

Assessing Positivity Quotient and Anxiety Level Among Care Takers of Psychiatric Patients

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Abstract—Positivity refers to a tendency of thinking, feeling and behaving in optimistic way with positive frame of mind that provides a satisfactory and contented feeling to self. PQ (Positivity Quotient) is a measure of the level of positivity of a person as against the negativity. It measures 8 attributes of positivism i.e., Kindness, Honesty, Gratitude, Optimism, Lifestyle, Resilience, Eloquent Communication and Cultural Values. Positivity is an essential factor in order to overcome stress, anxiety, depression, etc. Generally, the caretaker goes through psychological imbalances due to lack of positive attitude to deal with the situations. Thus, a need to study arises to make the caretakers understand the importance of positive attitude as the rehabilitation of the patient depends upon the adapted environmental adjustments by the caretakers. A pilot study was done on 30 caretakers of psychiatric patients from SMS Psychiatric Centre, Jaipur, to find out the level of positivity and anxiety in them using PQ scale developed by Dr. Rinita Jain. It is found that optimism (65.5%), lifestyle (62.2%) and resilience (60.5%) are on negative side followed by cultural values (56.6%). Anxiety level was found very high with 76.6% that needs therapeutic intervention by cognitive restructuring and family counselling for the easy recovery and rehabilitation process of the patient.

Index Terms—Positivity Quotient (PQ), Positive attributes, Caretakers, Psychological imbalances, Anxiety, Cognitive Restructuring, Family Counselling

I. INTRODUCTION

Positivity refers to a tendency of thinking, feeling and behaving in optimistic way with positive frame of mind that provides a satisfactory and contented feeling to self. Positive attitude does not mean having positive thoughts all the time, even in dire situations. Rather it means making the most out of possible obstacles of life, having hopeful outlook towards self

and others. An individual thus focuses on the goods in life and find happiness in any situation coming one's way. Positive mindset helps in moving forward in life and dealing the adverse situations in a way that does not harm a person's mental health. Level of positivity in an individual can be affected by several factors such as Personal factors, social factors, Cultural values, Cognitive factors. These factors together shape a person's mindset, thought pattern, behavioural traits. Positivity is a broad term and it includes different attributes that can be sometimes interrelated and sometimes independent of each other. These attributes are further discussed along with their comprehensive meaning.

PQ (Positivity Quotient)- It is a measure of the level of positivity of a person as against the negativity. Attributes of positivity are significant to be considered when measuring the level of positivity in an individual. PQ (positivity quotient) measures 8 attributes of Positivity that are,

- Kindness
- Honesty
- Gratitude
- Optimism
- Lifestyle
- Resilience
- Eloquent communication
- Cultural values

Following is the brief description of the 8 attributes of positivism:

1) Kindness

It is an attribute of positivity which is characterised by behaviour that has generosity, a giving attitude, actions that shows genuine warmth and takes care of self and other's well-being. A kind person has a giving

and forgiving personality which means they can forgive themselves and others to move on in life. They like to work with humility and prioritize other's suffering too. They can feel empathy and sympathy towards them. Kind behaviour often makes people around feel safe and belonged leading to positivity that's why it is considered as an important attribute of positivity.

2) Honesty

It is the quality of being sincere, truthful, free from deceit in both words and actions. Being true to self and others about words, actions and thoughts. Honest people are truthful and deal fairly with things in life. Honesty is quality and attribute that makes a person give true opinions and accept mistakes if realised. At the same time, they also have the ability to refuse to compromising situations to follow principles and values they hold strongly. The quality of being honest increases credibility and stability in relationships and also builds trust, increases self-respect, clear mindset and a self-image.

3) Gratitude

It is an active and volunteer act of feeling thankful for resources, people, opportunities, life and expressing the feeling of being thankful in actions and words. People who practice gratitude on a daily basis tend to have a positive and satisfied outlook towards life. This attribute shows an individual's appreciative nature towards people around them. They are thankful to God for giving the desired things and also to those who have helped them in some way. They have loving and Caring nature because of which they can appreciate both small and big achievements. Being grateful and showing gratitude fosters positivity, hence, it is an attribute of positivity.

4) Optimism

The behavioural ability to take setbacks as temporary situations and being confident about better things to happen in future, being hopeful, zestful, faithful towards life is optimism. An optimistic person has the courage to deal with tragedies of their life. They are ready to embrace the new things unprejudiced. They are aware of their strengths and weaknesses and are able to avail the opportunities coming their way ruling out the threats with their positive attitude. Optimism is essential to handle adverse situation and to stay

positive. An optimistic mindset is never stuck in a situation that has happened rather it tries to look for solutions and move ahead in life.

5) Lifestyle

It is how a person's day looks like, what type of activities, choices and distribution of time are there. Lifestyle is a way one opines, perceives and behaves with people and things around. It is the aspect of one's personality where a person is known for his interests and habits. It includes eating habits, dressing sense and time management. Lifestyle generally shows an individual's interests, hobbies and participation in activities around them. It impacts both mental health and physiological health. A healthy lifestyle has required amount of good physical activity, nutritious diet, achieving small goals daily that boosts contentment, good time management. Healthy lifestyle is important as it makes the person active and positive.

6) Resilience

Resilience is the capacity of a person to withstand or to recover quickly from difficulties and cope up with stressful situations with positive frame of mind and focus on the work. Resilience is the engine that keeps that outlook running when things actually go wrong. Resilient individuals tend to face adversity with a bounce back to life attitude which helps in moving on and overcoming difficult situations. They show high consistency in their approach towards overcoming the obstacles of life. Resilient people also have the ability to make others understand their viewpoint by managing their ego. Moreover, they are open minded along with different and precise way of dealing with problems.

7) Eloquent Communication

communication skills can sometimes ease a situation that seems to be difficult. An eloquent speaker expresses clearly, powerfully and uses humour to reach people. They have a sense of speech which makes their communicative interaction more creative and with sense. An ability to enhance team work from an individual which gives better and positive results. The quality of being able to express one's thought that clarifies the rationale and comprehensible to others as well is communicating eloquently. This is also an important attribute of positivity and it helps in

changing negative perceptions into positive ones. It fosters positivity in environment and social settings.

8) Cultural Values

Culture shapes an individual's life pattern with qualities like discipline, basic manners, Positivity. The cultural values add a sense of life living in person's environment leading a well-structured life. Cultural values also have effect on the positivity level of a person as it structures the thought patterns and impacts the decision making of an individual. It also helps a person in social interactions and makes one feel belonged in the society. Cultural values should be assessed when talking about positivity assessment as it shows an overview of a person's social presence and mindset.

Importance of Positivity in Caretakers of Psychiatric Patients

A caretaker plays a crucial role in the recovery of a mental health patient. Being positive helps the caretaker to navigate the challenges coming in way. Positivity is an essential factor in order to overcome stress, anxiety, and depression. Generally, the caretaker goes through psychological imbalances and stressful thoughts because of lack of positive attitude and optimism in life to deal with the situations. Thus, it is important because of the following reasons:

- The positive attitude in caretakers is significant because of its direct relation to the psychological recovery and well-being of the patients as patient is emotionally dependent on them. With an optimistic and resilient outlook towards situations, the caretakers can handle the situation better.
- As an individual, caretakers also have a personal life that is affected because of the patient's condition and it needs to be taken care of positively, because family environment due to mental illness can be stressful to handle. It can also lead to developing mental health disorders in caretaker if not managed properly and on time.
- If the caretaker will have a positive attitude in handling situations, then they will be more proficient in dealing with the patients and their behavioural issues. This will bring a change in life condition of both patient and caretaker.
- The positive attitude of caretakers will make them more resilient and less anxious about their and the

patients future. It will become convenient for them to tackle the hurdles.

- Sometimes optimism and being hopeful create wonders in the most critical situations. that's why fostering positivity in caretaker of patients is very important.

Thus, the need to study positivity in caretakers of the psychiatric patients arises to make the caretakers understand the importance of positive attitude as the rehabilitation of the patient depends upon the adapted environmental adjustments by the caretakers. Along with medications, to avoid relapses it is important for the caretaker to show positive attitude because it is difficult for a patient to adjust back in normal life after recovering from mental illness. During this readjustment phase the positivity and patience of caretaker will make it supportive for the recovery of the patients.

Objective of the study

To assess the Positivity Quotient and level of anxiety among caretakers of psychiatric patients.

II. METHODOLOGY

A pilot study was done on 30 caretakers of psychiatric patients from SMS Psychiatric Centre, Jaipur, to find out the level of positivity in them. Positivity Quotient (PQ) Scale developed by Dr. Rinita Jain was used, that measures positivity on 8 attributes:

- Kindness
- Honesty
- Gratitude
- Optimism
- Lifestyle
- Resilience
- Eloquent Communication
- Cultural Values.

Reliability of the scale used (PQ)

The split-half reliability coefficient of the test measured through Spearman Brown Formula is 0.81

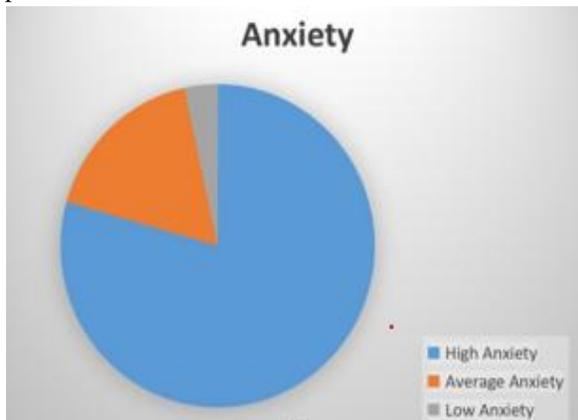
Validity of the scale used

The test (PQ) was validated against Ryff's Psychological Well Being Scale. The Validity coefficient of correlation found between them is 0.96.

Result Table:

| Sr.no | Attributes | Positivity Percentage | Negativity Percentage |
|-------|------------------------|-----------------------|-----------------------|
| 1. | Kindness | 45 % | 55 % |
| 2. | Honesty | 57.3 % | 42.7 % |
| 3. | Gratitude | 62.8 % | 37.2 % |
| 4. | Optimism | 34.5 % | 65.5 % |
| 5. | Lifestyle | 37.8 % | 62.2 % |
| 6. | Resilience | 39.5 % | 60.5 % |
| 7. | Eloquent communication | 61.2 % | 38.8 % |
| 8. | Cultural values | 43.4 % | 56.6 % |
| Total | | 49.64 % | 50.36% |

Note- The study shows a specific finding on anxious state of mind among Caretakers depicted through the pie chart.



Findings:

It is evident with findings that among the 8 attributes of positivity; Optimism, Lifestyle and Resilience are on negative side followed by Cultural Values, which means caretakers are facing a lack of positivity among these four attributes, which needs to be taken care of in order to increase the level of positivity. This study shows that 49.64% sample out of total collected samples were positive and 50.36 % samples have negative attitude. While conducting the study it was found that anxiety is a major and common factor among caretakers as majority of subjects affirmed on question on anxiety that they feel anxious in dealing with the patients.

Among the data collected 76.6% people are having high anxiety, 16.6% people are having average anxiety and 3.3% people were found to have low anxiety.

Interpretation

It can be interpreted that the overall ratio of positivity and negativity among the sample of caretakers was almost equal but when the attributes of positivity are studied individually of these samples, it is found out that optimism (65.5%), lifestyle (62.2%) and resilience (60.5%) are on negative side followed by cultural values (56.6%). Anxiety level was found very high with 76.6% that needs therapeutic intervention by cognitive restructuring and family counselling for the easy recovery and rehabilitation process of the patient.

Suggestions

To foster positivity in caretakers of psychiatric patients following are some suggestions that can be implemented for betterment of their mental health.

- Psychoeducation- Educating the caretakers about the emotions and how to manage them will create awareness and a confidence among them to deal with the situation
- Counselling- Along with patient’s counselling, caretakers should be provided with counselling as well to help and motivate them. It will also boost positive mindset in them.
- Social acceptance- many caretakers feel ashamed to talk to people in society about their patient’s mental health conditions. It creates a feeling of unnecessary guilt and aloofness in them. Social acceptance and empathetic attitude from society can ease up their burden of thoughts.

Implications of the Study:

1. Caretakers needs support too: The study highlights the need for mental health support and interventions for caretakers of psychiatric patients, focusing on building positivity and reducing anxiety.
2. Positivity Interventions required: Interventions should target specific areas like optimism, lifestyle, resilience, and cultural values, where caretakers showed lower positivity scores.
3. Emotional regulation of caretakers: Given the high anxiety levels (76.6%), anxiety management techniques, such as cognitive restructuring and family counselling, are crucial for caretakers.

4. Psychoeducating Caretakers: Providing psychoeducation and counselling services can empower caretakers to manage their responsibilities effectively and improve patient outcomes.

5. Encouraging Social Support: Encouraging social acceptance and support can alleviate caretakers' feelings of isolation and guilt.

III. RECOMMENDATIONS FOR STRATEGIC IMPLEMENTATION

1. Psychoeducation Programs:

- Collaborate with mental health professionals to develop tailored programs.
- Use interactive workshops, group discussions, and online modules.
- Focus on stress management, emotional regulation, and coping strategies.

2. Counseling Services:

Partner with therapists or counsellors for individual or group sessions.

Offer flexible scheduling, including online sessions.

Emphasize confidentiality and non-judgmental support.

3. Positivity Building Workshops:

Use evidence-based programs like Positive Psychology or Mindfulness-Based Stress Reduction. Incorporate activities promoting gratitude, optimism, and resilience.

Encourage daily practice and provide resources for continued learning.

4. Social Support Groups:

Establish online forums or in-person groups for caretakers to connect.

Invite guest speakers or peer leaders to share experiences.

Foster a safe, supportive environment for sharing challenges and successes.

5. Cultural Sensitivity Training:

Develop training modules highlighting cultural influences on care-giving.

Incorporate case studies, role-playing, and group discussions.

Emphasize empathy, understanding, and respect for diverse perspectives.

6. Regular Assessments:

Use standardized tools like the Positivity Quotient (PQ) Scale and anxiety assessments.

Conduct assessments at regular intervals (e.g., every 3-6 months).

Use results to inform interventions and track progress.

IV. CONCLUSION:

The study highlights the importance of addressing the mental health and positivity of caretakers of psychiatric patients. By implementing targeted interventions, such as psychoeducation, counseling, positivity building workshops, social support groups, cultural sensitivity training, and regular assessments, we can empower caretakers to manage their responsibilities effectively and improve patient outcomes. Prioritizing caretaker well-being is crucial for creating a supportive environment for both caretakers and patients.

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