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RECREATIONAL THERAPY ON THE MENTAL STATUS OF PATIENTS WITH DEPRESSION.

Nursing

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ABSTRACT

Background: The Present study tries to explore the effect of Recreational Therapy on Mental Status of Depression patients. Depression is a common but serious mood disorder. It causes severe symptoms that affect how you feel, think, and handle daily activities. The present study aims to investigate the effectiveness of Recreational Therapy on Mental Status of Depression Patients.

Method: For this study data was gathered from Chaitanya Rehabilitation center, Pune from 60 depression patients. "Brief Psychiatric Assessment Scale" was used to assess the mental status of these patients. Initially Mental status of the patients was assessed using the scale followed by 20 days of Recreation therapy and again posttest was taken using the same scale.

Result: The result of the present study revealed some significant findings indicating that Recreation therapy was significantly effective. Recreational therapy will have a significant effect on the mental status of patients with Depression.

KEYWORDS

Background

Mental illness is an age old problem of mankind. It is documented in the oldest literature of all culture all over the world. Worldwide prevalence estimates range between 0.5% and 1%. Age of first episode is typically younger among men (about 21 years of age) than women (27 years)[1]. Around 56 million Indians or 4.5% of India's population -- suffer from depression at this moment, another 38 million Indians suffer from anxiety disorders. Thus, according to the latest World Health Organization report on depression released on Thursday, almost 7.5% of Indians suffer from major or minor mental disorders that require expert intervention.

The WHO report states that depressive disorders are characterized by sadness, loss of interest or pleasure, feelings of guilt or low self-worth, disturbed sleep or appetite, feelings of tiredness, and poor concentration. Persons with Depression pose a high risk for suicide. Approximately one-third will attempt suicide and, eventually, about 1 out of 10 will take their own lives[2].

The WHO prevalence report underlines what Indian psychiatrists have been saying: the burden of depression cannot be ignored. In October 2016, the National Institute of Mental Health and Neurosciences (NIMHANS) in Bengaluru released a mental health survey that said that the incidence of depression is roughly one in every 20 Indians or 5% of the population.

Worldwide, the prevalence of depression increased by 18% from 2005 to 2015[3]. At present, there are 322 million people with depression in the world. "Nearly half of these people live in the South-East Asia Region and Western Pacific Region, reflecting the relatively larger populations of those two regions which include India and China," said the WHO report.

In India for a population of closely one billion people, there are an estimated 4 million people with schizophrenia, with different degrees of impact on some 25 million family members.

Psychotherapy skills are useful for the better health outcomes of mental sick patients[4]. Recreation is a form of activity therapy mostly used in psychiatric settings. It is a planned therapeutic activity that assists people with limitation to engage in recreational experiences. Recreation therapy has been accepted as treatment for affective disorder for number of years because recreation therapy encourage social interaction, provide outlet for feelings promote socially accepted behavior, develop skills, talent, abilities and increase physical confidence and feeling of self-worth.

The present study aims to investigate the effectiveness of Recreational Therapy on Mental Status of Depression patients.

MATERIALS AND METHODS

Objectives

1. To assess the effect of Recreational therapy on the mental status of patients with Depression.

Hypotheses

1. Recreational therapy will have a significant effect on the mental status of patients with Depression.
2. Recreational therapy will not have a significant effect on the mental status of patients with Depression.

Sample

A Sample of 60 Depression patient from Rehabilitation Center, Pune, Maharashtra were chosen through simple random sampling method.

Research Design

The design which is used to intellectualize the study and analyzed the data is "one group Pre-test Post – test" research design in which scores of the subjects before and after therapy are compared using t-test.

Tool Used

For this data was collected randomly from Rehabilitation center, Pune on 60 Depression patients through "Brief Psychiatric Assessment Scale." The Brief Psychiatric Rating Scale (BPRS) is a widely used instrument for assessing the positive, negative, and affective symptoms of individuals who have psychotic disorders. It has proven particularly valuable for documenting the efficacy of treatment in patients who have moderate to severe disease.

Results

The obtained data was analyzed using Mean, SD and t-test. The results of analyses are presented in the Tables.

Variable	Mean		SD		t value
	Before	After	Before	After	
Mental Status	36.03	34.13	7.28	6.6	6.423312

Tab. 1 Mean, SD and t value on changes Mental Status of Schizophrenic patients

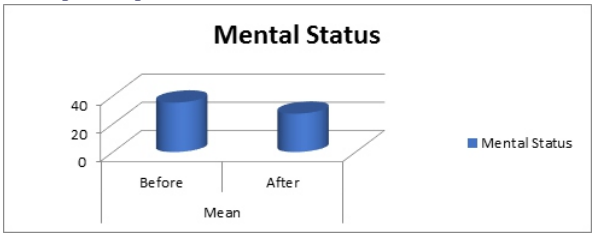

Figure – 1 showing significance of difference between means in relation to Mental status

Difference Scores Calculations

Mean:7.88

$\mu = 0$

$S^2 = SS/df = 5332.18/(60-1) = 90.38$

$S^2_M = S^2/N = 90.38/60 = 1.51$

$S_M = \sqrt{S^2_M} = \sqrt{1.51} = 1.23$

T-value Calculation

$t = (M - \mu)/S_M = (7.88 - 0)/1.23 = 6.42$

Tab. 2 showing the Difference Scores Calculations and T-value Calculation

The value of t is 6.423312. The value of p is < 0.00001. The result is significant at $p \leq 0.05$.

DISCUSSION

As it is evident from the inspection of table-1that the t- value for pre and post score of Brief psychiatric rating scale is found to be significant. These results support that the first hypothesis of the study suggesting that "Recreational therapy will have a significant effect on the mental status of patients with Depression" was accepted. This clearly shows that Recreation Therapy leads to significant changes in Mental Health status of Depressive patients.

This result of the present study supported by the findings of Karbalaei Zeinab, Mohammadi Shahbolaghi Farahnaz and et el study which showed that there was no significant difference in the level of depression before intervention between the experimental and control groups (p=0.932), however a significant difference existed between pretest-posttest and pretest follow up in the experimental group (p=0.001, p=0.007). The findings showed that recreation therapy significantly improves depression in the elderly[6].

Michael Huen Sum conducted a systematic literature review included 18 articles. Fourteen studies reported improvement in depression but 6 studies lack adequate significance in the positive effect of RT. Methodological quality assessment of 13 randomized- controlled trials and 5 non-controlled studies indicated an overall mean of 5.67 ± 1.94 points out of 9. There were positive findings that RT is effective in improving geriatric depression. Future Investigation is encouraged to explore the mechanism between physical activity RT and depression improvement[6].

Conclusion

In this way on the basis of the result of the present study it can be concluded that Recreational therapy will have a significant effect on the mental status of patients with Depression. It is also evident from the result of the present study that Recreation Therapy is also effective in relieving the Somatic concern and tension, so it is suggested that Recreation therapy should be used one of the key therapy for Depressive Patients.

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