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Children in View to Prepare an Information Booklet In
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Department of Mental Health Nursing

Certificate

This certificate of appreciation is presented to Dr./ Ms./Mr. *Akshata Sandip Tendulkar*.....
of *M.K.S.S.S. Pune*..... for participating in the conference organized by
Mental Health Nursing Department of St. Andrews College of Nursing on 17 & 18 October, 2023 as delegate /
resource person/poster presentation / oral presentation on
..... secured Position.

Ms. Arpana L Jadhav
Vice-Principal & Organizing Secretary
St. Andrews College of Nursing, Pune

Dr. David K Pillai
President & CEO
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Lt. Col. Shobha Naidu (Retd.)
Principal & Organizing Chairperson
St. Andrews College of Nursing, Pune

MENTAL WELLBEING INFORMATION BOOKLET USEFUL IN MENTAL HEALTH

1. Mrs. Ashwini Sutar, 2. Neha D, 3. Harshita D, 4. Nishita G, 5. Padmaja G, 6. Rucheeta G,
7. Rutvika G, 8. Nikita G, 9. Anisha G, 10. Sanika D



Lecturer and students of MKSSS Smt. Bakul Tambat Institute of Nursing Education,
Karvenagar, Pune, Maharashtra.

Effect of mental wellbeing information booklet on the knowledge regarding mental health among women in selected urban community of Pune city.

Mental health, which is an integral and fundamental part of the general state of health, is described by the World Health Organization (2018) as a state of well-being in which an individual can fulfill his/her abilities, cope with the normal stresses of life, work productively, and contribute to the society in which the individual lives.

Homemakers are individuals who assume the role of caregiver in the family in almost every society and experience serious psychological difficulties in line with this role.

Being accepted only with the roles of mother and wife in the society would increase the social invisibility of homemakers and cause them to evaluate themselves negatively as individuals who are dependent on their families and who are overburdened with responsibilities.

Objectives:

- To assess the baseline knowledge of mental health among household women in selected urban community of Pune city.
- To assess the attitude of women regarding mental health among household women in selected area.

- To determine the effect of mental health wellbeing information booklet on knowledge and attitude towards mental health among household women.
- To compare the pre-test and post-test knowledge of mental health wellbeing information booklet on Knowledge of mental health among household women.

Research Methodology : In the present study a quantitative approach was adapted with pre-experimental one group pre - test post - test research design was adopted. The study was conducted in an urban slum community. In this study the samples consisted of 60 women. The data collection tool was validated by experts and was found to be valid and the data was collected by demographic profile, structured self-administered knowledge questionnaire and 5-point standardized attitude scale. The pre-test was conducted from the women on first day. Provided information booklet on the mental health wellbeing and motivated to read and learn the booklet. Post test was conducted on 3rd day. The collected data were analysed by using descriptive & inferential statistics.

Population & Samples : Population consists of household women in the age group of 25 to 45 years in the urban slum community area of Pune city. Purposive convenient sampling technique used to select samples. The sample constituted of 60 household women of urban slum community.