

Personal Stress among Caregivers of Patient of Schizophrenia and Depression

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ABSTRACT

Caregivers are defined as persons caring for patients, most of whom are relatives of the schizophrenia and depression patients. Aim the current study was aimed to find out the personal stress among caregivers of patient of schizophrenia and depression. The total sample consisted of 100 caregivers, equally distributed on types of psychotic patients (Schizophrenia and Depression) and type of duration of illness (Under 12 months and More than 12 months) selected purposive sampling technique from various hospital of Gujarat state. The studied tool was Personal Stress Source (PSSI-sss) developed by Arun Kumar Singh, Ashish K. was used for the data collection. Data was analyzed through 't' – test. Result reveals that similar and no significant difference among schizophrenia and depression caregivers of psychotic patients regards to their personal stress. Significant difference among duration of illness under 12 months higher than more than 12 months caregivers regards to their personal stress.

Keywords: *Caregiving, Psychotic Patients and Personal Stress*

Caregiving of persons with schizophrenia and depression is challenging as sometimes it is demanding and at other times, it is fulfilling to caregivers. Caregivers are defined as persons caring for patients, most of whom are relatives of the psychotic patients. They provide practical help, personal care and emotional support to the patients. Caregiving is difficult and demanding and can affect the caregiver's physical and emotional mental health resulting in financial and social constraints. In India, family members are the caregivers for persons with mental disorder as there are extremely limited alternative facilities and family members are preferred for caring of schizophrenia and depression patients. In traditional societies such as India, this is further compounded by illiteracy, ignorance and religious and cultural explanations attributed to mental illness.

Schizophrenia disorder are very severe mental illness that cause abnormal thinking and perceptions. People with psychosis lose touch with current reality. Schizophrenia patients might be unable to provide a history or participate in treatment if they are hostile, violent or agitated. Two of the main symptoms of psychotic disorder are delusions and hallucinations.

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With agitated and uncooperative psychotic patients, clinicians often have to intervene quickly to ensure the safety of the patient and those nearby. Depression is a state of low mood and aversion to activity that can have a negative effect on person's thoughts, behaviour, feelings, world view and physical well-being. Major depression include low mood, feeling of helplessness and hopelessness, a lack of enjoyment or interest in activities, lowered energy and concentration and changes in appetite and sleep patterns.

Caregivers of patients with schizophrenia and depression are under the personal stress. Personal stress may be defined as stress the source of which are related to personal life events of an individual; that is likely to produce stress in a person. Caregivers often encounter increased personal stress due to financial, psychological and social demands of chronically ill patients. Psychological stress is conceptually defined as a "unique, discomforting, emotional state experienced by an individual, in response to specific stressor or demand, that results in harm, either temporary, or permanent to the person". Caregivers who have a persistent high stress level are more likely to have a greater physical health risks in comparison with the general population.

OBJECTIVES

1. To study and compare the personal stress in schizophrenia and depression caregivers of psychotic patients.
2. To study and compare the personal stress in duration of illness under 12 months and more than 12 months caregivers.

HYPOTHESES

1. There will be no significant difference among schizophrenia and depression caregivers of psychotic patients with regards to their personal stress.
2. There will be no significant difference among duration of illness under 12 months and more than 12 months caregivers with regards to their personal stress.

VARIABLES

No.	Variables	Types of Variables	Level of Variables	Name of Variables
1.	Type of psychotic patient	Independent Variable	2	1. Schizophrenia patient 2. Depression patient
2.	Type of duration of illness	Independent Variable	2	1. Under 12 month 2. More than 12 months
3.	Personal Stress Source (PSS-sss)	Dependent Variable	1	As per manual

SAMPLE

The purpose of the present research study total 100 samples were selected. There were 50 schizophrenia patient caregivers and 50 depression patient caregivers. 25 were under 12 months and 25 more than 12 months duration of illness patient caregivers selected purposive sampling technique from various hospital of Gujarat state.

RESEARCH DESIGN

The variables of the present research study, considerations were given to whether the entire caregivers of schizophrenia and depression patients is to be made the subjects for data

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collection or a particular group is to be selected as a representative of the whole caregivers of schizophrenia and depression patients.

Types of Psychotic Patient			
	Schizophrenia	Depression	
Duration of illness			
Under 12 month	25	25	50
More than 12 month	25	25	50
	50	50	100

INSTRUMENTS

Singh Personal Stress Source Inventory (SPSSI-sss) :

This Scale was originally prepared by Arun Kumar Singh, Ashish Kumar Singh and Arpana Singh. It contains 35 items, which measures the level of the stress as High, Moderate and Low. The scoring of SPSSI is very simple. Every item marked as ‘Seldom’ is given a score of 1, marked as ‘Sometimes’ is given a score of 2 and marked as ‘Frequently’ a score of 3. Unmarked items are given a score of Zero. Subsequently, scores earned by the testees on every marked item are added together to form a total score. Higher the score, the higher is the magnitude of personal stress. Likewise, lower the score, lower is the magnitude of personal stress. This maximum score on SPSSI is 105. The test-retest reliability was found to be .792 which was not only high but also statistically significant. Age range 22-55 years.

RESULT AND DISCUSSION

The present research study was to personal stress among caregivers of patients of schizophrenia and depression. In this Table :- 1. 100 Personal stress of schizophrenia and depression caregivers of psychotic patients as sample. In it, statistical ‘t’ method was measured. Results discussion of the present study is a under.

Table : 1. Presenting ‘t’ table of personal stress of schizophrenia and depression caregivers of psychotic patients.

Mean, Standard Deviation and ‘t’ score of personal stress of schizophrenia and depression caregivers of psychotic patients.

[N : 100]

Details	N	Mean	SD	‘t’ Value	level of Significance
Schizophrenia	50	54.74	12.77	1.71	NS
Depression	50	51.44	4.66		

Above table : 1 indicated that the value of Mean and SD of personal stress of schizophrenia patients caregivers are 54.74 and 12.77 respectively and depression patients caregivers Mean and SD are 51.44 and 4.66 respectively. The ‘t’ value is 1.71, which is no significant at 0.01 level. This means Ho is accepted, It means personal stress similar and no significant difference between schizophrenia and depression patients caregivers.

Table : 2. Presenting ‘t’ table of personal stress of duration of illness under 12 months and more than 12 months caregivers.

Mean, Standard Deviation and ‘t’ score of personal stress of duration of illness under 12 months and more than 12 months caregivers.

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[N : 100]

Details	N	Mean	SD	't' Value	level of Significance
Under 12 months	50	56.08	10.9		Sign.
More than 12 months	50	50.1	7.32	3.41	0.01

Above table : 2 indicated that the value of Mean and SD of personal stress of duration of illness under 12 months are 56.08 and 10.9 respectively and more than 12 months Mean and SD are 50.1 and 7.32 respectively. The 't' value is 3.41, which is significant at 0.01 level. This means Ho is rejected, It means duration of illness under 12 months higher than more than 12 months caregivers regards to their personal stress.

SUMMARY OF THE FINDINGS

1. The result showed there is no significant difference in the personal stress of schizophrenia and depression caregivers of psychotic patients. Which is the no significant 0.01 level. So Ho is accepted. It means personal stress similar and no significant difference between schizophrenia and depression patients caregivers.
2. The result showed there is significant difference in the personal stress of duration of illness under 12 months and more than 12 months caregivers. Which is the significant 0.01 level. So Ho is rejected. It means duration of illness under 12 months higher than more than 12 months caregivers regards to their personal stress.

LIMITATIONS

The present research study was carried out on a small sample of caregivers of schizophrenia and depression patients. Who duration of illness under 12 months and more than 12 months caregivers from the only Gujarat state. The finding made in study may be biased participants in sample selection for this research purposive sampling method was used. The present research is only a part of the study, thus generalization should no be consummated and the scientific is not approached in the selection of sample. The conclusion of present research is partially significant.

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Conflict of Interest

The author(s) declared no conflict of interest.

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