

## Helplessness 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. They provide practical help, personal caregiving and emotional support to the psychotic patients. Aim the current study was aimed to find out the helplessness among caregivers of patient of schizophrenia and depression. The total sample consisted of 240 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 hospitals of Gujarat state. The studied tool was Helplessness scale (HS-MGBR, 2012) Mathur and Bhatnagar was used for the data collection. Data was analyzed through 't' – test. Results reveals that similar and no significant difference among schizophrenia and depression caregivers of psychotic patients regards to their Helplessness. Significant difference among duration of illness under 12 months higher than more than 12 months caregivers regards to their Helplessness.

**Keywords:** *Caregiving, Psychotic patients, Helplessness*

Caregiving is a complex health care activity. “Care-giver” means a person who resides with a person with mental illness and responsible for providing care to that person and includes a relative or any other person who performs this function, either free or with remuneration. 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 most commonly used to address impairments related to a chronic mental disorder. Caregiving is difficult and demanding and can affect the caregiver’s physical and emotional mental health resulting in financial and social constraints.

Schizophrenia disorders are very severe mental illness that cause abnormal thinking, react and perceptions. People with psychosis lose touch with current reality. Psychotic patients might be unable to provide a history or participate in treatment if they are agitated, hostile, or violent. With agitated and uncooperative psychotic patients, clinicians often have to intervene quickly to ensure the safety of the patient and those nearby. Two of the main symptoms of psychotic disorder are delusions and hallucinations. Schizophrenia is one type of psychotic

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disorder and person with bipolar disorder or major depression may also have psychotic symptoms.

Caregivers of patients with schizophrenia and major depression are under the helplessness. “Helplessness is the belief that there is nothing that anyone can do to improve a bad situation (such as being diagnosed with an illness)”. The human helplessness is believed to be basic to depression and schizophrenia disorder. It is conjectured that each component of the helplessness syndrome is counterpart symptom of the depressive syndrome. According to the original helplessness model of depression, motivational, cognitive and emotional deficits are generated by uncontrollability. Carees perceived themselves as vulnerable and helpless when patients became violent or demanding, refused to take medicines, experienced sleep disturbance and remained idle and suspicious. Caregivers experienced high levels of distress and difficulties to caregiving of psychotic patients. Understanding care’s experience and help-seeking behaviour may be important for planning and delivery of early intervention service for psychotic patients and cares.

### OBJECTIVES

1. To study and compare the helplessness in schizophrenia and depression caregivers of psychotic patients.
2. To study and compare the helplessness 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 helplessness.
2. There will be no significant difference among duration of illness under 12 months and more than 12 months caregivers with regards to their helplessness.

### 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 Months 2. More than 12 Months
3.	Helplessness Scale (HS-MGBR)	Dependent Variable	1	As per Manual

### SAMPLE

According to the purpose of the present research study total 240 samples were selected. There were 120 schizophrenia patients caregivers and 120 depression patients caregivers. 120 were under 12 months and 120 more than 12 months duration of illness patients caregivers selected purposive sampling technique from varies hospitals of Gujarat state.

### RESEARCH DESIGN

The variables of the present research study, considerations were given to whether the entire caregivers of psychotic patients is to be made the subjects for data collection or a particular group is to be selected as a representative of the whole caregivers of psychotic patients.

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Types of psychotic patient			
	Schizophrenia	Depression	
<b>Duration of illness</b>			
Under 12 months	60	60	<b>120</b>
More than 12 month	60	60	<b>120</b>
	<b>120</b>	<b>120</b>	<b>240</b>

### INSTRUMENTS

#### Helplessness Scale (HS-MGBR, 2012) :

This scale was originally prepared by G.P. Mathur and R.K. Bhatnagar. The scale was initially constructed on 7 point scale, which is mostly used in behavioural sciences and more useful in studying research problems in different fields. Helplessness scale is used to study the level of helplessness in any age group (above 14 years) it consists of 22 items dealing with following eight factors are given with selected items for helplessness. Scoring of the Helplessness Scale is very easy. For the convenience purpose of scoring the scale, in the scale, before the serial number of the items, 0 means Negative items & remaining items as Positive items has been given. There are 13 Positive and 09 Negative items. The sum total of the scores for the 22 items shall be the raw score for the scale. The range of minimum and maximum score is 22-110. In male reliability ranges .77 to .83 and in female .75 to .80 and is significant at .01 level of significance. Validity ranges in male .76 to .79 and in female .78 to .81.

### RESULT AND DISCUSSION

The present research study was to helplessness among caregivers of patient of schizophrenia and depression. In this Table :- 1. 240 helplessness of schizophrenia and depression caregivers of psychotic patients as sample. In it, statistical 't' method was measured. Results discussion of the present study is an under.

#### *Table : 1. Presenting 't' table of helplessness of schizophrenia and depression caregivers of psychotic patients.*

Mean, Standard Deviation and 't' score of helplessness of schizophrenia and depression caregivers of psychotic patients.

[N : 240]					
Details	N	Mean	SD	't' Value	level of Significance
Schizophrenia	120	64.225	4.87		
Depression	120	64.441	4.20	0.368	NS

Above table : 1 indicated that the value of Mean and SD of helplessness of schizophrenia patients caregivers are 64.225 and 4.87 respectively and depression patients caregivers Mean and SD are 64.441 and 4.20 respectively. The 't' value is 0.368, which is no significant at 0.01 level. This means Ho is accepted, It means helplessness similar and no significant difference between schizophrenia and depression patients caregivers.

#### *Table : 2. Presenting 't' table of helplessness of duration of illness under 12 months and more than 12 months caregivers.*

Mean, Standard Deviation and 't' score of helplessness of duration of illness under 12 months and more than 12 months caregivers.

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[N : 240]

Details	N	Mean	SD	't' Value	level of Significance
Under 12 months	120	65.01	5.10		Sign.
More than 12 months	120	63.65	3.81	2.349	0.01

Above table : 2 indicated that the value of Mean and SD of helplessness of duration of illness under 12 months are 65.01 and 5.10 respectively and more than 12 months Mean and SD are 63.65 and 3.81 respectively. The 't' value is 2.349, 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 helplessness.

### SUMMARY OF THE FINDINGS

1. The result showed there is no significant difference in the helplessness of schizophrenia and depression caregivers of psychotic patients. Which is the no significant 0.01 level. So Ho is accepted, It means helplessness similar and no significant difference between schizophrenia and depression patients caregivers.
2. The result showed there is significant difference in the helplessness 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 helplessness.

### LIMITATIONS

The present research was carried out on a small sample of caregivers of psychotic 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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[https://caregiver.com/articles/caregiver\\_and\\_schiz/](https://caregiver.com/articles/caregiver_and_schiz/)

<https://www.goodtherapy.org/learn-about-therapy/issues/helplessness>

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### ***Conflict of Interest***

The author declared no conflict of interest.

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