

**ASSESSMENT OF ATTITUDES, KNOWLEDGES AND PRACTICES ON MENTAL
DISORDERS AMONG HOUSEHOLD MEMBERS IN GAKOIGO SUB-LOCATION IN
MARAGUA DIVISION OF MURANG'A IN MURANG'A SOUTH SUB - COUNTY.**

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Abstract

Mental disorder is a term that describes a broad spectrum of mental and neurological status. It causes serious disturbances of thinking, mood, feelings and social relationship or it interferes significantly with personal ability to perform duties, work, socialize, with others or enjoy life and therefore a mentally ill person is not able to cope with ordinary tasks of life (Speigal, 2005).

About 400 million people are identified to be suffering from some type of mental disorders and one out of four families encounter debilitating mental challenges, which ranged from depression, substance related, schizophrenia, epilepsy Alzheimer and mental retardation conditions. All these conditions accounts for 4-10% epidemiology of disease burden, sinking U\$150 billion of the health care budget and is expected to raise to 15% in the next 20years (Who, 2001).

The broad objective is to find out the community's perception, knowledge, altitude and practice among members of household in Gakoigo sub-location of Murang'a South sub-county. The specific objectives are (1): To determine the knowledge on mental health among household members of gakoigo sb-location. (2): To establish the altitude towards mental disorders among the household members of gakoigo sub-location and (3): to establish the practice applied to enhance mental health disorders among the residents of gakoigo sub-location.

It is a cross-section descriptive study design applying sampling procedures which gave the tentative sample size which facilitated investigation of measurable characteristic and whose findings assisted in generalizability to the study population.

Data collection research tools were structured questionnaire both open and closed which informed the basis for quantitative result findings while qualitative study finding was addressed by use of focused group discussion.