



Perception of Physical Therapy Students Towards People With Mental Illness

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Abstract: *The need for mental wellness consciousness grows as the negative stigma associated with mental illness establishes numerous barriers. When renting a home, applying for a job, or evaluating mental health services, those suffering from mental disorders face prejudice and discrimination. The present research sought to assess physical therapy students' views toward individuals suffering from mental illnesses. The cross-sectional study design was used, with 377 questionnaires brimming out by undergraduate DPT students from various universities in Karachi. The study concluded that perception of majority of undergraduate physical therapy students towards people with mental illness was negative.*

Key Words: Weight Management, Practice, Health, Fat, Patient

Introduction

A feeling or opinion about something or someone, or a form of behavior. A state of mental and neurological preparedness organized through experience that exerts an indicative or dynamic influence on the person's reaction to all things and circumstances that are related to them (Esentürk, O. K. İlhan, E. L., Çavdar, E. 2018). We tend to evaluate the way things (or explain things). It is influenced by what we learn to believe in the world (for example, people are basically good or basically bad), ourselves and others, what we learn to like or dislike, and how we learn to react to people, and things (Moelyaningrum, A. D., Ngibad, K., Herawati, D., Sunu, P., & Setiawan, M. I. 2017).

A disorder known as mental illness involves modifications to mood, thought, or behavior (or a combination of these). Pain and/or issues that affect daily social, professional, or familial activities are linked to mental illness. Mental disease is curable. Most persons who suffer from mental illness nonetheless participate in daily life (Mason, J. 2011). Reasons for mental illness Many factors can contribute to mental health issues. in the future for you have the choice of the two options. The choice of the two options of abuse, trauma, or neglect during childhood, Being alone or apart from others stigmatization and discrimination Social exclusion, poverty, or debt, grief (the loss of a loved one), extreme or ongoing stress, physical health over time, lacking a job or losing one, either homelessness or inadequate housing Major trauma in adulthood, such as military conflict, involvement in a serious life-threatening occurrence, or victim of a violent crime. Long-term care of someone, drug and alcohol misuse, domestic violence. Physical causes: For instance, neurological conditions like epilepsy or brain injuries might influence your behavior and mood. Your mental health

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may be impacted by lifestyle factors such as employment, meals, medications, and insufficient sleep, symptoms and signs (American Psychiatric Association. 2018).

Depending on the illness, environment, and other factors, the signs and symptoms of mental illness can differ. Mental illness symptoms can have an impact on mood, thoughts, and behavior. Feeling sad or depressed, for instance, or experiencing any of the following Severe emotional ups and downs, mental disorientation or difficulty to concentrate, excessive dread, concern, or guilt avoiding social gatherings and activities, Substantial exhaustion, low energy, trouble sleeping, difficulty to handle stress, inability to comprehend events and relationships, and issues with alcohol or drug use are just a few of the symptoms that can occur, significant dietary changes that are driven by changes Gender, excessive hatred, fury, or violence Suicide notions. When a mental health illness is present, its symptoms can also present physically as headaches, backaches, stomachaches, or other types of unexplained pain., personal effects of mental illness (Masih, P. P. 2016).

Genes: Physical health issues might be influenced by the same genes that make you more prone to mental health issues. Reduced motivation: You may feel fatigued or unmotivated to take care of yourself if you have mental health issues or are taking drugs. Your mental health issues make it difficult for you to focus and plan and you might find it challenging to make or keep appointments for medical care.

Lack of support for changing unhealthy behaviors; healthcare professionals may assume that you are unable to make adjustments and will not offer any assistance in cutting back on alcohol use or quitting smoking. is unlikely to receive medical assistance, for instance. Instead of conducting more research, health practitioners can conclude that your physical problems are related to your mental disorder. Routine examinations that can identify physical health concerns early, such as blood pressure, weight, and cholesterol tests. (Putnam, C. 2010).

Mental illness's effects on families and cares include: The patient's immediate family or other close relatives are frequently responsible for providing care for the mentally ill. Due to the demands of caring for mental patients, family members and cares of patients with mental problems are frequently unable to work at their full potential, which reduces economic productivity and family income. Families may experience extreme chronic stress due to the emotional and physical difficulties of caring for family members with mental illnesses (Rogers, P. 2003).

Consequences of mental illness on society: Those with mental illnesses are also more likely to disregard insurance policies for other medical disorders. When it comes to infectious diseases, improper or incomplete drug use can result in drug resistance, which could have a "far-reaching public health impact" on the entire world's population (Ong, H. L., Chua, B. Y., Abdin, E., Seow, E & Subramaniam, M., 2016). The chance of low birth weight babies, newborn health issues, and "incomplete immunity," all of which are risk factors for infant death, can also rise as a result of maternal depression. Even if the majority of Individuals suffering from mental illnesses are not involved in risky behavior, violence, or imprisonment within this population can have profound negative effects on the economy and society. Mental illness, which can vary in nature and severity, is a burden on both the community and the nation (American Psychiatric Association. 2015).

Physical changes including tension, anxious thoughts, and elevated levels of blood pressure constitute all symptoms of anxiety. People suffering from anxiety-related conditions frequently experience recurring disruptive ideas or worries. They might avoid specific situations out of fear. Also, they might experience physical side effects as sweating, shaking, lightheadedness, or heart palpitations (World Health Organization, 2006).

Distortions in thought, perception, emotion, language, self-awareness, and behaviour are hallmarks of schizophrenia. Hallucinations (hearing noises or seeing things that are not there) and delusions are

frequent occurrences 'fixed false beliefs' (Stephens, K. A., Guo, A., Langabeer, J. R., & Foraker, R. E. (2016). Manic-depressive disorder, or bipolar disorder, is a mental condition that causes extremes in mood. Sometimes, those who have this illness experience extreme joy and happiness (or irritability), extreme sadness, or typical feelings. This illness is known as "bipolar" disorder because of the emotional ups and downs, or the two extremes of emotions, that it causes. The patient's mood, however, is not always cyclical, and occasionally, both the ups and downs can occur at the same time (mixed state). The commencement of a manic episode is the defining feature of bipolar disorder. In fact, patients must have at least one manic episode in their lifetime, with or without a depressive episode, in order to be considered to have bipolar disorder (Adjeiwaa-Manu, N. A., 2013).

Long-term behavioral patterns and interior experiences that dramatically deviate from expectations are traits of personality disorders. Late adolescence or early adulthood is when the patterns of experience and behavior start, and they lead to discomfort or functional issues. The personality problem can persist for a very long time without treatment. At least the following two aspects are impacted by personality disorders: The way you relate to people, how you feel emotionally, how you think about yourself and others, and how you manage your conduct (Guarda, A, 2015).

A behavioral illness known as an eating disorder is defined by severe and ongoing irregularities in eating behavior as well as associated upsetting thoughts and emotions. These can be extremely significant illnesses that impair social, mental, and physical functions. The eating disorders anorexia nervosa and bulimia nervosa are examples (Kaur, H., Sharma, S., & Vallamkonda, O. S. R. 2018). Low body weight and height are results The condition known as anorexia nervosa is a condition marked by famine and loss of weight. Except for heroin addiction, an eating disorder possesses the highest death rate among all mental diagnosis, and it can be an extremely hazardous illness. Body mass index, or body mass index (B is an individual's height and weight measurement that is generally less than 18.5 in adults with anorexia nervosa (R., Reddy, P. K., V., Macharapu, & Babu, S, 2017).

Materials and Method

This study has a descriptive cross-sectional design. It was held at various medicine schools in Karachi. Following clearance of summary, the study conducted for 6 months. The study's sample size was 377. Non-probability sampling was used. First, second, and fifth year male and female PT students were included. Third- and fourth-year DPT students as well as students in other professions were excluded. Via the use of a questionnaire, data was gathered. The questionnaire was split into two sections, the first of which asked items from an attitude scale for mental illness. This was true and trustworthy. A Likert scale of 5 points was used to score the participants' comments, with 1 being entirely disagree and 5 being completely agree. (5). Lower scores show positive attitudes toward individuals who have mental illnesses. Separatism: Ten items, ranging from 1 to 24, were included in the survey to gauge respondents' attitudes towards discrimination, such as "Unpredictable behavior is common among those with mental illness." Includes four measures (10–13) that measured the extent to which respondents maintained Their social seclusion from people suffering from mental disorders. For instance, "Those who have a mental ailment are simple to spot."

Consists of four items (14–17) that are restrictive and have There are various opinions on the rights of people suffering from mental illnesses. Here's an example: "A person with a mental disorder should not get wed." Goodwill (reverse-coded): eight inquiries (18-23, 25-26) about respondents' attitudes toward people with mental illnesses, such as "People with mental disorders can hold a job."

The SPSS-25 version used to analyses for data. For a quantitative variable, mean and SD were determined. %ages and frequency were Negative prognosis: Includes four questions (items 31–34) measuring the pupils' stigmatizing behavior towards mental illness. (24) Medical students who met

the requirements for inclusion received a questionnaire. The signed consent was fully informed. Everyone who participated completed the questionnaire and gave it to the researcher so that she could account for qualitative characteristics. Chi-square test was done to examine the relationship between the variables. The ISRA the institution of Rehabilitation discipline Karachi campus, ethical review committee, approved the request. The secrecy was preserved. Before beginning, participants agreed upon an informed consent form completing the questionnaire. Data were codified. The budget for this study was roughly 10,000 Pakistani rupees.

Results

In table IV-4 students were asked unpredictable behavior is common among those with mental illness. Out of 377 (100%) participants. 40(10.6%) were completely disagree 32(8.5%) were almost entirely disagree. 136(36.1%) were Sometimes you have to agree 107(28.4%) were Almost entirely agree and 62(16.4%) were completely agree.

In table IV-5 students were asked those who have previously experienced mental illness are more likely to do so again, out of 377 (100%) participants 34(9.0%) were completely disagree 71(18.8%) were almost entirely disagree. 136(36.1%) were Sometimes you have to agree 98(26.0%) were Almost entirely agree and 38(10.1%) were completely agree.

In table IV-6 students were asked if a mental health center is built on my street or in my neighborhood, I will leave, out of 377 (100%) participants 168(44.6%) were completely disagree 104(27.6%) were almost entirely disagree. 67(17.8%) were Sometimes you have to agree 23(6.1%) were Almost entirely agree and 15(4.0%) were completely agree..

In table IV-7 students were asked i would still be wary of being around someone with mental illness even after they had received treatment out of 377 (100%) participants 106(28.1%) were completely disagree 93(24.7%) were almost entirely disagree. 136(36.1%) were Sometimes you have to agree 25(6.6%) were Almost entirely agree and 17(4.5%) were completely agree..

In table IV-8 students were asked patients with mental illnesses and other patients should not receive care in the same hospital out of 377 (100%) participants 93(24.7%) were completely disagree 79(21.0%) were almost entirely disagree. 93(24.7%) were Sometimes you have to agree 57(15.1%) were Almost entirely agree and 55(14.6%) were completely agree..

In table IV-9 students were asked the legislation need to let the other spouse to apply for divorce when one partner suffers from a mental illness out of 377 (100%) participants 155(30.5%) were completely disagree 103(27.3%) were almost entirely disagree. 95(25.2%) were Sometimes you have to agree 38(10.1%) were Almost entirely agree and 26(6.9%) were completely agree..

In table IV-10 students were asked violence is more common among those with mental disorders out of 377 (100%) participants 50(13.3%) were completely disagree 57(15.1%) were almost entirely disagree. 162(43.0%) were Sometimes you have to agree 54(14.3%) were Almost entirely agree and 54(14.3%) were completely agree..

In table IV-11 students were asked mentally sick individuals are harmful out of 377 (100%) participants 61(16.2%) were completely disagree 48(12.7%) were almost entirely disagree. 146(38.7%) were Sometimes you have to agree 67(17.8%) were Almost entirely agree and 55(14.6%) were completely agree..

In table IV-12 students were asked Mentally sick individuals should be dreaded out of 377 (100%) participants 82(21.8%) were completely disagree 88(23.3%) were almost entirely disagree. 134(35.5%) were Sometimes you have to agree 46(12.2%) were Almost entirely agree and 27(7.2%) were completely agree..

In table IV-13 students were asked those who suffer from mental illness can be quickly identified out of 377 (100%) participants 39(10.3%) were completely disagree 90(23.9%) were almost entirely disagree. 136(36.1%) were Sometimes you have to agree 68(18.0%) were Almost entirely agree and 44(11.7%) were completely agree..

In table IV-14 students were asked the traits of a person's behavior can quickly identify those who suffer from mental illness out of 377 (100%) participants 40(10.6%) were completely disagree 54(14.3%) were almost entirely disagree. 126(33.4%) were Sometimes you have to agree 91(24.1%) were Almost entirely agree and 66(17.5%) were completely agree..

In table IV-15 students were asked mentally sick individuals have lower IQs out of 377 (100%) participants 51(13.5%) were completely disagree 83(22.0%) were almost entirely disagree. 129(34.2%) were Sometimes you have to agree 59(15.6%) were Almost entirely agree and 55(14.6%) were completely agree..

In table IV-16 students were asked every sick person exhibits some peculiar behavior out of 377 (100%) participants 44(11.7%) were completely disagree 76(20.2%) were almost entirely disagree. 136(36.1%) were Sometimes you have to agree 74(19.6%) were Almost entirely agree and 47(12.5%) were completely agree..

In table IV-17 students were asked a person suffering from mental disease should not get married out of 377 (100%) participants 64(17.0%) were completely disagree 95(25.2%) were almost entirely disagree. 127(33.7%) were Sometimes you have to agree 51(31.5%) were Almost entirely agree and 40(10.6%) were completely agree..

In table IV-18 students were asked mentally unwell people are unable to fully heal out of 377 (100%) participants 89(23.6%) were completely disagree 115(30.5%) were almost entirely disagree. 119(31.6%) were Sometimes you have to agree 32(8.5%) were Almost entirely agree and 22(5.8%) were completely agree..

In table IV-19 students were asked mentally sick people should not have children out of 377 (100%) participants 95(25.2%) were completely disagree 104(27.6%) were almost entirely disagree. 124(32.9%) were Sometimes you have to agree 31(8.2%) were Almost entirely agree and 23(6.1%) were completely agree..

In table IV-20 students were asked for those who suffer from mental disease, there is no future Out of 377 (100%) participants 135(35.8%) were completely disagree 121(32.1%) were almost entirely disagree. 83(22.0%) were Sometimes you have to agree 19(5.0%) were Almost entirely agree and 19(5.0%) were completely agree.

In table IV-21 students were asked mentally sick individuals can work, out of 377 (100%) participants 43(11.4%) were completely disagree 72(19.1%) were almost entirely disagree. 140(37.1%) were Sometimes you have to agree 70(18.6%) were Almost entirely agree and 52(13.8%) were completely agree..

In table IV-22 students were asked family and friends' care and support can aid those with mental illness in their rehabilitation out of 377 (100%) participants 31(8.2%) were completely disagree 39(10.3%) were almost entirely disagree. 90(23.9%) were Sometimes you have to agree 69(18.3%) were Almost entirely agree and 148(39.3%) were completely agree..

In table IV-23 students were asked those with mental illnesses should be given jobs by businesses, the community, and the government out of 377 (100%) participants 49(13.0%) were completely disagree 56(14.9%) were almost entirely disagree. 149(39.5%) were Sometimes you have to agree 63(16.7%) were Almost entirely agree and 60(15.9%) were completely agree..

In table IV-24 students were asked after receiving treatment for their mental illness, a person can resume their prior employment out of 377 (100%) participants 27(7.2%) were completely disagree 43(11.4%) were almost entirely disagree. 118(31.3%) were Sometimes you have to agree 97(25.7%) were Almost entirely agree and 92(24.4%) were completely agree..

In table IV-25 students were asked allowing people with mental illnesses to live in the community and lead regular lives is the best method to aid their recovery out of 377 (100%) participants 38(10.1%) were completely disagree 49(13.0%) were almost entirely disagree. 103(27.3%) were Sometimes you have to agree 103(27.3%) were Almost entirely agree and 84(22.3%) were completely agree..

In table IV-26 students were asked even after receiving treatment and rehabilitation, we should not be friends with those who are suffering from mental illness out of 377 (100%) participants 129(34.2%) were completely disagree 77(20.4%) were almost entirely disagree. 100(26.5%) were Sometimes you have to agree 36(9.5%) were Almost entirely agree and 35(9.3%) were completely agree..

In table IV-27 students were asked even after receiving treatment, people with mental illnesses are still more dangerous than healthy individuals out of 377 (100%) participants 111(29.4%) were completely disagree 84(22.3%) were almost entirely disagree. 132(35.0%) were Sometimes you have to agree 30(8.0%) were Almost entirely agree and 20(5.3%) were completely agree..

In table IV-28 students were asked everybody has a chance of developing mental disease out of 377 (100%) participants 59(15.6%) were completely disagree 66(17.5%) were almost entirely disagree. 133 (35.3%) were Sometimes you have to agree 74(19.6%) were Almost entirely agree and 45(11.9%) were completely agree..

In table IV-29 students were asked even when people with mental illness act strangely, we should not make fun of them out of 377 (100%) participants 49(13.0%) were completely disagree 35(9.3%) were almost entirely disagree. 85(22.5%) were Sometimes you have to agree 61(16.2%) were Almost entirely agree and 147(39.0%) were completely agree..

In table IV-30 students were asked people with mental illnesses have a tougher time getting paid equally for doing the same job out of 377 (100%) participants 41(10.9%) were completely disagree 50(13.3%) were almost entirely disagree. 150(39.8%) were Sometimes you have to agree 63(16.7%) were Almost entirely agree and 73(19.4%) were completely agree..

In table IV-31 students were asked it will be challenging for those with mental illnesses to reintegrate into society after therapy out of 377 (100%) participants 62(16.4%) were completely disagree 71(18.8%) were almost entirely disagree. 155(41.1%) were Sometimes you have to agree 54(14.3%) were Almost entirely agree and 35(9.3%) were completely agree..

In table IV-32 students were asked humans have prejudices against persons who suffer from mental illness out of 377 (100%) participants 50(13.3%) were completely disagree 60(15.9%) were almost entirely disagree. 176(46.7%) were Sometimes you have to agree 56(14.9%) were Almost entirely agree and 35(9.3%) were completely agree..

In table IV-33 students were if you have a mental disease, it is challenging to have close friends out of 377 (100%) participants 56(14.9%) were completely disagree 54(14.3%) were almost entirely disagree. 142(37.7%) were Sometimes you have to agree 74(19.6%) were Almost entirely agree and 51(13.5%) were completely agree..

In table IV-34 students were asked those who are successful in work are less likely to suffer from mental illnesses out of 377 (100%) participants 57(15.1%) were completely disagree 70(18.6%) were almost entirely disagree. 166(44.0%) were Sometimes you have to agree 54(14.3%) were Almost entirely agree and 30(8.0%) were completely agree..

In table IV-35 students were asked possessing a mental condition is embarrassing out of 377 (100%) participants 176(46.7%) were completely disagree 72(19.1%) were almost entirely disagree. 93(24.7%) were Sometimes you have to agree 24(6.4%) were Almost entirely agree and 12(3.2%) were completely agree.

In table IV-36 students were asked I advise those with mental illnesses to keep their sickness a secret from others out of 377 (100%) participants 169(44.8%) were completely disagree 75(19.9%) were almost entirely disagree. 90(23.9%) were Sometimes you have to agree 25(6.6%) were Almost entirely agree and 18(4.8%) were completely agree..

In table IV-37 students were asked I recommend that those suffering from mental disorders keep their illness private out of 377 (100%) participants 28(7.4%) were completely disagree 112(29.7%) were almost entirely disagree. 74(19.6%) were Sometimes you have to agree 132(35.0%) were Almost entirely agree and 31(8.2%) were completely agree.

Table 1. Statistics, Age

N	Valid	377
	Missing	0
Mean		21.2785
Std. Deviation		1.70867
Minimum		18.00
Maximum		27.00

Table 2. Gender

		Frequency	%	Valid %	Total %
Valid	male	73	19.4	19.4	19.4
	female	304	80.6	80.6	100.0
	Total	377	100.0	100.0	

Table 3. Year

		Frequency	%	Valid %	Total %
Valid	1st year	75	19.9	19.9	19.9
	2nd year	75	19.9	19.9	39.8
	3rd year	75	19.9	19.9	59.7
	4th year	75	19.9	19.9	79.6
	5th year	77	20.4	20.4	100.0
	Total	377	100.0	100.0	

Table 4. Unpredictable behavior is common among those with mental illness.

		Frequency	%	Valid %	Total %
Valid	Completely disagree	40	10.6	10.6	10.6
	Almost entirely disagree.	32	8.5	8.5	19.1
	Sometimes you have to agree	136	36.1	36.1	55.2
	Almost entirely agree	107	28.4	28.4	83.6
	Completely agree.	62	16.4	16.4	100.0
	Total	377	100.0	100.0	

Table 5. Those who have previously experienced mental illness are more likely to do so again.

	Frequency	%	Valid %	Total %
Valid	Completely disagree	34	9.0	9.0
	Almost entirely disagree.	71	18.8	27.9
	Sometimes you have to agree	136	36.1	63.9
	Almost entirely agree	98	26.0	89.9
	Completely agree.	38	10.1	100.0
	Total	377	100.0	100.0

Table 6. If a mental health center is built on my street or in my neighborhood, I will leave.

	Frequency	%	Valid %	Total %
Valid	Completely disagree	168	44.6	44.6
	Almost entirely disagree.	104	27.6	72.1
	Sometimes you have to agree	67	17.8	89.9
	Almost entirely agree	23	6.1	96.0
	Completely agree.	15	4.0	100.0
	Total	377	100.0	100.0

Table 7. I would still be wary of being around someone with mental illness even after they had received treatment

	Frequency	%	Valid %	Total %
Valid	Completely disagree	106	28.1	28.1
	Almost entirely disagree.	93	24.7	52.8
	Sometimes you have to agree	136	36.1	88.9
	Almost entirely agree	25	6.6	95.5
	Completely agree.	17	4.5	100.0
	Total	377	100.0	100.0

Table 8. Patients with mental illnesses and other patients should not receive care in the same hospital.

	Frequency	%	Valid %	Total %
Valid	Completely disagree	93	24.7	24.7
	Almost entirely disagree.	79	21.0	45.6
	Sometimes you have to agree	93	24.7	70.3
	Almost entirely agree	57	15.1	85.4
	Completely agree.	55	14.6	100.0
	Total	377	100.0	100.0

Table 9. The legislation need to let the other spouse to apply for divorce when one partner suffers from a mental illness.

	Frequency	%	Valid %	Total %
Valid	Completely disagree	115	30.5	30.5
	Almost entirely disagree.	103	27.3	57.8
	Sometimes you have to agree	95	25.2	83.0
	Almost entirely agree	38	10.1	93.1
	Completely agree.	26	6.9	100.0
	Total	377	100.0	100.0

Table 10. Violence is more common among those with mental disorders.

	Frequency	%	Valid %	Total %
Valid	Completely disagree	50	13.3	13.3
	Almost entirely disagree.	57	15.1	28.4
	Sometimes you have to agree	162	43.0	71.4
	Almost entirely agree	54	14.3	85.7
	Completely agree.	54	14.3	100.0
	Total	377	100.0	100.0

Table 11. Mentally sick individuals are harmful.

	Frequency	%	Valid %	Total %
Valid	Completely disagree	61	16.2	16.2
	Almost entirely disagree.	48	12.7	28.9
	Sometimes you have to agree	146	38.7	67.6
	Almost entirely agree	67	17.8	85.4
	Completely agree.	55	14.6	100.0
	Total	377	100.0	100.0

Table 12. Mentally sick individuals should be dreaded

	Frequency	%	Valid %	Total %
Valid	Completely disagree	82	21.8	21.8
	Almost entirely disagree.	88	23.3	45.1
	Sometimes you have to agree	134	35.5	80.6
	Almost entirely agree	46	12.2	92.8
	Completely agree.	27	7.2	100.0
	Total	377	100.0	100.0

Table 13. Those who suffer from mental illness can be quickly identified.

		Frequency	%	Valid %	Total %
Valid	Completely disagree	39	10.3	10.3	10.3
	Almost entirely disagree.	90	23.9	23.9	34.2
	Sometimes you have to agree	136	36.1	36.1	70.3
	Almost entirely agree	68	18.0	18.0	88.3
	Completely agree.	44	11.7	11.7	100.0
	Total	377	100.0	100.0	

Table 14. The traits of a person's behavior can quickly identify those who suffer from mental illness.

		Frequency	%	Valid %	Total %
Valid	Completely disagree	40	10.6	10.6	10.6
	Almost entirely disagree.	54	14.3	14.3	24.9
	Sometimes you have to agree	126	33.4	33.4	58.4
	Almost entirely agree	91	24.1	24.1	82.5
	Completely agree.	66	17.5	17.5	100.0
	Total	377	100.0	100.0	

Table 15. Mentally sick individuals have lower IQs.

		Frequency	%	Valid %	Total %
Valid	Completely disagree	51	13.5	13.5	13.5
	Almost entirely disagree.	83	22.0	22.0	35.5
	Sometimes you have to agree	129	34.2	34.2	69.8
	Almost entirely agree	59	15.6	15.6	85.4
	Completely agree.	55	14.6	14.6	100.0
	Total	377	100.0	100.0	

Table 16. Every sick person exhibits some peculiar behavior.

		Frequency	%	Valid %	Total %
Valid	Completely disagree	44	11.7	11.7	11.7
	Almost entirely disagree.	76	20.2	20.2	31.8
	Sometimes you have to agree	136	36.1	36.1	67.9
	Almost entirely agree	74	19.6	19.6	87.5
	Completely agree.	47	12.5	12.5	100.0
	Total	377	100.0	100.0	

Table 17. A person suffering from mental disease should not get married.

		Frequency	%	Valid %	Total %
Valid	Completely disagree	64	17.0	17.0	17.0
	Almost entirely disagree.	95	25.2	25.2	42.2

	Frequency	%	Valid %	Total %
Sometimes you have to agree	127	33.7	33.7	75.9
Almost entirely agree	51	13.5	13.5	89.4
Completely agree.	40	10.6	10.6	100.0
Total	377	100.0	100.0	

Table 18. Mentally unwell people are unable to fully heal.

	Frequency	%	Valid %	Total %
Completely disagree	89	23.6	23.6	23.6
Almost entirely disagree.	115	30.5	30.5	54.1
Sometimes you have to agree	119	31.6	31.6	85.7
Almost entirely agree	32	8.5	8.5	94.2
Completely agree.	22	5.8	5.8	100.0
Total	377	100.0	100.0	

Table 19. Mentally sick people should not have children.

	Frequency	%	Valid %	Total %
Completely disagree	95	25.2	25.2	25.2
Almost entirely disagree.	104	27.6	27.6	52.8
Sometimes you have to agree	124	32.9	32.9	85.7
Almost entirely agree	31	8.2	8.2	93.9
Completely agree.	23	6.1	6.1	100.0
Total	377	100.0	100.0	

Table 20. For those who suffer from mental disease, there is no future.

	Frequency	%	Valid %	Total %
Completely disagree	135	35.8	35.8	35.8
Almost entirely disagree.	121	32.1	32.1	67.9
Sometimes you have to agree	83	22.0	22.0	89.9
Almost entirely agree	19	5.0	5.0	95.0
Completely agree.	19	5.0	5.0	100.0
Total	377	100.0	100.0	

Table 21. Mentally sick individuals can work.

	Frequency	%	Valid %	Total %
Completely disagree	43	11.4	11.4	11.4
Almost entirely disagree.	72	19.1	19.1	30.5
Sometimes you have to agree	140	37.1	37.1	67.6
Almost entirely agree	70	18.6	18.6	86.2
Completely agree.	52	13.8	13.8	100.0

	Frequency	%	Valid %	Total %
Total	377	100.0	100.0	

Table 22. Family and friends' care and support can aid those with mental illness in their rehabilitation.

	Frequency	%	Valid %	Total %
Valid	Completely disagree	31	8.2	8.2
	Almost entirely disagree.	39	10.3	18.6
	Sometimes you have to agree	90	23.9	42.4
	Almost entirely agree	69	18.3	60.7
	Completely agree.	148	39.3	100.0
	Total	377	100.0	100.0

Table 23. Those with mental illnesses should be given jobs by businesses, the community, and the government.

	Frequency	%	Valid %	Total %
Valid	Completely disagree	49	13.0	13.0
	Almost entirely disagree.	56	14.9	27.9
	Sometimes you have to agree	149	39.5	67.4
	Almost entirely agree	63	16.7	84.1
	Completely agree.	60	15.9	100.0
	Total	377	100.0	100.0

Table 24. After receiving treatment for their mental illness, a person can resume their prior employment.

	Frequency	%	Valid %	Total %
Valid	Completely disagree	27	7.2	7.2
	Almost entirely disagree.	43	11.4	18.6
	Sometimes you have to agree	118	31.3	49.9
	Almost entirely agree	97	25.7	75.6
	Completely agree.	92	24.4	100.0
	Total	377	100.0	100.0

Table 25. Allowing people with mental illnesses to live in the community and lead regular lives is the best method to aid their recovery.

	Frequency	%	Valid %	Total %
Valid	Completely disagree	38	10.1	10.1
	Almost entirely disagree.	49	13.0	23.1
	Sometimes you have to agree	103	27.3	50.4
	Almost entirely agree	103	27.3	77.7
	Completely agree.	84	22.3	100.0

Total	377	100.0	100.0
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Table 26. Even after receiving treatment and rehabilitation, we should not be friends with those who are suffering from mental illness.

	Frequency	%	Valid %	Total %
Valid	Completely disagree	129	34.2	34.2
	Almost entirely disagree.	77	20.4	20.4
	Sometimes you have to agree	100	26.5	26.5
	Almost entirely agree	36	9.5	9.5
	Completely agree.	35	9.3	9.3
	Total	377	100.0	100.0

Table 27. Even after receiving treatment, people with mental illnesses are still more dangerous than healthy individuals.

	Frequency	%	Valid %	Total %
Valid	Completely disagree	111	29.4	29.4
	Almost entirely disagree.	84	22.3	22.3
	Sometimes you have to agree	132	35.0	35.0
	Almost entirely agree	30	8.0	8.0
	Completely agree.	20	5.3	5.3
	Total	377	100.0	100.0

Table 28. Everybody has a chance of developing mental disease.

	Frequency	%	Valid %	Total %
Valid	Completely disagree	59	15.6	15.6
	Almost entirely disagree.	66	17.5	17.5
	Sometimes you have to agree	133	35.3	35.3
	Almost entirely agree	74	19.6	19.6
	Completely agree.	45	11.9	11.9
	Total	377	100.0	100.0

Table 29. Even when people with mental illness act strangely, we should not make fun of them.

	Frequency	%	Valid %	Total %
Valid	Completely disagree	49	13.0	13.0
	Almost entirely disagree.	35	9.3	9.3
	Sometimes you have to agree	85	22.5	22.5
	Almost entirely agree	61	16.2	16.2
	Completely agree.	147	39.0	39.0
	Total	377	100.0	100.0

Table 30. People with mental illnesses have a tougher time getting paid equally for doing the same job.

		Frequency	%	Valid %	Total %
Valid	Completely disagree	41	10.9	10.9	10.9
	Almost entirely disagree.	50	13.3	13.3	24.1
	Sometimes you have to agree	150	39.8	39.8	63.9
	Almost entirely agree	63	16.7	16.7	80.6
	Completely agree.	73	19.4	19.4	100.0
	Total	377	100.0	100.0	

Table 31. It will be challenging for those with mental illnesses to reintegrate into society after therapy.

		Frequency	%	Valid %	Total %
Valid	Completely disagree	62	16.4	16.4	16.4
	Almost entirely disagree.	71	18.8	18.8	35.3
	Sometimes you have to agree	155	41.1	41.1	76.4
	Almost entirely agree	54	14.3	14.3	90.7
	Completely agree.	35	9.3	9.3	100.0
	Total	377	100.0	100.0	

Table 32. Humans have prejudices against persons who suffer from mental illness.

		Frequency	%	Valid %	Total %
Valid	Completely disagree	50	13.3	13.3	13.3
	Almost entirely disagree.	60	15.9	15.9	29.2
	Sometimes you have to agree	176	46.7	46.7	75.9
	Almost entirely agree	56	14.9	14.9	90.7
	Completely agree.	35	9.3	9.3	100.0
	Total	377	100.0	100.0	

Table 33. If you have a mental disease, it is challenging to have close friends.

		Frequency	%	Valid %	Total %
Valid	Completely disagree	56	14.9	14.9	14.9
	Almost entirely disagree.	54	14.3	14.3	29.2
	Sometimes you have to agree	142	37.7	37.7	66.8
	Almost entirely agree	74	19.6	19.6	86.5
	Completely agree.	51	13.5	13.5	100.0
	Total	377	100.0	100.0	

Table 34. Those who are successful in work are less likely to suffer from mental illnesses.

		Frequency	%	Valid %	Total %
Valid	Completely disagree	57	15.1	15.1	15.1
	Almost entirely disagree.	70	18.6	18.6	33.7

	Frequency	%	Valid %	Total %
Sometimes you have to agree	166	44.0	44.0	77.7
Almost entirely agree	54	14.3	14.3	92.0
Completely agree.	30	8.0	8.0	100.0
Total	377	100.0	100.0	

Table 35. Possessing a mental condition is embarrassing.

	Frequency	%	Valid %	Total %
Completely disagree	176	46.7	46.7	46.7
Almost entirely disagree.	72	19.1	19.1	65.8
Valid Sometimes you have to agree	93	24.7	24.7	90.5
Almost entirely agree	24	6.4	6.4	96.8
Completely agree.	12	3.2	3.2	100.0
Total	377	100.0	100.0	

Table 36. The result of doing certain harmful things is mental disease.

	Frequency	%	Valid %	Total %
Completely disagree	169	44.8	44.8	44.8
Almost entirely disagree.	75	19.9	19.9	64.7
Valid Sometimes you have to agree	90	23.9	23.9	88.6
Almost entirely agree	25	6.6	6.6	95.2
Completely agree.	18	4.8	4.8	100.0
Total	377	100.0	100.0	

Table 37. I advise those with mental illnesses to keep their sickness a secret from others.

	Frequency	%	Valid %	Total %
Completely disagree	28	7.4	7.4	7.4
Almost entirely disagree.	112	29.7	29.7	37.1
Valid Sometimes you have to agree	74	19.6	19.6	56.8
Almost entirely agree	132	35.0	35.0	91.8
Completely agree.	31	8.2	8.2	100.0
Total	377	100.0	100.0	

Discussion

In 2015, Vijayalakshmi Poreddi et al. carried out a study. The objective was to evaluate and compare medical students' views towards those who suffer from mental illness. The results of this study imply that psychiatric education was somewhat successful in modifying medical students' attitudes towards mental illness (Hahn, T. D., Schomerus, G., Nguyen & Ta, T. M. T., 2017).

According to a recent study on how physical therapy students perceive mental illness. Data was gathered from male and female students, with male students making up 19.4% of the student body and female students making up 80.6%. The students I used as my sample had an average age of 21

years. The majority of students on the attitude scale for mental illness exhibited a negative attitude towards those who had mental illnesses. Stigmatization of pupils includes stereotypes, prejudice, and discrimination (E., Torgerson, A., Welin, P., & Rusner, M., 2016).

In order to compare the attitudes of the two groups of adolescents—one with family members who suffer from chronic medical illness and the other with family members who suffer from mental illness—a cross-sectional study was undertaken by harleen kaur et al. in 2018. Those who interacted with folks who had mental illnesses tended to be less pessimistic than those who did not.

Whereas per recent study conducted r mental illness. The reasons included a lack of solidarity, a fear of danger, coercion, anin 2017 by Javier Saavedra et al. The objective of this study is to establish and improve an existing scale for evaluating public stigma towards individuals in Spain who have majod avoidance.

In 2017, Codruta Alina Popescu et al. conducted research. The purpose of this study was to find out how medical learners at Iuliu Hatieganu University of Pharmacy and Medicine felt regarding mental illness. Medical learners have a negative attitude toward people who have schizophrenia, exhibiting withdrawal from society and stereotypical attitudes. Positive attitudes were associated with the amount of interactions in those suffering from psychological disorders. (Partheeban, M., & Thiviya, T., M. 2015).

According to a recent study done in 2019 by Yin-Yi Lien et al. This study uses a network meta-analysis to assess the relative effectiveness of various anti-stigma initiatives for healthcare personnel. The results show that the best anti-stigma intervention is education paired with social interaction, which can be used in clinical settings to help end stigma and enhance healthcare for people with mental illnesses (Wong, E. C., Collins, R. L., Cerully, J., Seelam, R., & Roth, B., 2017).

Conclusion

Our research showed that physical therapy students have unfavorable opinions of those who suffer from mental illness. Physical therapists are involved in order to maximize wellbeing and empower the person by encouraging functional movement, movement awareness, physical activity, and exercises, fusing the physical and mental. This issue needs to be addressed.

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