



Original Research Article

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**A STUDY TO EVALUATE THE EFFICIENCY OF DESIGNED EDUCATION
PROGRAMME ON KNOWLEDGE REGARDING CONSTITUTIONAL RIGHTS
OF MENTALLY ILL AMONG ANCESTORS OF MENTALLY ILL CLIENTS AT
A SELECTED HOSPITAL, UTTAR PRADESH**

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Abstract

Mental illness is commonly associated with stigma, discrimination, and inadequate awareness of constitutional rights, especially among family members responsible for the care of mentally ill individuals. Lack of knowledge of legal safeguards can lead to human rights violations and delayed treatment. The present study aimed to evaluate the efficiency of a designed education programme on knowledge regarding constitutional rights of mentally ill among ancestors of mentally ill clients in a selected hospital of Uttar Pradesh. A pre-experimental one-group pre-test post-test design was adopted. Forty ancestors of mentally ill clients were selected using purposive sampling at Shantanu Multi-Specialty Hospital, Lucknow during March 2024. Findings revealed a significant difference between pre-test and post-test knowledge scores after implementation of the designed education programme. The programme was found to be highly effective. The study suggests the need for continuous educational interventions in psychiatric care settings to empower families and ensure protection of legal rights.

Introduction

Mental health is an essential dimension of holistic well-being. In India, mentally ill individuals frequently face stigma and marginalization, often within their own families and communities. The Mental Healthcare Act (MHCA), 2017 emphasizes protection of legal and constitutional rights, including informed consent, confidentiality, access to

quality treatment, and protection from inhumane practices. However, due to limited awareness among caregivers and ancestors of mentally ill persons, these rights are often overlooked.

Family members play a crucial role in treatment decision-making, yet their inadequate knowledge may lead to delayed hospitalization, denial of treatment, or violation of the patient's autonomy. Educational interventions can bridge this gap and empower families to uphold constitutional safeguards.

Objectives

1. To assess the pre-test level of knowledge regarding constitutional rights of mentally ill among ancestors of mentally ill clients.
2. To administer the designed education programme on constitutional rights.
3. To assess the post-test level of knowledge after the education programme.
4. To evaluate the effectiveness of the designed education programme.
5. To associate post-test knowledge score with selected demographic variables.

Hypothesis

H1: There will be a significant difference between pre-test and post-test knowledge scores after implementation of the designed education programme at $p < 0.05$.

Research Methodology

Component	Description
Research Design	Pre-experimental, one-group pre-test post-test design
Research Setting	Shantanu Multi Specialty Hospital, Lucknow, Uttar Pradesh
Study Population	Ancestors (primary caregivers) of mentally ill clients
Sample Size	40 participants
Sampling Technique	Purposive sampling
Study Duration	4 weeks (March 2024)
Tool	Structured knowledge questionnaire (30 items)

Component	Description
Intervention	Designed education programme (PPT + pamphlets + discussion) on constitutional rights as per MHCA, 2017
Data Analysis	Descriptive and inferential statistics (t-test)

Results

- **Pre-test Findings:** Majority (72.5%) of respondents had inadequate knowledge; 27.5% had moderate knowledge; none had adequate knowledge regarding constitutional rights.
- **Post-test Findings:** After the education programme, 82.5% of respondents had adequate knowledge, 17.5% had moderate knowledge, and none remained inadequate.
- **Mean Gain:**
 - Pre-test mean score: 11.32 ± 3.14
 - Post-test mean score: 24.15 ± 2.86
 - Mean gain: 12.83
- **Paired t-test:** $t = 16.72, p < 0.001$ (highly significant)

These results confirm that the educational intervention was **highly effective** in enhancing knowledge.

Discussion

The findings show that the designed education programme significantly improved awareness of constitutional rights among ancestors of mentally ill clients. Prior to intervention, most families lacked knowledge about legal provisions such as:

- Right to access mental healthcare
- Right to community living
- Right to confidentiality and informed consent
- Right against inhumane treatment
- Right to legal aid and protection

Post-intervention improvement indicates that structured educational strategies can strengthen advocacy and reduce human rights infringement. The results are consistent with previous studies showing that caregiver education enhances legal literacy and promotes ethical psychiatric practices.

Conclusion

The designed education programme was effective in improving knowledge regarding constitutional rights of mentally ill among ancestors of mentally ill clients. Such interventions should be integrated into routine psychiatric care and community mental health programs to empower families and safeguard patient rights.

Implications

Area	Recommendation
Nursing Practice	Include legal rights counselling during psychiatric care
Nursing Education	Strengthen curriculum on MHCA 2017 and psychiatric laws
Nursing Administration	Establish legal awareness workshops for caregivers
Nursing Research	Replicate the study with a larger population across regions

Recommendations

- Conduct follow-up studies to evaluate long-term retention of knowledge.
- Extend the programme to community-based settings and rehabilitation centres.
- Compare the efficiency of classroom teaching versus digital education modules.

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