

ATTITUDE AND VIEWS TOWARDS MENTAL HEALTH AMONG DENTAL STUDENTS

Running Title: Mental health among Dental students

ABSTRACT

INTRODUCTION

Stress can be a feeling of emotional or physical tension. It can come from any event or thought that can make us feel frustrated, angry, or nervous. Stress is your body's reaction to a challenge or demands.

AIM

The aim of the study is to assess attitude and views towards mental health and psychiatry among dental students.

MATERIALS AND METHODS

Study Setting is prospective observational study. The advantages of this study was economical, easy to create, wide reach, and gathering larger data Quick Interpretation . It was approved by the scientific review Board Saveetha Dental college Chennai .Number of participants involved in this study are 138 college students .The responses from the google sheet were transferred into excel. Inferential statistics was done using Chi square test and exported to SPSS software, version 25

RESULTS

From the survey conducted among dental students on mental health and psychiatry. Majority of dental students were female participants compared male participants. Interpretation was based on a p value less than 0.05, which was considered to be statistically significant.

CONCLUSION

The findings of the present study proves that the majority of dental students have awareness of attitudes and views of mental health .Among dental students, females are the major participants compared to males. In order to develop psychiatric and mental health services, public acceptance is necessary.

KEYWORDS: Attitude, Mental health, Psychiatry, Stress, Anger management

INTRODUCTION

Stress can be a feeling of emotional or physical tension. It can come from any event or thought that can make us feel frustrated, angry, or nervous. Stress is your body's reaction to a challenge or demand stress includes both physiological and psychological changes (1). Stress can cause physical and psychological distress, which affect the students performance in academics (2). Stress is defined as a strain that accompanies a demand perceived to be either challenging or threatening (3) No control in anger management is one of the major prevalent psychological and behavioural problems among the adolescent girls and boys some psychiatric doctors believe that no control in anger management results in personal discomfort and conflicts(4–9),(10)(11). Anger management training among adolescent girls and boys may decrease their aggressive behaviour in a short time period (12) anger is caused or linked to emotional and physical abuse, crime, loss of concentration, insomnia and self harm (13). Depression, anxiety and stress have been shown to be linked or lead to poor academics, problems with peers, low performance in class and problems with public speaking (14). Mental health refers to (15),(16), behavioral and emotional well-being. It is all about how we think, feel and act with people. Sometimes we use the term 'mental health' to mean the absence of a mental disorder(17–21) However, self esteem has been helpful for mental health issues and leads to positive outcomes. Other studies have found correlation between low socioeconomic status and depression (22), (23). Mental health can affect daily living, relationships and physical health looking after mental health can preserve a person's ability to enjoy life.doing this involves reaching a balance between life activities, responsibilities and efforts to achieve psychological resilience stigma known as sign of shame that leads an individual being rejected and discriminated against and excluded from society (24) . Conditions such as stress, depression and anxiety can all affect mental health and disrupt persons routine. Although the term mental health is in common use, many doctors recognize that psychological disorders have physical roots(10)(25). Stress has been a most used word in our daily existence, stress can cause many physical And emotional symptoms.some times,you may not realize these symptoms are caused by stress therefore, favourable changes in attitudes have been focus, and there have been some studies that have investigated the effects of mental health(26)(4–9)(26). Psychiatry is the medical specialty devoted to the diagnosis, prevention and treatment of mental disorders examinations, fear of failing, workload and completing course (27–29). This impact on stress on the academic performance of dental students (30). The aim of the study is to assess attitude and views towards mental health and psychiatry among dental students.

MATERIALS AND METHODS

Study Setting is prospective observational study.The advantages of this study was economical, easy to create, and Quick interpretation can be done. Number of participants involved in this study is 138 college students.. All those who were willing to participate were included in the

study. Those who were not willing and those who had a language barrier in answering the english version of the questionnaire were excluded from the study. The responses from the google sheet were transferred into excel and were then exported to SPSS software, version 25. Descriptive statistics was done using frequency and percentage. Inferential statistics was done using Chi square test. Comparisons were done between independent variables like age, gender, occupation and knowledge, attitude practice responses by the participants.

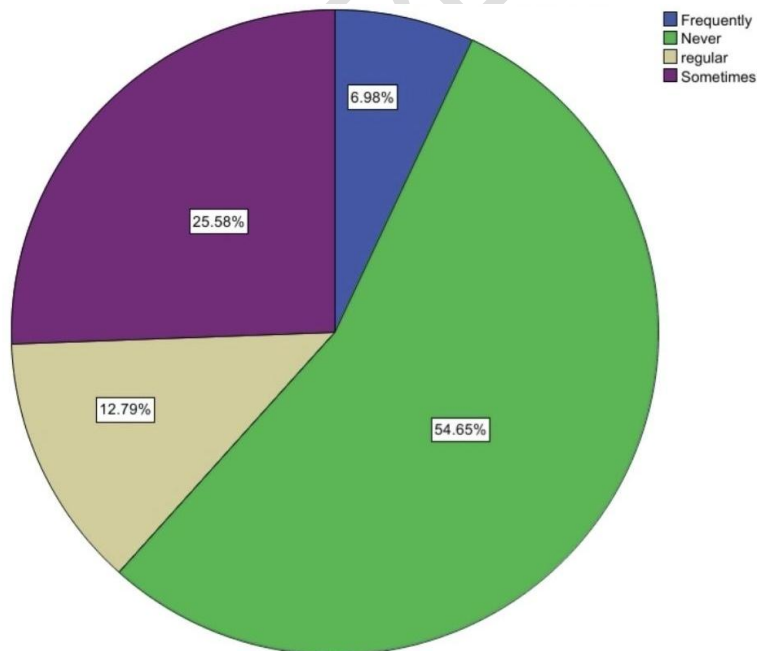


FIGURE1 Pie chart representing percentage distribution of responses of medication intake due to studies 54.65%- never (green), 25.58%-sometimes (purple), 12.79%- regular(grey), 6.98%- frequently (blue).

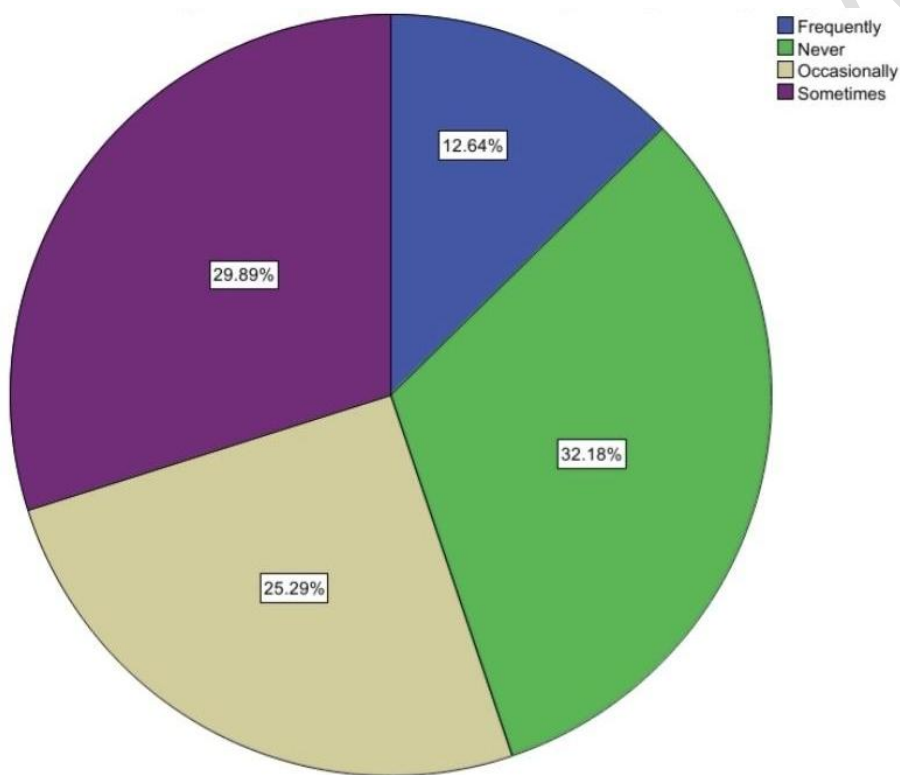


FIGURE 2 Pie chart representing percentage distribution of responses about are you feeling mentally stressed 32.18%-never(green), 25.29%- occasionally(grey),29.89%- sometimes(purple), 12.64%- frequently(blue).

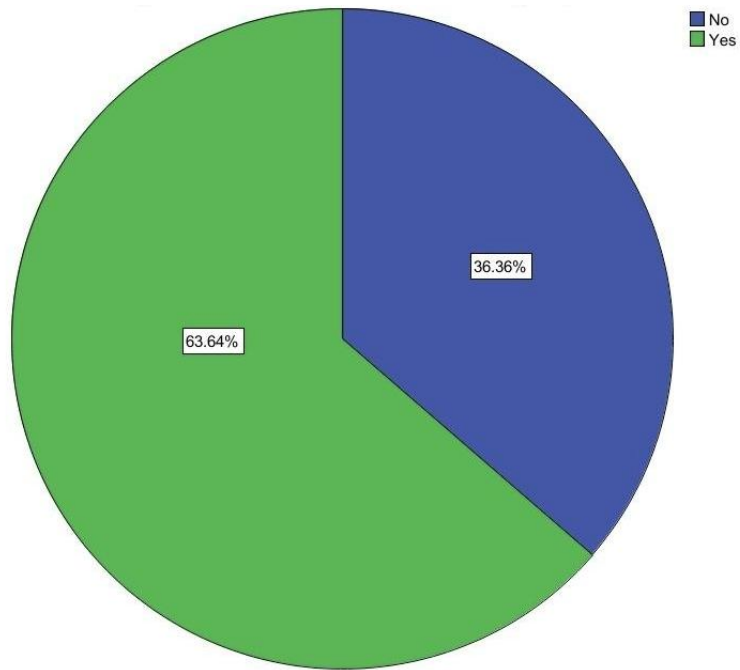


FIGURE 3 Pie chart representing percentage distribution of responses about have you had any problems with your work or daily life due stress 63.64%- yes(green), 36.36%- no (blue).

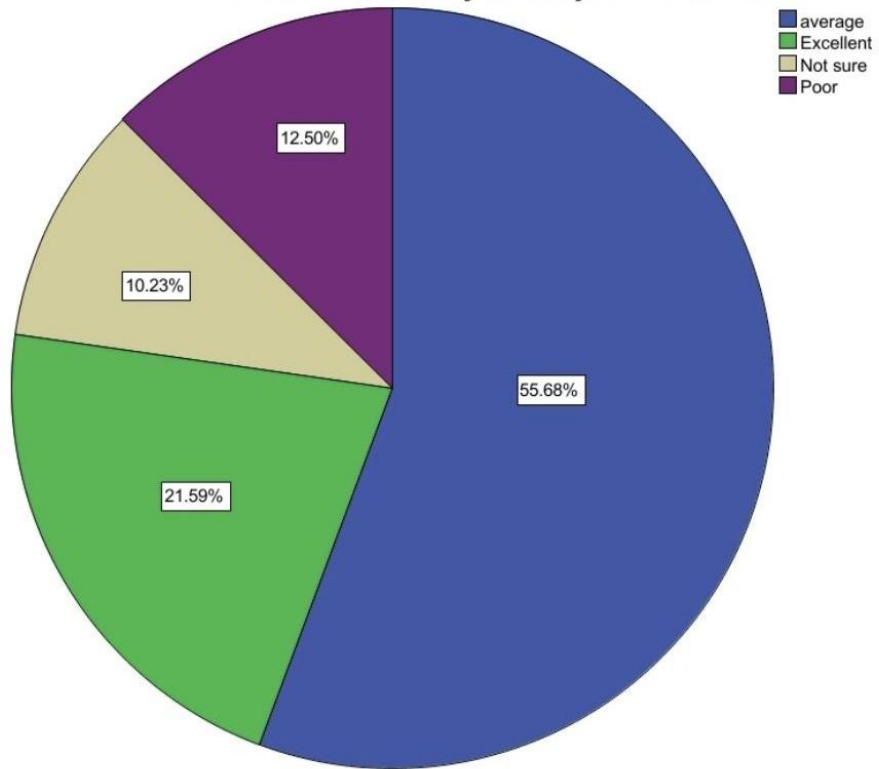


FIGURE 4 Pie chart representing percentage distribution of responses about overall how would you rate your mental health 55.68%-average (blue), 21.59%- excellent(green), 12.50%- poor(purple), 10.23%-not sure(grey).

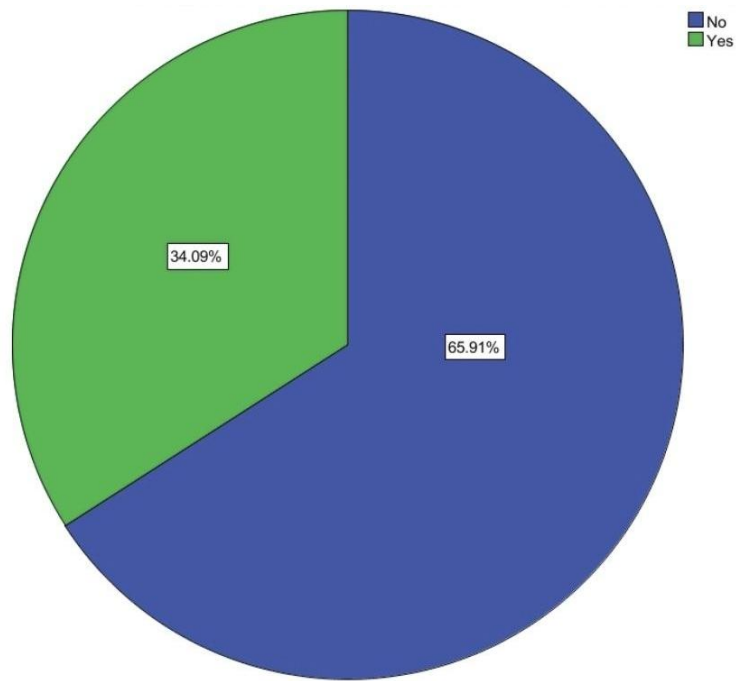


FIGURE 5 Pie chart representing percentage distribution of responses about have you ever been diagnosed with a mental disorder before 65.91% - no (blue), 34.09%- yes (green).

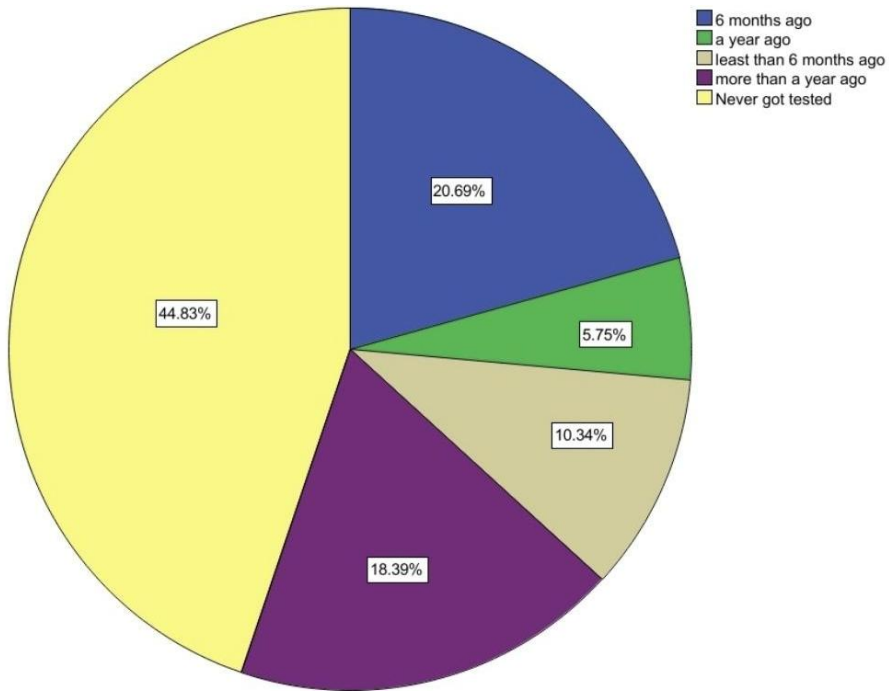


FIGURE 6 Pie chart representing percentage distribution of responses about when did you last get your mental health check up done 44.83% -never got tested (yellow), 18.39%-more than a year ago (purple), 20.69%-6 months ago (blue), 10.34%- less than 6months (grey), 5.75%-a year ago(green).

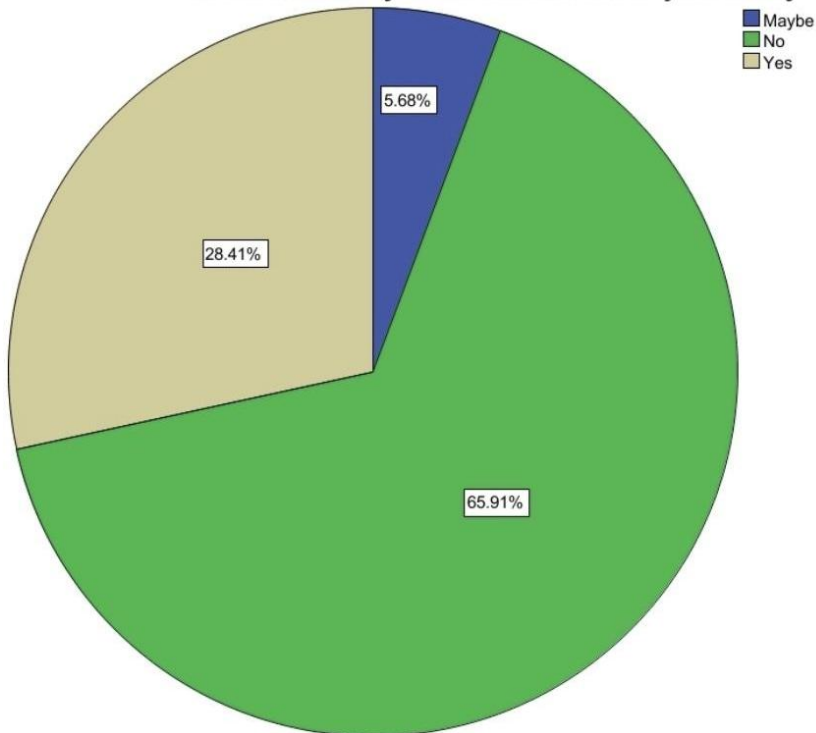


FIGURE 7 Pie chart representing percentage distribution of responses about whether there is a history of mental disorder in your family 65.91%- no (green), 28.41%- yes (grey), 5.68%-maybe (blue).

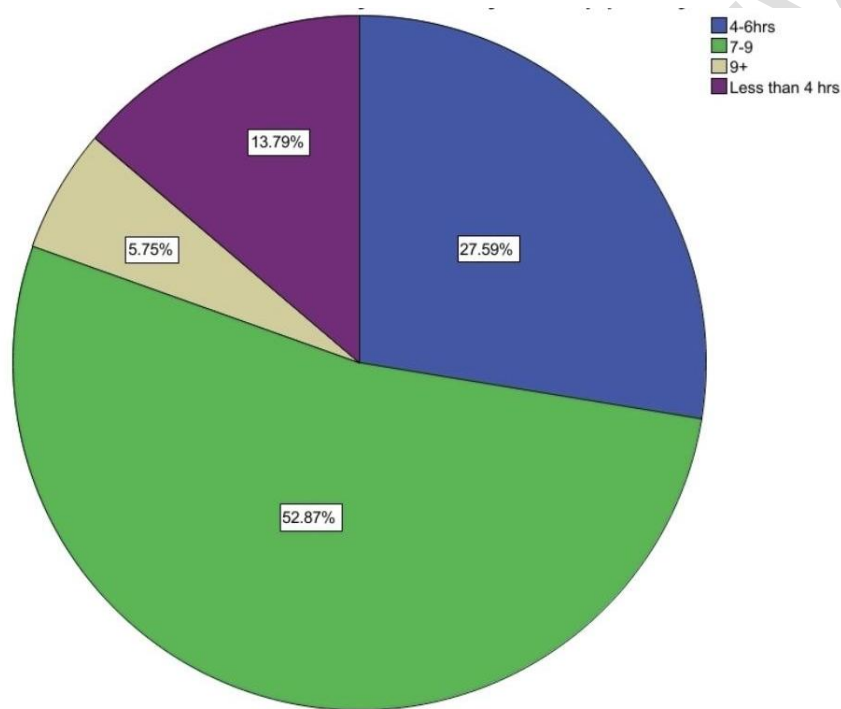


FIGURE 8 Pie chart representing percentage distribution of responses about how many hours do you sleep per day 52.87%-7-9hours (green), 27.59%- 4-6 hours(blue), 13.79%- less than 4hours(purple), 5.75%- 9+ hours(grey).

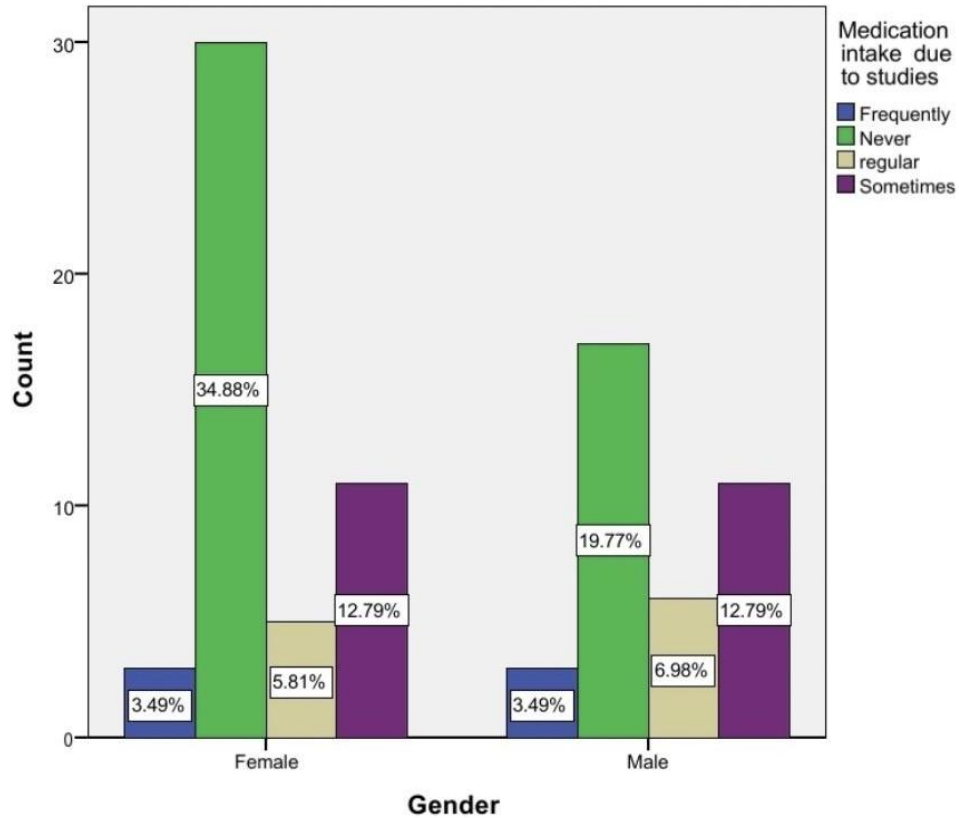


FIGURE 9 Bar graph showing association between gender (x-axis) and responses to medication intake due to stress (y-axis). 34.88% (green)-of the female never took medication and 12.79% (purple)-of the female took medication sometimes, 5.81%(grey)-took medication regularly 3.49%(blue)-of female took frequently, 19.77% (green)-of male never took medication, 12.79%(purple)- of male took medication sometimes,6.98%(grey)- of male took medication regularly, 3.49%(blue)- of the male took medication frequently. Chi square value is 3.549 , P value is 0.470 ($p > 0.005$) hence, not statistically significant.

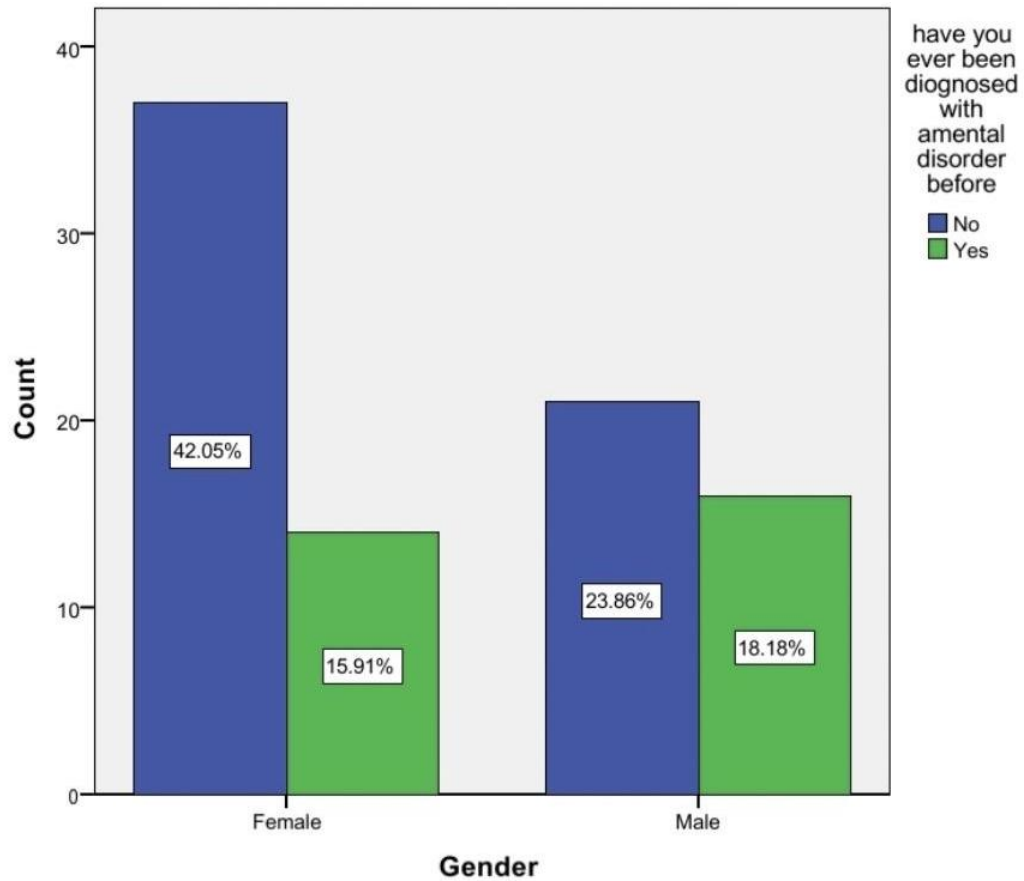


FIGURE 10 Bar graph showing the association between gender (x-axis) and have you been diagnosed with mental disorder before (y-axis) 42.05%(blue)- of female said no , 15.91%(green)- of female said yes , 23.86%(blue)- of male said no, 18.18%(green)- of male said yes. Chi square value is 2.380, p value is 0.172 ($p > 0.05$) hence not statistically significant.

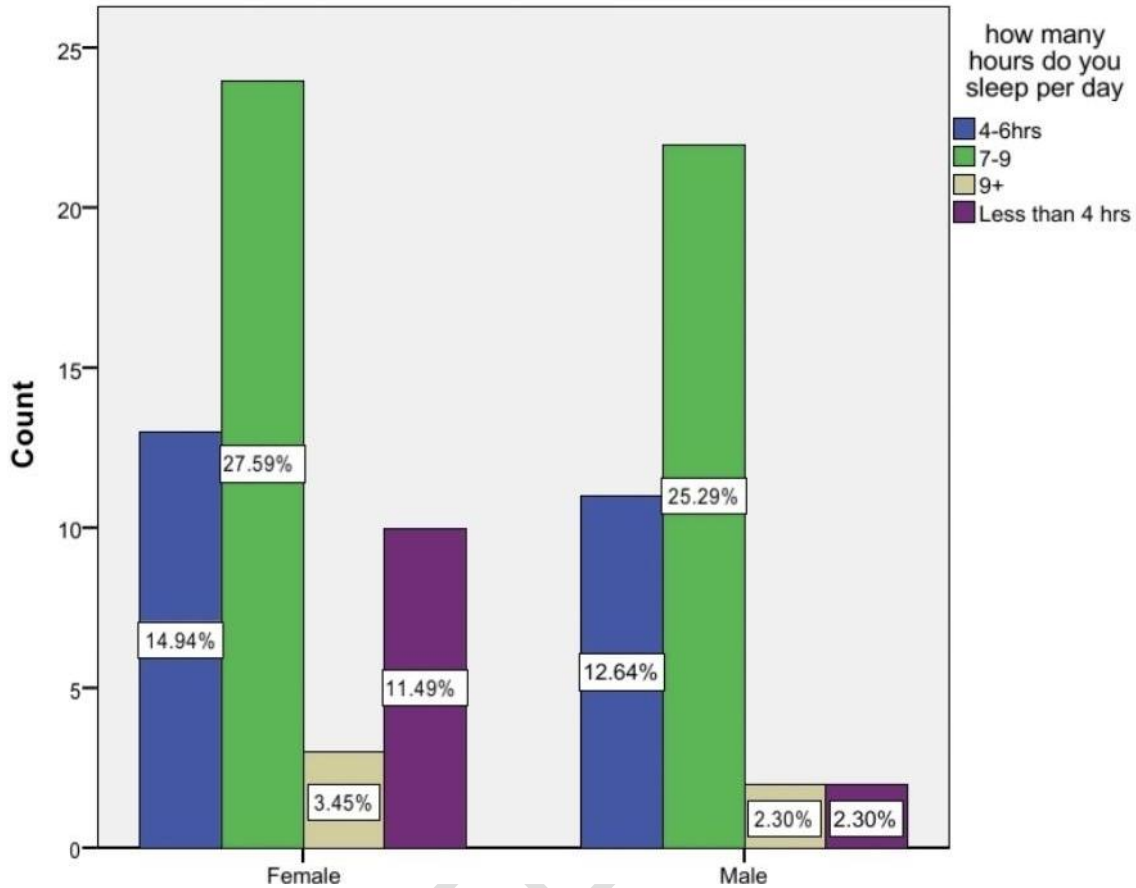


FIGURE 11 Bar graph showing the association between gender (x-axis) and how many hours do you sleep per day (y-axis) 27.59% (green) - of the female sleep 7-9 hours, 14.94% (blue) - female sleep for 4-6 hrs, 11.49% (purple) - female sleep less than 4 hrs, 3.45% (grey) - female sleep 9+ hrs, 25.29% (green) - of male sleep 7-9 hrs, 12.64% (blue) - of male sleep 4-6 hrs, 2.30% (grey) - of male sleep less than 4 hrs, 2.30% (purple) - male sleep 9+ hrs. chi square value is 4.678, p value is 0.322 ($p > 0.005$) hence, not significant statistically.

RESULTS AND DISCUSSION

In the present study [Figure 1] 54.65% respondents answered that they never took medication due to studies. Majority of respondents were females compared to male, [Figure 2] 32.18% of

respondents said never about feeling mentally stressed,[Figure 3] 63.64% of the participants said yes as a response whether they had problems with work or daily life due to any emotional stress such as feeling depressed . [Figure4] 55.68% of the participants said the average for overall how you would rate your mental health. [Figure 5] 65.91% of the participants answered no to whether they were diagnosed with a mental disorder before. From [Figure 6] we can say that 44.83% of the participants never got tested from a mental health examination. [Figure 7] 65.91% of the participants answered no for there is a history of mental disorder in your family. [Figure 8] we can say that 52.87% of the participants say that they sleep 7-9hrs per day. [Figure 9] we can see the association between gender and frequency of medication intake due to stress value is 0.470 ($p > 0.05$) hence, not statistically significant.[Figure10] representing the association between gender and frequency of have you ever been diagnosed with mental disorder chi square value 2.380, p value is 0.172 ($p > 0.05$) hence, not statistically significant . [Figure 11] 52.87% of respondents said they would sleep for 7 to 8 hrs and majority of respondents were females. This study examined the knowledge of attitude and views towards mental health and psychiatry among dental students . From the survey medication due to studies the majority of The limitations of our present study are it was done in a small population of dental students and within a limited age group. In the future an extensive study can be done with a large population sample in a different group to get better interventions in the results.

CONCLUSION

The findings of this present study proves that the majority of dental students have awareness of attitudes and views of mental health. Among dental students, females are the major participants compared to males. In order to develop psychiatric and mental health services, public acceptance is necessary.

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