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RESILIENCE AND ITS ASSOCIATED FACTORS AMONG PRIMARY CAREGIVERS OF SCHIZOPHRENIC PATIENTS -STUDY FROM JAMMU, J&K, NORTH INDIA

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ABSTRACT

Background: Schizophrenia is a chronic disease with relapsing and remitting course. Caregivers require resilience to overcome the burden of care, and this requires health and life adaptation for themselves and their families.

Aims: To study resilience and its associated factors among primary caregivers of schizophrenic patients.

Materials & Methods: The present study was cross-sectional, conducted on 150 caregivers of schizophrenic patients, over a period of 2 months, at Government Psychiatric Diseases Hospital Jammu. Informed consent was taken prior to initiation of study. The caregivers of the patients were assessed by 25 Item Resilience Scale.

Results: The difference in mean resilience score of male and female caregivers was 8.87 which was statistically significant (p-value=0.01). Moreover the difference in mean resilience score of educated and uneducated caregivers was 6.3 which was statistically highly significant (p-value=0.001). The mean resilience score of employed caregivers i.e.123.05 was higher than that of unemployed caregivers i.e.115.14 with a statistically significant difference of 7.91 (p-value=0.05). Caregivers who were parents by relation to their patient had a high mean resilience score of 121.79 than other caregivers who had mean resilience score of 119 with a difference of 2.79 which was statistically highly significant (p-value=0.001). Caregivers who were educated and parent by relation have significant positive whereas those who were females and unemployed have significant negative correlation with resilience among caregivers of schizophrenia patients

Conclusion: Resilience was high in caregivers who were above 35 years of age, males, educated, employed and were parents of their patient. In present times there is strong need for developing stress coping techniques and counseling intervention for promoting resilience among caregivers of schizophrenic patients

KEYWORDS : Caregiver, Coping, Education, Resilience, Schizophrenia.

INTRODUCTION:

Resilience is defined as a dynamic psychological process through which a positive adaptation is achieved in the context of adversity that protects the individual from negative life events. It includes willpower, competence, optimism, flexibility and the ability to deal positively and recover when confronted with adversity and challenges. It is a part of normal healthy development that can be improved over time. It is influenced by risk factors and protective factors (such as problem solving skills, seeking social support etc) in the person and the environment, and also contributes to the maintenance and improvement of health.[1]

Schizophrenia is a chronic disease with relapsing and remitting course. Schizophrenic patients often suffers from relapse of symptoms due to vulnerability to the stress of daily life. Majority of schizophrenic patients depend on family caregivers as they play a major role in recovery of patients with schizophrenia by ensuring maintenance of life stability and prevention of relapse in the community. Caregivers require resilience to overcome the burden of care, and this requires health and life adaptation for themselves and their families. Resilience of family caregivers of patients with schizophrenia brings a positive change in recovery and adaptation of the family, reduces burnout and retains the physical and mental health of caregivers, improves quality of

life, and optimizes family function.[2] Hence the present study was conducted to study resilience and its associated factors among primary caregivers of schizophrenic patients.

MATERIAL AND METHOD:

The present study was cross-sectional, conducted on 150 caregivers of schizophrenic patients, over a period of 2 months, at Government Psychiatric Diseases Hospital Jammu which serves to whole Jammu province along with some adjoining areas of Punjab region. Informed consent was taken prior to initiation of study. The caregivers of the patients were assessed by 25 Item Resilience Scale.[3]

Selection criteria for Caregivers:

Inclusion Criteria: Primary caregivers (Parents/Spouse/Sibling/Children) who were staying with the patient since the onset of illness , age above 21 years and living with the patient for at least last 1 year.

Exclusion Criteria: Caregivers with psychiatric conditions, organic syndromes, mental retardation, substance dependence or chronic physical illness and those who did not give consent .

STATISTICAL ANALYSIS:

Analysis of data was done using statistical software MS Excel

/ SPSS version 17.0 for windows. The statistical techniques t test and pearson correlation coefficient were used. The p≤0.05 was considered to be statistically significant whereas p≤0.001 was considered highly significant.

OBSERVATION & RESULTS:

Table no. 1 shows mean resilience scores of the caregivers according to age, gender, education, employment and relation of caregiver with patient. The mean resilience score of caregivers above 36 years is 120.48 whereas that of caregivers below 35 years 114.7.However the difference between the two is 6.24 which is statistically insignificant (p-value=0.11). The mean resilience score of male caregivers is 124.75 is more than that of female caregivers who had a score of 115.88 with a difference of 8.87 which is statistically significant (p-value=0.01) which shows that resilience is more in male than female caregivers. Educated caregivers has a mean resilience score of 123.28 which is more than that of uneducated caregivers who had mean resilience score of 116.98. Moreover the difference in mean resilience score of educated and uneducated caregivers is 6.3 which is statistically highly significant (p-value=0.001) which shows that being educated is one of the factor which boost the resilience among caregivers of patients of schizophrenia patients. The mean resilience score of employed caregivers i.e.123.05 is higher than that of unemployed caregivers i.e.115.14 with a statistically significant difference of 7.91 (p-value=0.05). Caregivers who are parents by relation to their patient had a high resilience score of 121.79 than other caregivers who had mean resilience score of 119. The difference between the two is 2.79 which is statistically highly significant (p-value=0.001) and clearly demonstrates that parents had developed high resilience and coping mechanisms to deal with stress and burden of caring while other caregivers like siblings, childrens, relatives had not.

Table no. 2 shows correlation of resilience with age, gender, education, employment and relation of caregiver with patient. There is negative correlation between resilience and female gender of the caregiver with pearson's correlation value of -0.256 with a p-value of 0.023 which is significant. Also, the pearson's correlation value between resilience and employed caregivers is -0.270 which shows that there is negative correlation between resilience and unemployed caregivers with a significant p-value of 0.031. The pearson's correlation value between resilience and educated caregivers is 1 which is highly significant with p-value of .001 which suggests that there is perfect positive correlation between resilience and educated caregivers. There is positive correlation between resilience and caregivers who are parents of their patients with the pearson's correlation value of .277 and p-value of 0.024 which is significant. However there is no correlation between resilience and age of the caregiver.

DISCUSSION:

One of the most challenges in the present times that the caregivers of schizophrenic patients faces daily is difficulties to cope with aggressive behavior, social isolation, withdrawal and the lack of motivation which are characteristics of schizophrenia. To deal with this, the concept of resilience was introduced.[4] Hence the present study was conducted to study resilience and its associated factors among primary caregivers of schizophrenic patients.

Resilience and its correlation in caregivers of schizophrenic patients with respect to age of the caregiver

In our study mean resilience score of caregivers below 35 years was 114.72 whereas that of caregivers above 36 years was 120.48 which shows that the average level of resilience amongst older caregivers was greater than younger caregivers. Older caregivers may have had more time to develop resources and coping strategies that reduce their level of psycho-logical distress and they have more life experience in handling stressful situations.[5] However the pearson's correlation value between resilience and caregivers below 35 years of age is -0.210 and between depression and caregivers above 35 years of age is -0.041, both of which are non significant (p-value=0.11) and shows that there is no association between resilience and age of the caregivers of schizophrenic patients. Our finding is in accordance with Herbert HS et al 2013 who found no statistical significant association between resilience and age of caretaker of schizophrenic patient.[6]

Resilience and its correlation in caregivers of schizophrenic patients with respect to gender of the caregiver

In our study mean resilience score of male caregivers i.e. 124.75 was higher than that of female caregivers with mean resilience score of 115.88 which suggests that resilience was higher in male caregivers with a difference of 8.77 from that of female caregivers which was statistically significant (p-value=0.01). In Indian context that women are often suppressed in male dominated families, thus experience a greater sense of frustration and burden than men when caring for their mentally ill relatives[5] which leads to low coping levels and hence low resilience.[7] Our study also shows that there is significant negative correlation between resilience and female gender of the caregivers with pearson's correlation value of -0.256 and p-value of 0.023 respectively. Mahmoud S had also found that female caregivers had low resilience[8] whereas Herbert HS et al had found no statistical significant association between resilience and gender of caregivers of schizophrenia patients.[6]

Resilience and its correlation in caregivers of schizophrenic patients with respect to educational status of the caregiver

In our study mean resilience score of educated caregivers i.e. 123.28 was higher than that of female caregivers with mean resilience score of 116.98which suggests that resilience was higher in educated caregivers with a difference of 6.3 from that of uneducated caregivers which was statistically highly significant (p-value=0.001). Illiteracy makes coping process difficult and has negative influence on care-giving quality.[9] More education means more salary which decreases financial problems relating to caring of ill family member. Also higher levels of education provides more knowledge to deal with stressful life events.[10] Our study also shows that there is highly significant perfect positive correlation between resilience and educated caregivers with pearson's correlation value of 1 and p-value of 0.001 respectively. However Herbert HS et al had found no statistical significant association between resilience and educational status of the caregiver of schizophrenic patient.[6]

Resilience and its correlation in caregivers of schizophrenic patients with respect to employmental status of the caregiver

In our study mean resilience score of employed caregivers i.e. 123.05 was higher than that of unemployed caregivers with mean resilience score of 115.14 which suggests that resilience was higher in employed caregivers and lower in unemployed caregivers. The mean difference between the two groups was 7.91 which was statistically significant (p-value=0.05). Employment to a caregiver provides regular source of income which increases self confidence and helps to develop better coping mechanism to deal with financial difficulties while providing care to his sick patient.[10] Moreover, in our study the pearson's correlation value between resilience and unemployed caregivers was -0.270 with p-value of 0.031 which shows that there is statistically significant negative correlation between resilience and unemployed caregivers. However Herbert HS et al had found no statistical significant association between resilience and occupation of caregiver of schizophrenia.[6]

Resilience and its correlation in caregivers of schizophrenic patients with respect to relation of the caregiver

In our study mean resilience score of parent caregivers i.e. 121.79 was higher than that of other caregivers who have mean resilience score of 119.0 which suggests that resilience was higher in caregivers who are parents and lower in employed in caregivers. The mean difference between the two groups is 2.79 which was highly statistically significant (p-value=0.001). Caregivers who are parents uses multiple coping strategies like acceptance of illness, developing faith in God, helping others with a similar problem, participating in religious practices, hope for a better future, positive emotions etc. these coping strategies helps the caregivers to reduce their caregiving burden and increases their resilience.[11] Moreover, in our study the pearson's correlation value between resilience and parent caregivers was 0.277 with p-value of 0.024 which shows that there is statistically highly significant positive correlation between resilience and caregivers who were parents. However Herbert HS et al had found no statistical significant association between resilience and relation of caregiver of schizophrenic patient.[6]

CONCLUSION:
From present study we conclude that the resilience levels were high in caregivers who were above 35 years of age, males, educated, employed and were parents of their patient whereas it is low in caregivers who were below 35 years of age, females, unemployed, uneducated and were siblings by relation. Caregivers who were educated and parent by relation have significant positive correlation whereas those who were females and unemployed have significant negative correlation with resilience among caregivers of schizophrenia patients. In present times there is strong need for developing stress coping techniques and counseling intervention for promoting resilience among caregivers of schizophrenic patients.

Table no. 1 shows mean resilience score according to age, gender, education, employment and relation of the caregiver.

		Number of caregivers	Mean resilience score	Standard deviation	Difference in mean resilience score	P-value
Age (in years)	≤35	37	114.72	23.86	6.24	0.11
	≥36	113	120.48	25.42		
Gender	Males	71	124.75	22.47	8.87*	0.01
	Females	79	115.88	26.60		
Educational status	Educated	82	123.28	30.99	6.3**	.001
	Uneducated	68	116.98	18.61		
Employmental status	Unemployed	85	115.14	23.57	7.91*	0.05
	Employed	65	123.05	25.63		
Relation	Parents	66	121.79	29.64	2.79**	.001
	Others	84	119.0	22.43		

*P-value significant at the level of 0.05
**P-value highly significant at the level of 0.001

Table no. 2 shows correlation of resilience with age, gender, education, employment and relation of the caregiver.

		Number of caregivers	Pearson's correlation	Sig.(2tailed)
Age(in years)	≤35	37	-0.210	.211
	≥36	113	-0.041	.668
Gender	Male	71	0.59	.623
	Female	79	-0.256**	.023
Educational status	Educated	82	1.00**	.001
	Uneducated	68	.211	.084
Employmental status	Unemployed	85	-0.270*	.031
	Employed	65	.066	.511
Relation	Parents	66	.277*	.024
	Others	84	-0.059	.595

*P-value significant at the level of 0.05
**P-value highly significant at the level of 0.001

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