

SOCIO-BEHAVIOURAL INDICES OF HEALTH AS CORRELATES OF MENTAL HEALTH STATUS OF NURSES IN AKURE METROPOLIS, ONDO STATE, NIGERIA.

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ABSTRACT

The attitude of nurses to patients in the hospitals and health centers is so worrisome that concerned individuals begin to look at causes responsible. Hence, this study was designed to examine whether socio-behavioural indices of health will significantly be correlates of mental health status of nurses in Akure metropolis. Four hundred participants were selected who took part in the study. A self- developed questionnaire of 4- points Likert type rating scale with reliability coefficient of 0.84 was used to collect data from 400 nurses selected through a multi-stage sampling technique; The statistics of frequency counts and percentages were used to analyse demographic data of the respondents, statistics of mean (X) scores, standard deviation, Pearson Product Moment

Introduction:

Constant attention by a good nurse to a patient may be just as important as a major operation by a surgeon, every time a nurse smiles at a patient, it is an action of love and a gift of hope to that patient. In fact, when love and skill work together, one can only expect a masterpiece. Ramachandran and Darmanlington, (2006) stipulated that the **behaviour** of an individual often serves as a **pointer to that individual's** mental health status. This a trait contrary to the established norms of any sane society, whether overtly or covertly. It is however difficult to measure the intelligent of a person, it is believed that the personality

Correlation Coefficient and multiple regression were used to analyse responses. The results of the hypotheses showed that there was significant relationship with each of the socio-behavioural indices of love, friendliness, confidence and empathy and the dependent variable of mental health with calculated value of 0.000 which is less than each of the coefficients at ($P < 0.01$). All the hypotheses were rejected.

Keywords: Social behaviour, Love, Friendliness, Confidence, Empathy and Mental health

Of an individual can be measured by the fellows' mental ability and capability. In the opinion of Moronkola and Okanlawon (2003), social behaviour such as cooperation, accommodation, open mindedness, **love**, friendliness, appreciating one another's worth as well as moral value are positive indices for social **interaction** among people from different groups. Some nurses care less about the ethics of the noble profession, this is shown in the character displayed to their patients. They clearly demonstrates lack of concern for people whose services they are trained to take care of. Akintaro (2013), affirmed that good personality is essential and key if one is to succeed in any given endeavour in life. Stating that people who are essentially humane, have concern for the welfare of others regardless of ethnic, tribal, religious differences or economic status. Benchiamlak (2006), opined that social behaviour is the way one **relates with other** people in an organised society, it **may be** positive or negative. **Successful** implementation of health programme such as **health instruction**, health service and healthy environment is enhanced by high level of positive social interaction supported with a sound mental health. In the view of Moronkola and Okanlawon (2003), mental health is seen as a dynamic process that enables and promotes individual's social functioning while threats to mental health create stress that undermines functional, interpersonal and intrapersonal interactions which diminishes the individual's ability to pursue and achieve life goals. A mentally healthy

person according to World Health Organisation (2011) is someone who can love and be loved, functions acceptably in the society, exhibiting positive attitudes in every situation, who is relatively happy, show empathy and being productive. An individual may exhibit some mentally unhealthy behaviour occasionally under excessive pressure and undue stress but without seriously affecting functions or relationship. World Health Organisation (2017), corroborated that social behaviour is developed and regulated through the process of socialization, hence, described socialization as a process by which individuals acquire social behaviour that make them acceptable members of the society. In the submission of Glewwe (2017), social behaviour is seen as action one puts up that stands as a signal to morality which involves the ability to draw a balance between what is due to oneself and what is due to others.

Akure is the capital of [Ondo](#) state. It is one of the most important cities of Nigeria, located 7.25 latitude and 5.19 longitude and it is situated at elevation 353 meters above sea level.in southwestern [Nigeria](#). Akure has a population of 420,594 making it the biggest city in the state. It operates on the WAT time zone. It lies in the southern part of the forested Yoruba Hills and at the intersection of roads from [Ondo](#), [Ilesha](#), [Ado-Ekiti](#), and [Owo](#). Akure is an agricultural trade centre for cassava, corn (maize), bananas, rice, palm oil and kernels, okra, rubber, coffee, and pumpkins. Although cocoa is by far the most important local commercial crop, cotton, teak, and palm produce are also [cultivated](#) for export. Despite being one of the more densely populated cities of the country, Akure does not lag behind in terms of development. The city is important in terms of the economy and the commercial profile of the Ondo state. The mineral deposits of the place makes it a commercial hub. The Akure city connects to certain other Nigerian cities such as Ibadan, Lagos, Benin, Port Harcourt and Kaduna Abuja (Wikipedia, 2019).

It is lieu of this background that thjis study intends to investigate the socio-behavioural indices of health as correlates of mental health status of nurses in Akure metropolis, Ondo state, Nigeria.

Research objective:

The objective of this study was to consider the socio-behavioural indices of health as correlates of mental health status of nurses in Akure metropolis, Ondo state, Nigeria.

Research questions

Answers were sought to the following research questions:

1. Will love exhibited by nurses as an index of social behaviour be a correlate of mental health status of nurses in Akure metropolis, Ondo state Nigeria?
2. Will friendliness of nurses as an index of social behaviour be a correlate of mental health status of nurses in Akure metropolis, Ondo state Nigeria?
3. Will confidence of nurses as an index of social behaviour be a correlate of mental health status of nurses in Akure metropolis, Ondo state Nigeria?
4. Will empathy of nurses as an index of social behaviour be a correlate of mental health status of nurses in Akure metropolis, Ondo state Nigeria?

Research hypothesis

1. Love exhibited by nurses as an index of social behaviour will not be a significant correlate of mental health status of nurses in Akure metropolis, Ondo state Nigeria.
2. Friendliness of nurses as an index of social behaviour will not be a significant correlate of mental health status of nurses in Akure metropolis, Ondo state Nigeria.
3. Confidence of nurses as an index of social behaviour will not be a significant correlate of mental health status of nurses in Akure metropolis, Ondo state Nigeria.
4. Empathy of nurses as an index of social behaviour will not be a significant correlate of mental health status of nurses in Akure metropolis, Ondo state Nigeria.

Methodology

The study adopted a descriptive survey research design because it was an investigation in which self-reported data were collected from sampled participants in describing the population on the relevant variables of interest. A multi stage sampling technique was adopted for the study to get sample from the health centers.

The simple random sampling technique with replacement was used to select fifteen (15) health centers out of thirty five (35) in Akure metropolis. Ten (10) respondents were selected from each health center making a total of one hundred and fifty (150) respondents selected using the stratified random sampling technique. The Purposive sampling technique was used to select the only two government hospitals in Akure metropolis, while convenient sampling was employed to select a total of one hundred and twenty five (125) respondents from each hospital, making the total number of respondents from the hospital two hundred and fifty (250). Hence, four hundred (400) respondents participated in this study.

Population

The population for the study consisted of nurses in hospitals and health centers in Akure metropolis, Ondo state, Nigeria.

Sample procedure

A multi stage sampling technique was adopted for the study to get sample from the health centers. The simple random sampling technique with replacement was used to select fifteen (15) health centers out of thirty five (35) in Akure metropolis. Ten (10) respondents were selected from each health center making a total of one hundred and fifty (150) respondents selected using the stratified random sampling technique. The Purposive sampling technique was used to select the only two government hospitals in Akure metropolis, while convenient sampling was employed to select a total of one hundred and twenty five (125) respondents from each hospital, making the total number of respondents from the hospital two

hundred and fifty (250). Hence, four hundred (400) respondents participated in this study.

Research instrument

The instrument for gathering information for this study was a self-developed structured questionnaire. The questionnaire was in two sections, A and B. Section A dealt on demographic data of the respondents while section B sought information on the variables for the study. The likert scale technique was used for eliciting responses, the responses were on four ratings of 'strongly agree' SA, 'Agree' A, 'Disagree' D, and 'strongly disagree' SD. For section 'B', four, points to one, was allotted to positively worded items and the reverse for negatively worded items respectively as indicated below

SA	Strongly agree	4 points
A	Agree	3 points
D	Disagree	2 points
SD	Strongly disagree	1 point
SA	Strongly agree	1 point
A	Agree	2 points
D	Disagree	3 points
SD	Strongly disagree	4 points

Validity of instrument

The split half test was used to test the reliability of the instrument. The result obtained from each was compared and correlated to estimate the level of reliability using cronbach alpha.

Pre-testing of research instrument

A pilot study was carried out with the validated draft of the instrument on two health centers within Akure and the general hospital in Ondo town, using forty (40) respondents from each health center and one hundred (100) from the hospital outside the proposed areas for the study.

Administration of research instrument

Copies of the questionnaire was administered with the help of seven research assistants who helped in covering the fifteen health centers and two hospital in Akure metropolis. As much as possible the questionnaire were collected on the spot to ensure high return rate and usability.

Data Analysis

The descriptive statistics of frequency counts, percentages mean and standard deviation was used to analyse the demographic data while inferential statistics of multiple regression was used to test the hypothesis at 0.05 level of significance.

Result

Demographic Information

A total of four hundred participants was used as sample for this study. Close supervision ensured a 100 percent return rate. All the questionnaire were adequately completed and free from inconsistency.

Descriptive Analysis

The analysis of the demographic variables is presented in table

Demographic Information of Respondents

Variables	Level	Frequency	Percent (%)
Sex	Male	30	7.5
	Female	370	92.5
	Total	400	100%
Age	18-27	35	8.8
	28-37	150	37.5
	38-47	130	32.5
	48-57	60	15
	58+	25	6.2
	Total	400	100%
Marital status	Single	52	13
	Married	348	87
	Total	400	100%

Qualification	RN	125	31.2
	RM	90	22.5
	BNSC	185	46.3
	Total	400	100%
Years of Experience	1-5	10	2.5
	6-10	24	6
	11-15	51	12.8
	16-20	105	26.2
	20-25	110	27.5
	25-30	85	21.3
	30+	15	3.7
	Total	400	100%

Table 1 shows the demographic characteristics of the respondents, table 1 reveals that female 370 (92.5%) are more than male 30 (7.5%). Respondents between the age range of 28 and 37 are the majority with 150 (37.5%), while age 58 and above 25 (6.2%) are the least. Respondents who are single are 52 (13%), while 348 (87%) of the respondents are married. Respondents with BNSC are more than other respondents with a frequency of 185 (46.3%), respondents with RM are 90 (22.5%), while respondents with RN are 125 (31.2%). Respondents with the longest years of working experience are between the range of 20-25 years 110 (27.5%), while respondents with the least years of working experience falls within the range of 30 and above.

Hypothesis 1

Love exhibited by nurses as an index of social behaviour will not be a significant correlate of mental health status of nurses in Akure metropolis, Ondo state Nigeria.

Table 2 showing the regression analysis of Love as correlate of Mental Health status of Nurses in Akure metropolis

Variable: Love

Variables	Mean	SD	N	R	Sig
Love	13.21	2.146	400	403	.000
Mental Health Status	32.13	4.659			

$P < 0.01$

From table 2, it is evident that there is a significant relationship between love and mental health status of nurses in Akure metropolis with calculated value of 0.000 which is less than coefficient of 0.403 ($P < 0.01$). The hypothesis which stated that love exhibited by nurses as an index of social behaviour will not be a significant correlate of mental health status of nurses in Akure metropolis, Ondo state Nigeria is rejected.

Hypothesis 2

Friendliness of nurses as an index of social behaviour will not be a significant correlate of mental health status of nurses in Akure metropolis, Ondo state Nigeria.

Table 3 showing the regression analysis of Friendliness as correlate of Mental Health status of Nurses in Akure metropolis

Variable: Friendliness

Variables	Mean	SD	N	R	Sig
Love	12.85	2.087	400	432	.000
Mental Health Status	32.13	4.659			

$P < 0.01$

Table 3, it is evident that there is a significant relationship between friendliness and mental health status of nurses in Akure metropolis with calculated value of 0.000 which is less than coefficient of 0.432 ($P < 0.01$). The hypothesis which stipulated that friendliness exhibited by nurses as an index of social behaviour will not be a significant correlate of mental health status of nurses in Akure metropolis, Ondo state Nigeria is rejected.

Hypothesis 3

Confidence of nurses as an index of social behaviour will not be a significant correlate of mental health status of nurses in Akure metropolis, Ondo state Nigeria.

Table 4 showing the regression analysis of Confidence as correlate of Mental Health status of Nurses in Akure metropolis

Variable: Confidence

Variables	Mean	SD	N	R	Sig
Love	12.73	2.404	400	449	.000
Mental Health Status	32.13	4.659			

$P < 0.01$

Table 4 shows that there is a significant relationship between confidence and mental health status of nurses in Akure metropolis with calculated value of 0.000 lesser than coefficient of 0.449 ($P < 0.01$). The hypothesis, confidence exhibited by nurses as an index of social behaviour will not be a significant correlate of mental health status of nurses in Akure metropolis, Ondo state Nigeria is rejected.

Hypothesis 4

Empathy of nurses as an index of social behaviour will not be a significant correlate of mental health status of nurses in Akure metropolis, Ondo state Nigeria.

Table 5 showing the regression analysis of Empathy as correlate of mental health status of Nurses in Akure metropolis

Variable: Empathy

Variables	Mean	SD	N	R	Sig
Love	12.81	2.391	400	0.489	.000
Mental Health Status	32.13	4.659			

$P < 0.01$

Table 5 reveals that empathy is a correlate of mental health status with correlation coefficient of 0.489. The hypothesis is significant at ($P < 0.01$). Considering the result obtained, the hypothesis which emphasized that empathy of nurses as an index of social behaviour will not be a significant correlate of mental health status of nurses in Akure metropolis, Ondo state Nigeria is rejected.

Discussion

The findings of this study corroborated findings of previous researchers in this area. The study examined socio-behavioural indices of health as

correlates of mental health status of nurses in Akure metropolis, Ondo state Nigeria. Respondents within the age range 28-37 years old are more with 37.5% of the total population. Majority of the respondents are married 348 (87%), while respondents with BNSC 185 (46.3%) are more than respondents with RM 90 (22.5%) and RN 125 (31.2%) respectively. With years of working experience, majority of the respondents had put in between 20-25 years.

Table 2, hypothesis 1 revealed that love exhibited by nurses as an index of socio- behaviour was found to be a significant correlate of mental health status of nurses in Akure metropolis at ($P<0.01$). Table 3, hypothesis 2 agreed that friendliness shown by nurses as an index of socio-behaviour was found to be a significant correlate of mental health status of nurses in Akure metropolis at ($P<0.01$). Table 4, hypothesis 3 revealed that confidence exhibited by nurses as an index of socio-behaviour was found to be a significant correlate of mental health status of nurses in Akure metropolis at ($P<0.01$). Table 5, hypothesis 4 also showed that empathy exhibited by nurses as an index of socio-behaviour was found to be a significant correlate of mental health status of nurses in Akure metropolis at ($P<0.01$). The findings of this study supported the result of Moronkola and Okanlawon (2003) stating that only mentally stable individuals can exhibit love and be friendly to fellow humans. The findings of this study also corroborated the findings of Benchiamlak (2006), stressing that confidence and empathy are two important variables need by any competent nurse in dealing with patients in and out of the hospital.

Conclusion

Based on the findings of this study, the variables of social behaviour such as love, friendliness confidence and empathy when combined was found to be significantly related with mental health status of nurses in Akure metropolis, Ondo state Nigeria.

Recommendations

On the basis of the findings of this study, it is therefore recommended that

1. Nurses at all times should remember and practice the ethics of the profession.
2. The government should ensure that nurses are well trained before they are deployed to health centers and hospitals. The government should sanction nurses found wanting on the job
3. The government should employ more nurses so as to reduce work load that may be one of the reasons for nurses to exhibit anti ethic behaviours.
4. Relevant health agencies should partner with government in training good nurses.

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