

Effect of Hardiness Training on Perceived Stress and Ways of Coping among Family Caregivers of Patients with Schizophrenia

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ABSTRACT

Homecare of a patient with schizophrenia is a major issue taxing upon the family caregivers. Family caregivers are the one who are least attended by the health care professionals since the focus of everyone turns to the patients' treatment and rehabilitation. The real issue happens over time that many of the caregivers experiences mental health issues and the patient turns to be the bystander in hospitals and these cycle continues. Here the mental health care centers have to extent their services to consider the 'whole family' as a focus of concern in terms of prevention of mental illness, promotion of mental health and rehabilitation. The current study focuses on the effects of hardiness training on Perceived Stress and Ways of Coping of family caregivers of patients with schizophrenia. The Participants for this study comprised of 100 family caregivers of patients with schizophrenia randomly selected and randomly assigned to the experimental group (50) and the control group (50). Data were collected by administering Perceived Stress Scale and Ways of Coping Scale. After collection of the baseline data and pretest of the study variables, Hardiness Training was given to the Experimental Group for 20 days. Post-test was conducted after two weeks using the same instruments. The collected data were analysed using descriptive and inferential statistics. The result revealed that the mean post-test score of Perceived Stress ($\bar{X}_2 = 25.72$) was significantly lower than the mean pre-test score of Perceived Stress ($\bar{X}_1 = 66.04$) in the Experimental Group. The participants in the Experimental Group had Positive Ways of Coping as their predominant Ways of Coping, such as accepting responsibility, positive reappraisal, Planful problem solving and seeking social support after hardiness training. The 't' value computed between the mean pre-test scores and the mean post-test scores of Perceived Stress ($t = 29.513$, $df=49$, $p < 0.001$) in Experimental Group were statistically significant at 0.001 level. The independent 't' test computed between the post-test scores of Experimental and Control Group on Perceived Stress ($t = 31.68$, $df=98$, $p < 0.001$) and Ways of Coping ($t = 19.74$, $df=98$, $p < 0.001$) were statistically significant at 0.001

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level. The findings of the study suggest that Hardiness Training has effects on Perceived Stress and Ways of Coping of the Experimental Group of family caregivers of patients with schizophrenia and can be considered as an effective therapeutic modality.

Keywords: *Hardiness Training, Schizophrenia, Family Caregivers.*

Addressing perceived stress and Ways of Coping of family caregivers of patients with schizophrenia is clinically relevant in the current scenario while focusing on healthy family and healthy society. A study conducted by Abdel et al (2011) reveal that the difficulties of caring for a mentally ill relative is distressing for the caregivers. However, not all caregivers perceive the distress because it varies according to their Ways of Coping. A survey in 50 low and middle income countries show that schizophrenia is a chronic and severe mental disorder that affects 26 million people worldwide and result in moderate to severe disability in 60% of the cases (WHO, 2012). Meeting the health care needs of their mentally ill family member and maintain their own health and social life is the major issues faced by most of the families. These families often feel isolated from their society. It is inevitable to support, educate, and train the families to cope with these stressful life situations and connect them with the supportive social network (George R & Raju S, 2015). Turning the stresses in to advantages greatly need hardiness training .Hardiness training helps to the clear identification of the stressful situations, analysis of the ways to resolve them and moving forward to turn them to the growth and advantages. Hardiness can be developed through training (Maddi S, 2013). The investigator felt that it is inevitable to strengthen the family caregivers to stabilize their mental health and prevent them from the journey towards mental illness through hardiness training.

MATERIALS AND METHODS

A quantitative approach with pretest-post test control group design was selected to conduct the current study. The participants comprised of 100 family caregivers of patients with schizophrenia randomly selected and randomly assigned to the experimental group (50) and the control group (50). Data were collected by administering Perceived Stress Scale and Ways of Coping Scale. After collection of the baseline data and pretest of the study variables, Hardiness Training was given to the Experimental Group for 20 days. Post-test was conducted after two weeks using the same instruments. The study is delimited to family care givers who are closely related the Patients with schizophrenia includes parents/ children/ spouse/ siblings in the age group of 18 to 75 years The collected data were analyzed using descriptive and inferential statistics using SPSS.

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RESULTS

Table 1: sample characteristics

S.No:	Variable	Experimental		Control Group		χ^2	df	p value
		f	%	f	%			
1	Age in years							
	20-30	7	14	7	14	0.667	5	0.881
	31-40	5	10	9	18			
	41-50	6	12	12	24			
	51-60	18	36	12	24			
	61-70	12	24	7	14			
	71-75	2	4	3	6			

The data presented in Table 1 reveal that Most of the sample in the Experimental Group (36%) and Control Group (24%) were in the age group of 51- 60 years. In both the groups (Experimental and Control Group) 14% of the samples were in the age group of 20-30 years. Very few in Experimental Group (4%) and Control Group (6%) were in the age group of 71-75 years.

Table 2: sample characteristics

Sl. No.	Variable	Experimental group		Control group		χ^2	d.f	p value
		f	%	f	%			
2	Occupation							
	Unemployed	19	38	23	46	7.628	3	0.08
	Coolie	16	32	5	10			
	Government Job	2	4	2	4			
Private Job	13	26	20	40				
3	Place of residence							
	Rural	42	84	43	86	0.78	1	0.779
4	Current health status							
	Healthy	29	58	41	82	6.857	1	0.09
Unhealthy	21	42	9	18				
5	On treatment of any illness							
	No	30	60	40	80	6.59	1	0.88
Yes	20	40	10	20				

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Table 2 shows that 38% of the clients in Experimental Group and 46% in Control Group were unemployed. Only 4% in both the groups had Government job. 32% of the subjects in Experimental Group and 10% in Control Group were coolie workers and 26% in the Experimental Group and 40% in the Control Group had private job.

Table 3: sample characteristics

S.No	Variable	Experimental Group		Control Group		χ ²	df	p value
		f	%	f	%			
6	Relationship with client					9.538	4	0.69
	Father	8	16	8	16			
	Mother	23	46	15	30			
	Spouse	11	22	15	30			
	Offspring	5	10	1	2			
	Sibling	3	6	11	22			
7	Duration of caring (in years)					1.46	3	0.148
	1-5	14	28	24	48			
	6-10	17	34	9	18			
	11-15	10	20	15	30			
	16-20	9	18	2	4			

The data depicted in Table: 3 reveal that most of the sample in the Experimental Group (46%) and Control Group (30%) involved in caring the patients with schizophrenia were their mothers. With regard to the duration of caring the patients with schizophrenia, 30% in Control Group were in the caring process from 11 to 15 years and the 18% in the Experimental Group and 4% in the Control Group were involved in caring from 16 to 20 years which shows the chronicity and poor prognosis of schizophrenia

Table 4: Mean, SD and 't' value computed between the pre-test and post-test Perceived Stress score of family caregivers of patients with schizophrenia in the Experimental Group.

Mean, SD and t value computed between the pre-test and post-test
Perceived Stress score of family caregivers of patients with schizophrenia
in the Experimental Group.

	Mean	S. D.	't' value	d.f	p value
Pre-test	66.04	9.25	29.513	49	0.00
Post-test	25.72	7.60			

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Table 5: Mean, SD and 't' value computed between the pre-test and post-test Perceived Stress score of family caregivers of patients with schizophrenia in the Control Group.

Mean, SD and t value computed between the pre-test and post-test Perceived Stress score of family caregivers of patients with schizophrenia in the control group.

	Mean	S. D.	't' value	d.f	p value
Pre-test	70.06	5.86	1.64	49	0.108
Post-test	69.80	5.97			

Table 6: Mean, SD and 't' value computed between post-test Perceived Stress score of experimental and Control Group.

Mean, standard deviation and independent 't' value between post-test Perceived Stress score of Experimental and Control Group

Group	Mean score	Standard deviation	d.f	't' value	p value
Control	69.80	6.12	98	31.68	0.00
Experimental	25.72	7.60			

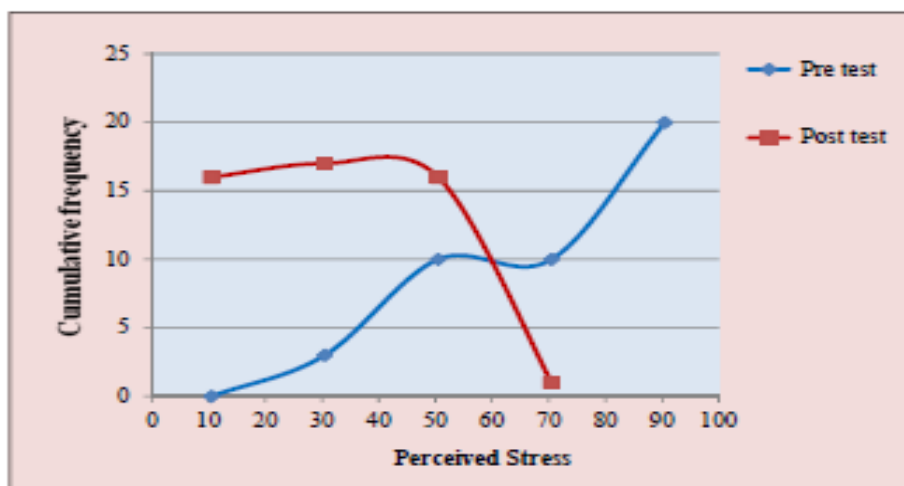


Figure 1: Ogive based on Pre-test and Post test scores of Perceived Stress in the Experimental Group of family caregivers

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Horizontal bar diagram showing the effects of Hardiness training on Ways of Coping in the Experimental group.

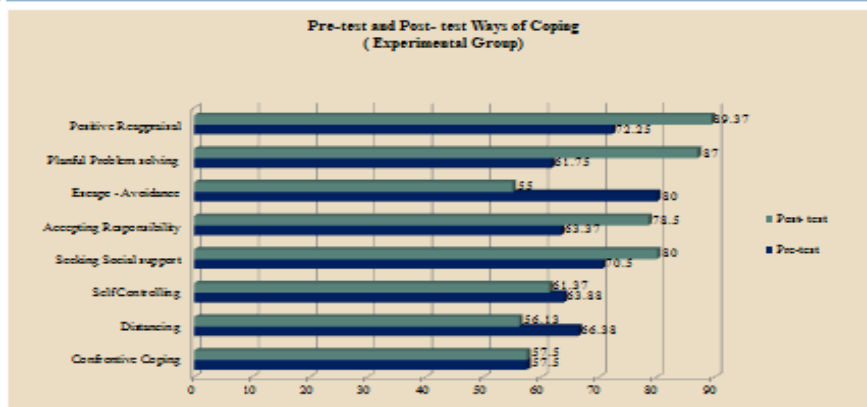


Figure 2: Pre test and post test Ways of coping in the experimental group

Horizontal bar diagram showing distribution of sample in the control group according to their pretest and post -test Ways of Coping.

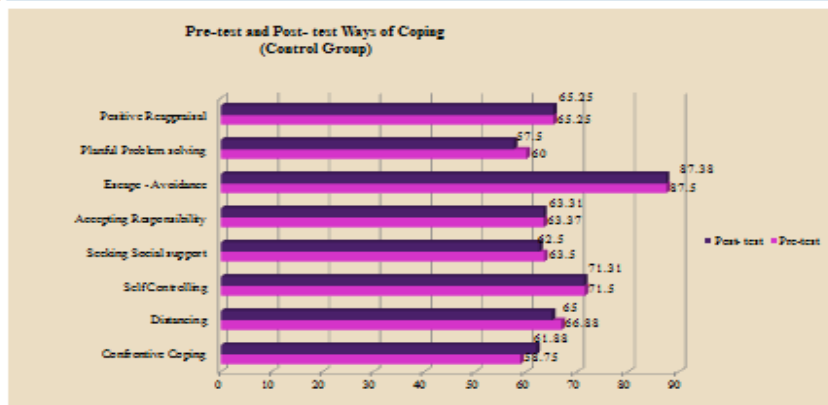


Figure 3: Pre test and Post Test Ways of coping in the control group

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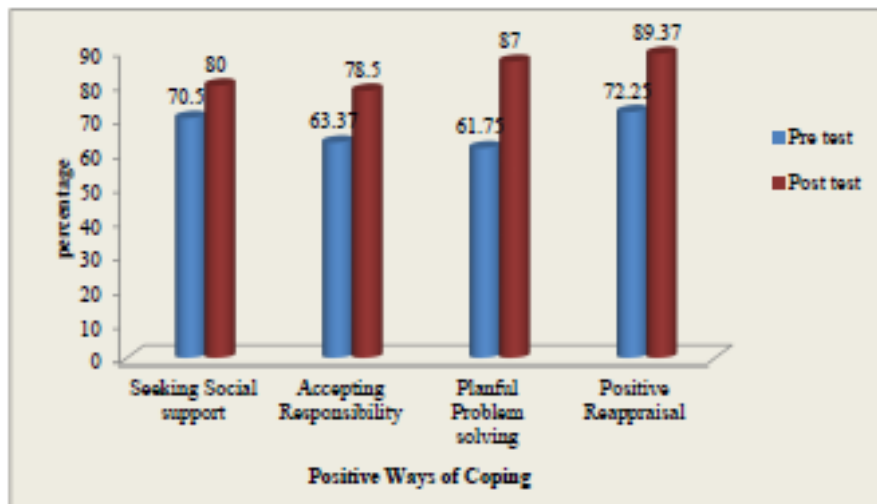


Figure 4: Showing the effects of Hardiness training on Positive Ways of Coping in the Experimental Group.

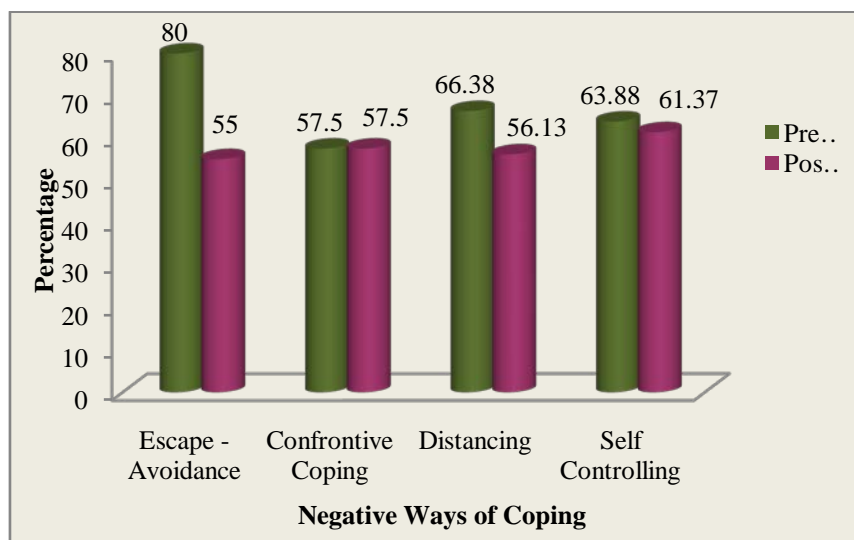


Figure 5: Showing the effects of Hardiness training on negative Ways of Coping in the Experimental Group .

DISCUSSION AND CONCLUSION

The collected data were analysed using descriptive and inferential statistics. The result revealed that, the mean post-test score of Perceived Stress ($\chi^2 = 25.72$) Was significantly lower than the mean pre-test score of Perceived Stress ($\chi^2 = 66.04$) in the experimental group. The post-test on Ways of Coping showed that the participants were adopted positive Ways of Coping such as accepting responsibility, positive reappraisal, planful problem solving and seeking social support. The paired ‘t’ value computed between the mean pre test scores and the mean post test scores of Perceived stress ($t = 29.513, df=49, P < 0.00$), in Experimental Group were statistically significant at 0.001 level. The independent ‘t’ value computed between Experimental and Control Group on mean post test scores of Perceived

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stress ($t = 31.68$, $df = 98$, $p < 0.001$) was statistically significant at 0.001 level. The findings of the study suggest that Hardiness Training had effects on Perceived stress, Ways of Coping of the experimental group of caregivers of patients with schizophrenia that hardiness training is an effective therapeutic modality in reducing perceived stress and improving positive ways of coping.

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Conflict of Interest

There is no conflict of interest.

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