological, developmental and psychosocial factors and these disorders are similar to physical diseases.

At present mental illness is the most important health problem in all over world. In our society most of rural population think the mental disorders are due to evil soul and manage it by the magic and religious treatment. So in our society there are some myths about mental health and mental illnesses. There are a social stigma and various myths about mental health and mental illnesses in our society.

The nursing professionals are also part of this society so that they are not free from this type of social stigma. They also feel irrational fear and negative attitude regarding mental health and mental illnesses. So this type of negative attitude affects their professional ability and they do not follow psychiatric nursing standards.

Many researchers are found that nursing professional have stigma regarding mental illnesses and negative attitude like other professionals.

Nursing students also feel this stigma, irrational fear and negative attitude towards the psychiatric hospital environment, mental illness and mentally ill patients.

This is necessary to improve the quality of care in psychiatric hospitals, change the attitude of nursing and medical students regarding mental illnesses.

If we want the improvement of nursing management in psychiatric field, the nurses should have deep theoretical and chemical knowledge and specialized skill training in the field of psychiatry [mental health] nursing.

In India shortage of mental health [psychiatric] nurses

mentally ill patients are cared by general nurse. So these nurses have absence of theoretical and clinical background of mental health nursing, they have stigma, ignorance and misconception regarding mental illness.

A large number of general nursing and midwifery diploma holder nurses direct appointed in psychiatric hospital to deal psychiatric patients without any adequate preparation they provide this type of care.

So for this type of situation the review suggested a need of orientation programme in psychiatric hospital and develops a module of nursing management of general mental disorders.

The nursing students are an important part of our health care system. But most of student nurses show interest in paediatric nursing, medical surgical nursing. But at present scenario due to increasing psychiatric disorders, the global demand of psychiatric nurses is growing and due to extended and expended role of psychiatric nurse, the nursing students show interest in mental health [psychiatric] nursing.

But there are some issues for nursing students regarding mental health, mental illness, psychiatric hospital environment and treatment modalities in psychiatry.

MOST OF ISSUES:

- Psychiatric mental hospital environment issues.
- Psychiatric patient's maladaptive/ bizarre behaviour.
- Misconceptions regarding mental health and mental illness.
- Rejection fear.
- Hyper active/ assaultive patient fear.
- Adverse effect of psychopharmacological issues.
- De addiction fear.
- Thinking of people regarding mental health workers [psychiatrist/ psychiatric nurse] have maladaptive behaviour due to environmental adaptation.

SOCIAL STIGMA AND FEAR IN NURSING STUDENTS

1. Normal behaviour will never be abnormal.
2. Abnormal behaviour cannot be changed.
3. Behaviour of mentally ill person is bizarre.
4. Mentally ill patients are dangerous for society.

5. Mental hospital patients are dangerous and harmful for staff and students.
6. Mental illnesses are not related to physical illness.
7. In our country [India] mental illness prevalence is low.
8. Mental disorders are cannot be treated they are lifelong.
9. Mentally ill patients should be isolated and then treated.
10. Mental illnesses are the subject of shame.
11. Behaviour of mental hospital's Doctors and staffs are abnormal due to their environment.
12. After our clinical experience there is a negative change in our behaviour due to this environment.

TO RESOLVE THIS PROBLEM OBJECTIVE OF STUDENT NURSES ARE-

- To gain knowledge and understanding regarding mental health nursing curriculum.
- To follow the psychiatric nursing principles.
- To establish therapeutic nurse patient relationship.
- To use self understanding as a therapeutic tool during clinical experience.
- To actively participate in various therapies and treatment modalities which are used in field of psychiatry.
- To involve family members in management of psychiatric patients.

ROLE OF FACULTY TO RESOLVE THIS STIGMA AND FEAR IN NURSING STUDENTS-

The contribution of nursing faculty is very essential to achieve this by educating, training and skilling the nursing student in the field of mental health [psychiatric] nursing by

1. Prepare a smart course plan for the subject of mental health [psychiatric] nursing.
2. Complete basic theory classes before clinical posting.
3. Explain each and every psychiatric nursing principle and how these are beneficial in your clinical posting.
4. Explain how to develop therapeutic nurse patient relationship.
5. Explain therapeutic communication techniques

and how to implement these in your clinical posting.

6. Prepare a orientation plan before clinical posting.
7. Prepare well define objective based clinical rotation plan for subject of mental health [psychiatric nursing].
8. Clinical supervisor stay in clinical area during clinical posting and close observe the nursing students.
9. Clinical supervisor listen the problems of nursing students and try to solve them.
10. Clinical supervisor should be taken the ward teaching and case presentation in clinical area to reduce fear.
11. Plan and implement the extra curriculum activity in clinical area which is beneficial for nursing students and mental patients.

CONCLUSION-

At the present time mental health nursing is the growing profession in which mental health [psychiatric] nurse should be ready to listen and reassure the patients in distress and develop a positive attitude to attribute the extended role in psychiatric nursing. Nurses are

advised to provide holistic care including preventive, promotive, curative and rehabilitative care in the field of psychiatric nursing .

A systematic theoretical and clinical training programme will provide insight in nursing students into various aspects of improve knowledge, develop skills and change the attitude regarding mental health and mental illness including the resolve stigma and fear regarding mental health, mental illness and mental hospital environment.

REFERENCES:

1. Gelder, Harrison, Cowen (2000). Shorter oxford textbook of psychiatry (5th ed). New York. Oxford university press. Pp 150
2. Townsend, Mary C.(2007).Psychiatric mental health nursing(5thed). New Delhi. Jaypee brothers medical publishers (p) ltd. Pp-15
3. Ahuja, Niraj (2006). A short text book of psychiatry(6thed). New Delhi. Jaypee brothers medical publishers (p) ltd. Pp-2
4. Sadock Benjamin and Sadock Virginia(2003). Kaplan and sadock's synopsis of Psychiatry, 8th ed., Philadelphia. J. B.Lippincott company.Pp--16