

Assessment Of Stress Level Among Caregivers of Mentally Ill Patients admitted in Psychiatry ward of Guwahati Medical College and Hospital, Guwahati

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Abstract : Background : Mental illness is a significant behaviour or Psychological syndrome that occurs in a person and this is normally associated with impairment in one or more important areas in functioning or an important loss of freedom. Mental illness is still widely stigmatized in India, and many people with mental health issues are reluctant to seek help due to the fear of being judged or discriminated against. Maintaining their social, psychological, financial, and physical needs may become increasingly difficult for their caregivers

Aim : The aim of the study was to assess the level of stress among the caregivers of Mentally ill patients admitted in GMCH ward.

Methods : Quantitative non-experimental approach in which descriptive survey design with 50 sample size by using convenience sampling technique was adopted to assess the level of stress among the caregivers of Mentally ill patients admitted in GMCH ward using self structured questionnaire.

Result : The study result revealed that majority 32 (64%) belongs to the age group 31 – 40 years, majority 28(56%) were female, majority 40 (80%) belongs to Hinduism, majority 20 (40%) educational level was between class 6-10, majority 21 (42 %) were unemployed, majority 22 (44%) family monthly income were between 1000- 5000, majority 34 (68%) were married, 33 (66%) belongs to nuclear family. Study findings also reveal that mean score of stress level was 16.6, and Standard deviation was 12.3. The study also reveal that 54% perceived moderate stress, 40% mild stress and 6% perceived severe stress. There was no significant association between stress level and the selected demographic variables.

Conclusion: On the basis of the findings the researcher concluded that Mental illness has a significant influence on both patients and caretakers since it increases susceptibility to stress, interferes with everyday life, and can significantly affect their social, psychological, and physical health

Key words : Stress level, Caregivers, Mental illness

Most of the mental illness does not have a single cause in common and it is generally associated with a structural change in the brain. Most of the mental illness is associated with a major change in behavioural pattern of the patient and these changes may affect the patient and family in different degrees .In 2001, the World Health Organization (WHO) reported that an estimated 25 percent of the worldwide population is affected by a mental or behavioral disorder at some time during their lives. This mental and behavioral health issue is believed to contribute to 12 percent of the worldwide burden of disease and is projected to increase to 15 percent by the year 2020.

Maintaining their social, psychological, financial, and physical needs may become increasingly difficult for their caregivers. Mental illness has a significant influence on both patients and caretakers since it increases susceptibility to stress, interferes with everyday life, and can significantly affect their social, psychological, and physical health. They make the decision not to seek medical treatment; this may negatively affect the clinical outcomes and quality of life of patients. It is critical to assess the level of stress placed on such caregivers. The purpose of this study was to evaluate the level of stress experienced by caregivers of Mentally ill patient.

MATERIAL AND METHOD

Research Approach – Quantitative non-experimental approach

Research Design – Descriptive Survey Design

Sampling technique – Convenience Sampling Technique

Setting: Psychiatric Ward of Guwahati Medical College and Hospital, Guwahati

Population: Caregiver of mentally ill patient admitted in GMCH Ward

INTRODUCTION

Sample size: Sample Size is 50

Variables

Demographic variable: Age, Sex, Religion, Education level, Occupation, Income, Marital status, Type of Family

Research Variables : Stress level among caregivers of Mentally ill Patients admitted in Psychaitric ward of GMCH

DATA ANALYSIS

Descriptive statistic: Frequencies, percentage,

Inferential statistic: Chi-square to find out the association.

TOOL

These tools consist of two section.

Section A: Demographic data: This section consist of 8 items

Age, Sex, Religion, Education level, Occupation, Income, Marital status, Type of Family

Section B : Self Structured Questionnaire. This section consists of 20 questions to assess the Stress level among caregivers of patient admitted in GMCH Ward. This questionnaire has 3 alternative responses, the correct answer was given a score 'two' and the wrong answer was given a score of 'zero'. The total score was 40. The total score of each subject was calculated and converted to frequency,percentage and interpreted.

Stress Score

1. Mild – 0-12
2. Moderate – 13- 26
3. Severe – 27 -40

ETHICAL CONSIDERATION

- Ethical permission was taken from Medical Superintendent of Guwahati Medical College and Hospital, Guwahati.
- Formal administrative permission were sought from -
- Head of the department of Psychiatric ward according to the administrative guidance.
- Inform consent patients prior to the data collection.

RESULTS

Table : 1 Distribution according to age,religion, sex, educational level, occupation and income

N=50

Variables	Frequency	Percentage %
Age (in years)	9	18
20 -30		
31- 40	32	64
41- 50	7	14
>50	2	4
Religion		
Hinduism	40	80
Islam	10	20
Sex		
Male	22	44
Female	28	56
Educational Level		
<5	3	6
6- 10	20	40
11 - 12	12	24
>12	15	30
Occupation		
Government Employee	8	16
Private Employee	13	26
Unemployed	21	42
Others	8	16
Income		
<1000	14	28
1000- 5000	22	44
5000-10000	5	10
>10000	9	18
Type of family		
Nuclear	33	66
Joint	16	32
Extended	1	2

Fig :1 Bar diagram showing distribution according to Income n=50

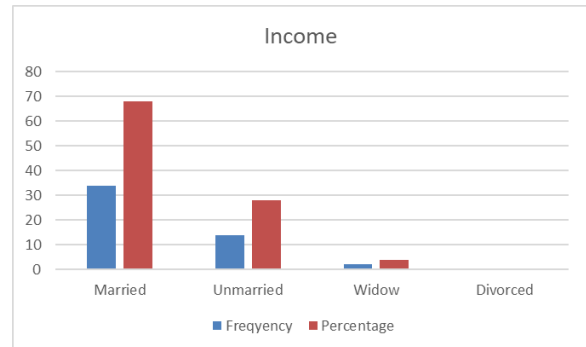


Fig : 2 Pie diagram distribution of Patient according to Marital status n=50

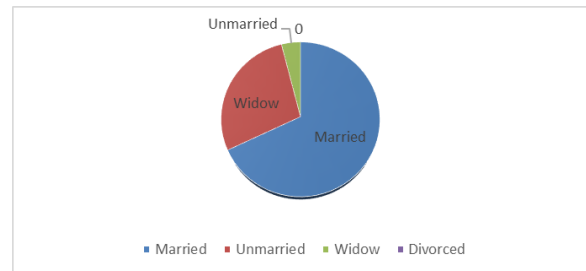


Table : 2 Mean, standard deviation and Average level percentage distribution of the Stress Score

N=50

Variables	Total score	Maximum Score	Minimum Score	Mean	Standard Deviation
Stress level	40	27	3	16.6	12.3

Data represent that maximum and minimum score obtained for stress level were 27 and 3, mean score of stress level was 16.6, and Standard deviation was 12.3.

Table : 3 Chi- square test association between stress level and selected demographic variables.

N=50

Variables	χ^2	df	P value	Significance
Age	149.9	6	12-59	Not Significance
Occupation	32.4	8	15.51	
Income	47.7	6	12.59	
Marital status	52.7	6	12.59	
Family type	63.1	4	9.49	

χ^2 df, p=0.05

Data presented in the table depicted that the computed chi- square to find the association between the stress level and selected demographic variables of age, occupation, income, marital status, family type, were found to be not statistically significant at 0.05 level of significance. Thus, Null Hypothesis H_0 accepted and Research hypothesis is rejected.

DISCUSSION

In the present study, it was found that stress level is moderate among the caregivers of mentally ill patient admitted in Psychiatric ward of GMCH. Majority 54% perceived moderate stress, 40% mild stress and 6% perceived severe stress. It was found that age group 31-40 years suffer more from moderate level of stress than other age groups, female gender 28 (56%) perceive more stress level than male gender, Sample from nuclear family type perceive more stress level, it was also found that Hindu sample population perceive more stress level, Sample population from unemployed perceive more stress level. Therefore, there is a great need of comprehensive study that will examine this in a dynamic way that yield more solid evidence. Thus, we can come on the conclusion that there is different levels of stress.

CONCLUSION

Mental illness has a significant influence on both patients and caretakers since it increases susceptibility to stress, interferes with everyday life, and can significantly affect their social, psychological, and physical health. They make the decision not to seek

medical treatment; this may negatively affect the clinical outcomes and quality of life of patients.

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