



Research Article

A STUDY TO ASSESS THE PSYCHOSOCIAL DISTRESS AMONG CAREGIVERS OF SCHIZOPHRENIC PATIENTS AT SELECTED HOSPITAL, PUDUCHERRY

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ABSTRACT

Schizophrenia is a serious mental disorder that has a dramatic impact not only in patients suffering from it but in their families as well (Weisman, 2005). Due to the move from traditional institutional care to community care of psychiatric patients, relatives have become the most important caregivers for adults with major psychiatric disorders (Solomon, 1996). A Quantitative Research approach was adopted for this present study. The descriptive research design was chosen for this present study. The study was conducted at selected Hospital Puducherry. 30 caregivers of schizophrenic patients were selected for the study. Convenience sampling technique was adopted for this present study. psychosocial distress questionnaire prepared by the investigator was used to assess the psychosocial distress among caregivers of schizophrenic patients. Out of 30 samples 20% of them has normal level 67% of them has mild psychosocial distress, 13% of them has moderate psychosocial distress, none of them has severe psychosocial distress.

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INTRODUCTION

Schizophrenia is a serious mental disorder that has a dramatic impact not only in patients suffering from it but in their families as well (Weisman, 2005). Due to the move from traditional institutional care to community care of psychiatric patients, relatives have become the most important caregivers for adults with major psychiatric disorders (Solomon, 1996). Nowadays, there is evidence suggesting that the course of the disorder is also highly associated with patient. Psychosocial factors and home atmosphere (Weisman, 2005). Muela and Godoy (2001) established that there is "something" in family interaction that seems to cause a patient relapse, and it seems to influence the course of the disease rather than the origin of it.

NEED FOR THE STUDY

Torrey (1995) described "The effects of growing up normally until early adulthood, then being diagnosed with a brain disease that may last for the rest your life.

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Hopes, plans, expectations, and dreams are abruptly put on hold...there is no known disease...with non-economic costs so great as for schizophrenia. It is the costliest disease of all. Of all mental illnesses responsible for suffering in society, schizophrenia probably causes more lengthy hospitalizations, more chaos in family life, more exorbitant costs to individuals and more fears than any other.

STATEMENT OF THE PROBLEM

A study to assess the psychosocial distress among caregivers of schizophrenic patients at selected hospital, puducherry

OBJECTIVES

- To assess the level of psychosocial distress among caregivers of schizophrenic patients.
- To associate the level of psychosocial distress among caregivers of schizophrenic patients with their selected demographic variables.

ASSUMPTION

It is assumed that:

- The caregivers of schizophrenic patients may have some psychosocial distress.

MATERIALS AND METHODS

A Quantitative Research approach was adopted for this present study. The descriptive research design was chosen for this present study. The study was conducted in Selected Hospital Puducherry. 30 caregivers of schizophrenic patients were selected for the study. Convenience sampling technique was adopted for this present study.

Table 1. Frequency and percentage wise distribution to assess the level of psychosocial distress among caregivers of schizophrenic patients

SL.NO	LEVEL OF PSYCHO SOCIAL DISTRESS	FREQUENCY	PERCENTAGE
1	Normal	6	20
2	Mild	20	67
3	Moderate	4	13
4	Severe	0	0

Table 2. Mean and Standard Deviation level of psychosocial distress among caregivers of schizophrenic patients

OVER ALL	MEAN	STANDARD DEVIATION	PAIRED "t" TEST
	42.43	14.56	15.96

CRITERIA FOR SAMPLE SELECTION

Inclusion criteria

- Care givers who taken care of schizophrenic patients both male and female.
- Schizophrenic patients with psychotic features.
- Caregivers who are attending in OPD.

Exclusion criteria

- Caregivers not willing to participate in study.
- Caregivers who do not present at the time of data collection.

DESCRIPTION OF DATA COLLECTION INSTRUMENTS

Section A: This section consist of Socio-demographic variables such as Age, gender, education, occupation, income, marital status, religion, type of family residency, family history, caregiver, source of information, and place of taking treatment.

Section B: This section consists of psychosocial distress questionnaire prepared by the investigator was used to assess the psychosocial distress among caregivers of schizophrenic patients. This questionnaire consists of 30 questions where the each question has score of 0-4 for positive response score 0 and negative response score 4 with a maximum total score of 120 and a minimum score of 40. The questions were translated in two different languages (Tamil and English) and designed in a manner that they can be self-evaluated by the patient them-self. Based on the total score in the 30 questions, the score interpretation was done.

SCORE INTERPRETATION OF THE INSTRUMENTS

- 0-30 - normal
- 31- 60 -mild psychosocial distress

- 61-90 - moderate psychosocial distress
- 91-120 - severe psychosocial distress.

DATA ANALYSIS AND INTERPRETATION

Table I reveals that frequency and percentage wise distribution of level of psychosocial distress among caregivers of schizophrenic patients. Out of 30 samples 6 (20%) of them had normal level, 20(67%) of them had mild level of psychosocial distress and 4 (13%) of them had moderate level of psychosocial distress, none of them are severe psychosocial distress.

Table 2. reveals that Mean and Standard Deviation of level of psychosocial distress among caregivers of schizophrenic patients. The mean score was 42.43 with the standard deviation of 14.56 with the paired' test value is 15.96.

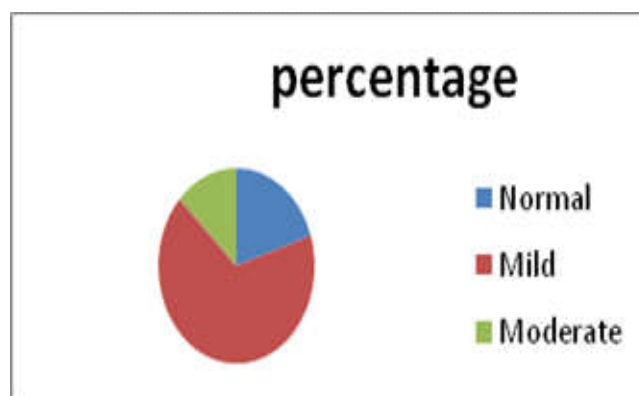


Table 3. reveals that, the association of the level of psychosocial distress among caregivers of schizophrenic patients. It was statistically found that education is significant at $p < 0.05$.

SUMMARY

The present study was to assess the psychosocial distress among caregivers of schizophrenic patients at selected Hospital. A descriptive research design was selected for this study with quantitative research approach was adopted for this study.

The study samples were selected by using convenient sampling technique at Selected Hospital. The data was collected for the period of 1 week after obtained formal permission from the ethical committee of Sri Manakula Vinayagar Nursing College.

Table 3. Association on level of psychosocial distress among caregivers of schizophrenic patients with their selected demographic variables

DEMOGRAPHIC VARIABLES	NORMAL		MILD		MODERATE		SEVERE		X ²	P VALUE	
	n	%	n	%	n	%	n	%		DF	
1.Age in year. ▪<20 years ▪21-25 years ▪26-30 years ▪>30 years	0 0 2 4	0 0 33 67	0 2 4 14	0 10 20 70	0 0 1 3	0 0 25 75	0 0 0 0	0 0 0 0	3.841 DF=9		0.921 NS
2.Sex. ▪Male ▪Female	2 4	33 67	10 10	50 50	1 3	25 75	0 0	0 0	1.155 DF=3		0.763 NS
3.Education. ▪Illiterate ▪Primary education ▪Secondary education ▪Higher secondary education	6 0 0 0	100 0 0 0	8 4 5 3	40 20 25 15	2 2 0 0	50 50 0 0	0 0 0 0	0 0 0 0	29.481 DF=9		0.0005 S
4.Occupation ▪Employed ▪Unemployed	4 2	67 33	17 3	85 15	4 0	100 0	0 0	0 0	2.324 DF=3		0.507 NS
5.Income of the family. ▪Rs.<2000 ▪Rs.2000-6000 ▪Rs.6000-10,000 ▪Rs.>10,000	3 3 0 0	50 50 00 00	6 11 3 0	30 55 15 00	2 2 0 0	50 50 00 00	0 0 0 0	0 0 0 0	2.262 DF=9		0.9866 NS
6.Marital status. ▪Married ▪Unmarried	5 1	83 17	17 3	85 15	4 0	100 0	0 0	0 0	0.717 DF=3		0.869 NS
7.Religion. ▪Hindu ▪Christian ▪Muslim	6 0 0	100 0 0	19 0 1	95 0 5	4 0 0	100 0 0	0 0 0	0 0 0	0.511 DF=6		0.9971 NS
8.Type of the family ▪Nuclear family ▪Joint family	2 4	33 67	16 4	80 20	2 2	50 50	0 0	0 0	5.1 DF=3		0.164 NS
9.Residential area ▪Rural ▪Urban	6 0	100 0	19 1	95 5	4 0	100 0	0 0	0 0	1.735 DF=3		0.6291 NS
10.Family history of mental illness problem. ▪Yes ▪No	3 3	50 50	5 15	25 75	1 3	25 75	0 0	0 0	1.426 DF=3		0.699 NS
11.Caregivers ▪Parents ▪Family members ▪Spouse ▪Relatives	4 2 0 0	67 33 00 00	10 5 5 0	50 25 25 00	3 1 0 0	75 25 00 00	0 0 0 0	0 0 0 0	3.126 DF=9		0.9590 NS
12.Source of information ▪Mass media ▪Television ▪Newspaper	2 4 0	33 67 00	7 12 1	35 60 5	2 2 0	50 50 00	0 0 0	0 0 0	0 0 0	0.842 DF=6	0.99 09 NS
13.Place of taking treatment ▪Homecare ▪Private hospital ▪Government hospital ▪None of the above	1 4 0 1	17 67 00 17	2 16 1 1	10 80 5 5	0 4 0 0	0 100 0 0	0 0 0 0	0 0 0 0	0 0 0 0	2.744 DF=9	0.97 35 NS

MAJOR FINDINGS IN THE STUDY

- Out of 30 samples 20% of them has normal level 67% of them has mild psychosocial distress, 13% of them has moderate psychosocial distress, none of them has severe psychosocial distress
- The Mean and Standard Deviation of level of psychosocial distress among caregivers of schizophrenic patients. The mean score was 42.43 with the standard deviation of 14.56 with the paired test value is 15.96.

- Correlation shows significant and non significant relationship with the demographic variables at the level of $p < 0.05$.

Conclusion

The study concluded that the caregivers of schizophrenic patients are mostly affected by psychosocial distress.

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