

# Knowledge and Attitude of Students toward People with Mental Health Disorder: A Cross-sectional Study

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## Abstract

**Purpose:** Even though mental health is a global concern, however, the support provided in different countries are varies. This study is focusing on the perceptions, knowledge and attitude of undergraduate students in Pahang toward the mental health and the treatment of this illness.

**Design/methodology/approach:** A cross-sectional study was conducted among students of higher institutions in Pahang. A sample of 245 respondents was collected by distributing online questionnaire.

**Findings:** The results suggest that college students' knowledge of mental illness is inconsistent. The results also show students' attitudes overall were quite positive, given that a majority of students expressed accepting, respectful, and sympathetic views toward people with psychiatric disorders

**Research limitations/implications:** This research would be extended to students in higher education institutions in different parts of Malaysia.

**Practical implications:** This study would give a shed to Higher Educational Institutions (HEI) to provide mental health awareness to students either by promoting campaign or to provide professional treatment for those who having mental disorders.

**Originality/value:** There are limited studies has been done on this topic in Malaysia. This study was tested among students in HEI in Pahang which will contribute to HEI and university policy makers on the importance of mental health disorders.

**Paper type:** Research paper

**Keywords:** Knowledge, Attitude, Mental disorder

### **Introduction**

The COVID-19 pandemic has a huge impact on the mental health of every individual around the world. What's even scarier is COVID-19 epidemic has caused a parallel epidemic of fear, anxiety, and depression. According to Yao et al. (2020) people with mental health conditions could be more substantially influenced by the emotional responses brought on by the COVID-19 epidemic. According to Walker et al. (2021), mental health are among the worst, if not the worst, of life's common misfortunes. Depression and anxiety are associated with bigger reductions in life satisfaction than debt, divorce, unemployment, Parkinson's, or Alzheimer's. All over the world, those with mental illnesses suffer human rights abuses; these can be severe as being chained or caged. It is important to have the right perception and understanding of mental health disorders to be able produce a healthy generation and develop quality life among our society. Furthermore, according to Michael et al. (2020), there was a lack of attention on students' mental health. It is also found that there is challenges in creating sustainability awareness of mental health among students.

The issue of mental health is getting worse, especially when the country is hit by the COVID-19 pandemic which puts pressure on millions of Malaysians. In this critical situation, control at an early stage should be practiced by the community so that their mental health does not worsen. However, society's perception and acceptance of mental health is related to their level of understanding and knowledge in this issue. Referring to the National Health Morbidity Survey (NHMS) in 2015, there was an increase in the issue of mental problems among children, adolescents and adults compared to 2011. Among the problems reported were suicidal, depression, anxiety, and stress.

A report by Kosmo (2021) stated that the level of mental health among Malaysians is in a critical state when mental health problems will be the number one threat to the country after four diseases namely heart disease, kidney disease, high blood pressure and diabetes. National Institute of Health (2019) state nearly half a million people in the country are reported to be suffering from depression comprising 2.3% of people aged 16 and above based on National Health and Morbidity Survey. Based on the report conducted proves that mental health among Malaysians is very worrying. The question now is do the group reported by NHMS which is 2.3% know that they are the group at risk?

The study conducted by Nurhaila et al. (2011) found that 83.3% of the total respondents among students in public universities were low. This means students are unaware of mental health problems among them. According to Abdul Aziz et al. (2020) mental health is often overlooked and underestimated by our society because it is usually not physically manifested. However, when this problem occurs continuously over a long period of time, it will inevitably have an impact on physical and mental health. Therefore, it is very important for the community to be aware and sensitive to this mental health issue especially during this COVID-19 epidemic. It is very important for our society especially young people to understand about mental health disorder.

Therefore, this study aimed to identify knowledge and attitudes toward mental health disorders and their treatment among students in universities in Pahang, Malaysia.

### **Literature Review**

According to World Health Organisation (WHO, 2013), mental health is a state of well-being in which the individuals realise his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to contribute to his/her community. Mental health is also a situation where one person struggling to cope with the many challenging

things in life daily life (Silvana, Andreas, Marianne, Julian & Norman, 2015). WHO launched a Global Mental Health Action Plan in 2013 in order to stop the treatment differences in mental disorder with sharing an approach between the community, doctor, specialist care and other relevant sectors (Oye, Gareth, Victor, Bibilola, Soraya & Rachel, 2015).

There are many choices of treatment for mental health patients for example traditional healing, complementary medicine or alternative medicine other than conventional medicine. For traditional healing it is more popular in low income countries however high income country, the patient would prefer to complementary or alternative medicine (Oye, Gareth, Victor, Bibilola, Soraya & Rachel, 2015). Furthermore, knowledge and attitude are important in expanding student's awareness towards mental health problems and learning about mental illnesses is crucial (Irma, Ingka, Rano & Witriani, 2020).

### ***Knowledge on Mental Health***

Knowledge let us differentiate between right and wrong. Knowledge relates in obtaining, maintaining, and using the information to person's ability (Irma, Ingka, Rano & Witriani, 2020). It also associated with experience, judgement, and skill. Furthermore, it is created in the human brain and growth when people are involved in obtaining and spreading it (Mohajan, 2016). Knowledge in context of health literacy refers to a person ability for getting, understanding and using the information to make decisions about health problems and to seek for medication. As for knowledge about mental health, it refers to a person's understanding of signs and symptoms of psychiatric diseases and understanding the necessity for referring to a proper specialist for necessary treatment (Azadeh, Laleh, Ahmad, Mehrdad, Mahnaz & Fatemeh, 2015).

According to Riffel and Chen (2019) students seems to have a basic understanding and knowledge of mental illnesses and the causes that leads to it. Student thought that trauma, stress, and lack of flexibility towards life could cause mental illnesses. However, according to Aruna (2016) for medical students, it had significant shortcomings in knowledge and attitude pertaining to psychiatric disorders in the in the early years of education. Previous studies showed that intentions to find help from other individuals on mental disorder were linked with a sufficient knowledge with the support of public (Alsahali, 2021). Moreover, the research also mentioned that sufficient knowledge on mental health disorder will supplement individuals on avoiding the stereotype attitude towards mental disorder among people. Hence, insufficient knowledge on mental health may cause individual with late treatments and also lead to discrimination in the society (Mutiso et al., 2019).

### ***Attitude towards mental health***

Everyone in this world would have different attitudes towards the same thing or idea. According to psychologist, attitude refers to learned propensity to assess things in a determined way (Kenda Cherry, 2020). This may cover assessing of people, matters, object, or incidents that happens in their lives. Attitudes comprise of 3 characteristics first is consciousness or unconsciousness of a mental state, second a belief or feeling and third a tendency to conduct (Kaltman, 1988). Attitudes also can be referred as an evaluation of a thing or object in terms of like or dislike, positive or negative and pro or anti. The attitude towards people with mental illness may be divided into two; first positive attitude where the society should treat them with tolerant attitude and second negative attitude where society may accept them but they tend to withdraw them from more personal relationship like working or living together (Redhwan, 2013). According to Ighodaro, Stefonavics, Makanjoula and Rosencheck (2014) negative attitude, discrimination and lack of knowledge could contribute to the hardship in social interaction with them.

The study focal point is the need for better educational measures at student level in order to create a positive attitude towards mental illness, which is essential for ensuring better care for patients and to reduce the stigma surrounding psychiatric disorders (Aruna, 2016). Most of the students agreed that person with mental health disorders deserve the respect and society must help them to be better which jeering or ridicule act against them are painful to accept (Irma, Ingka, Rano & Witriani, 2020). According to Rifel and Chen, (2019), students would be supportive toward a person who was being bullied for a mental illness. Students also indicated that their support would depend on their closeness with the bullied individual and they would be understanding and/or supportive if the person with mental illness disclosed about the illness to them. The stigma of society on mental health disorder will lead to severe mental health disorder and also may be discriminated by their family, friends and society in the future (Morgan, Reavley, Ross, San Too & Jorm, 2018)

### **Methods**

This was a cross-sectional questionnaire-based study, which aim to measure the knowledge, and attitudes of university students through online self-administered questionnaires. This research was adapted a study done by Puspitasari, Garnisa, Sinuraya and Witriani (2020). The instruments of the questionnaire was divided into 3 sections; Section A: demographic profiles, Section B: 20 questions related to knowledge and Section C: 17 questions related to attitude. The data was collected among students in Pahang between August and September 2021. A total of 245 respondents were answered the survey. The purposive sampling method was used as this study served higher education institutions in Pahang. Descriptive statistics were used to explore basic socio-demographic data. Data were analyses using IBM SPSS version 24.

### **Findings**

#### ***Respondent Profile***

A total of 245 students from various university in Pahang participate in this research. Majority of the respondent are female with 182 respondent (74.3%). Highest number of respondents are with age range 20 years and above with 198 respondent (80.8%). In terms of faculty, majority of the respondent are from non-health faculties with 210 respondent (85.7%). Next, from the total of 245 respondent, 135 respondent have experience talking with person with a mental health disorder (55.1%) and out of all respondent only 30 respondent are diagnosed with mental health disorder (12.2%).

#### ***Knowledge of Students on Mental Health***

Of the 20 questions, many of the respondents answered correctly on the following items: 1) the normalisation of psychological problems and mental disorders (item numbers 1, 3, 7, 9, 11, 12, 13, 14, 15, 16, 17 and 18), 2) mental health is part of an overall well-being (item number 5), and 3) mental disorders are uncommon and unchangeable (item numbers 6, 9, 13, and 14). In the items on the treatment of mental health disorders (item numbers 17, 18, 19, and 20), most of the respondents answered correctly, except for the question on psychological problems (number 8), and only 3.3% of the students answered correctly. The knowledge about incorrect beliefs about causes of mental disorders (item numbers 2 and 4) were correctly answered by only 18.4% and 19.6% of students, respectively. About 22.0% of respondents answered correctly on item 10, which asked about schizophrenia treatment. Table 1 illustrates the responses of the respondents to knowledge towards mental health.

Table 1: Knowledge of Student on Mental Health

No	Statement	Correct answer	%
1	Exercise can help maintain mental health [yes].	207	84.5
2	Mental disorders are caused by wrong way of thinking [no].	45	18.4
3	Many people have psychiatric problems, but they do not realise them [yes].	189	77.1
4	External stress factors are the causes of all types of mental health disorders [no].	48	19.6
5	The components of mental health include normal intelligence, stable moods, positive attitudes, interpersonal relationships, and quality adaptability [yes].	195	79.6
6	The majority of mental disorders cannot be cured [no].	133	54.3
7	Psychological or psychiatric services should be sought if one suspects the presence of psychological problems or mental disorders [yes].	178	72.7
8	Psychological problems can occur at almost all ages [no].	8	3.3
9	Mental disorders and psychological problems cannot be prevented [no].	143	58.4
10	In severe mental disorders (eg, schizophrenia), treatment is only given within a certain period of time and should not be given for a long period of time [no].	54	22.0
11	The main symptom of schizophrenia is hallucination [yes].	127	51.8
12	Individuals who have a family history of mental disorders have a higher risk of experiencing psychological problems and mental disorders [yes].	132	53.9
13	Psychological problems in adolescents do not affect academic grades [no].	150	61.2
14	Middle-aged or elderly individuals rarely have psychological problems and mental disorders [no].	113	46.1
15	Individuals with bad temperament are more likely to have psychiatric problems [yes].	135	55.1
16	Feelings of sadness and depression are the same [no].	161	65.7
17	The treatment of people with mental health disorders is enough by giving antidepressants [no].	149	60.8
18	The treatment of people with mental health disorders needs supportive psychological therapy [yes].	218	89
19	Mental health medications do not provide considerable adverse effects [no].	45	18.4
20	Sertraline is one of the antidepressants [yes].	51	20.8

### *Attitude of Students on Mental Health*

Responses to attitude items are summarised in Table 1. The results revealed high agreement on many items indicating positive attitudes toward mental illness. Over 85.7% students agreed that people with mental illness deserve respect, that more should be done to help people with a mental illness get better, and that jokes about mental illness are hurtful. The students also expressed strong acceptance of people with mental illness. 33.5% of the respondents indicated that they would be comfortable meeting a person with a mental illness, and 81.6% denied that they would be frightened if approached by someone with a mental illness. Almost majority of the respondent 85.3% rejected the statement that it is a good idea to avoid people with mental illness. Positive attitudes were apparent also in relation to personal responses to mental illness. Most students (81.6%) rejected the idea of advising friends to avoid admitting to having a

mental illness. Most (60.4%) also disagreed with the idea of not telling friends about their own mental illness. In addition, only a minority (31.8%) of students saw themselves as having little in common with a person with mental illness, and only 17.5 % agreed that they were likely to feel embarrassed about having a mental illness.

Table 2: Students' Responses to Statements on Attitudes toward People with Mental Disorders

No	Statement	Agree/Strongly Agree
		N (%)
1	People with mental illnesses deserve respect.	210 (85.7%)
2	We must help people with mental illnesses for them to be better.	233(95.1%)
3	A mockery of mental disorders is painful.	203 (82.8%)
4	Learning about mental illnesses is crucial.	161 (65.7%)
5	Avoiding people with mental illnesses is a good idea.	36 (14.7%)
6	I feel comfortable when encountering people with mental illnesses.	82 (33.5%)
7	People with mental illnesses can help others.	106 (43.3%)
8	I am scared when being approached by people with mental illnesses.	45 (18.4%)
9	When I have a mental health disorder, I most likely do not tell my friends	124 (50.6%)
10	If any of my friends suffer from mental illnesses, then I would advise them not to tell anyone.	45 (18.4%)
11	Caring for people with mental illnesses in hospitals makes the community feel safer	172 (70.2%)
12	Only people who are weak and overly sensitive let themselves be affected by mental illnesses	54 (22.1%)
13	It would be a shame if I had a mental illness.	43 (17.5%)
14	Students with mental illnesses should not be in regular classes.	43 (17.5%)
15	I have a little in common with people suffering from mental health disorders.	78 (31.8%)
16	Students with mental illnesses need a special curriculum in learning.	131 (53.4%)
17	Someone with mental illnesses can be a good friend.	143 (58.3%)

### Discussion and Conclusion

Students commonly known mental health in general. However, it is important for the higher education institutions provide knowledge regarding mental health to students (Ahorsu et al., 2021). The results suggest that college students' knowledge of mental illness is inconsistent. They seemed well-informed about some things, such as the unfavorable treatment and depiction of people with mental illnesses. Their knowledge seemed lacking in other areas, and the greatest gaps in knowledge involved the symptoms of specific mental disorders. According to Behnke (2018), even there was a campaign on mental health but students are still have lack of knowledge on it. The results also consistent with Jombo, Idung, and Iyanam (2019) that found a poor knowledge on mental health among students.

According to Puspitasari, Garnisa, Sinuraya and Witriani (2020) majority of students has positive attitudes towards people with mental disorder. Align with the research, the results show students' attitudes overall were quite positive, given that a majority of students expressed accepting, respectful, and sympathetic views toward people with psychiatric disorders. These results are a hopeful sign that the next generation may be developing more favourable attitudes

toward mental illness than those of older generations. According to Bingham and O'Brien (2017), it important for students not to stigmatising people with mental disorders as support among friends would encourage them for a good mental health. The results of this study, in combination with those of several studies conducted in different countries among the general population and among students, showed that misconceptions and negative views toward those with MIs are prevalent. More research is needed in order to address the consequences.

### ***Theoretical Implications***

The findings would contribute to expand understanding to students with knowledge and attitude towards mental disorders. In addition, these results will also add knowledge to the previous study by exploring the student's knowledge and attitude.

### ***Practical and Social Implications***

This study would give a shed to higher educational institutions to provide mental health awareness to students either by promoting campaign or to provide professional treatment for those who having mental disorders. It is important for university policy makers and also ministry to provide relevant information on mental health.

### ***Limitations and Suggestions for Future Research***

There are some limitations to our study. First, the survey was based on a cross-sectional sampling strategy and on self-reported measures, so it might be difficult to make reliable inferences about the correlations or causal relationships between attitudes and knowledge. Second, since our study was a web-based survey, we couldn't provide the participants with in-person explanations of the questions and this might influence their responses. On the other hand, using a web-based strategy allowed participants to participate in the study without feeling socially pressured or guided to respond in one way or another.

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