



"ASSESSMENT OF QUALITY OF LIFE AMONG CAREGIVERS OF PERSONS WITH MENTAL ILLNESS ATTENDING PSYCHIATRIC OPD IN SELECTED HOSPITALS: A DESCRIPTIVE STUDY"

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ABSTRACT

Introduction: Caring for someone with a mental illness is a complex and demanding role and it is normal for caregiver to experience a range of feelings about it. Initially, caregivers may experience disbelief.

Background of the study: In today's world, psychiatric patients receive relatively short inpatient care and early discharge from the hospital, which adds to the important role of a caregiver. In India, the role of the family becomes more important while caring mentally ill persons. **Need of the study:** As per data from procured by the Indian express, 5,877 patients with mental illness have been abandoned by their relatives in the four regional mental hospitals, Pune, Thane, Raigad and Nagpur. **Methodology:** A Descriptive Design used for the study, it was conducted over 100 caregivers of persons with mental illness by using Non-Probability Convenient Sampling Technique. Standardized scale of WHO BREF quality of life were used. **Result:** The study findings reveals mean assessment of quality-of-life of among caregivers of persons with mental illness was 61.03 ± 13.23 and range of quality of score was 39-107. Study also reveals that 12% of caregivers had low quality 56% of caregivers had moderate quality of life and 32 % caregivers had high quality of life. Analysis also reveals that there is association of quality of life with age, gender, educational qualification, Relationship with person with mental illness, family income per month, marital status, occupation. **Conclusion:** Thus, it was concluded that assessment of caregivers of persons with mental illness attending psychiatric OPD in selected hospitals of the city was average.

KEYWORDS : Assessment, Quality Of Life, Caregivers, Mental Illness,

INTRODUCTION:

Mental health is an integral component of health. Caring for someone with a mental illness is a complex and demanding role and it is normal for caregiver to experience a range of feelings about it. Typical emotions of caregivers are: Guilt, Shame, Fear, Anger/frustration, Sadness, and Love. In India, family members are the caregivers for persons with mental illness as there are extremely limited alternative facilities and family members are preferred for caring.

Background of the study:

Mental health conditions are increasing worldwide. Mainly because of demographic changes, there has been a 13% rise in mental health conditions. In 2017, 197.3 million people had mental disorders in India. In today's world, psychiatric patients receive relatively short inpatient care and early discharge from the hospital, which adds to the important role of a caregiver. The World Federation of Mental Health has issued a report supporting that caring for those with a chronic condition such as depression requires tireless effort, energy, and empathy and greatly impacts the daily lives of caregivers.

Need of the study:

Globally, it is estimated that 450 million people are affected by mental disorders at any one time .these include 121 million people with depression, 24 million with schizophrenia and 37 million with dementia. Mental illness accounted for about 12.3% of the global burden of disease in 2001 and it is estimated that by 2020 unipolar depressive disorders will be the second most important cause of disability As per data from Jan 2016- sept 2021 procured by the Indian express, a total of 5,877 patients with mental illness have been abandoned by their relatives in the four regional mental hospitals, Pune, Thane, Raigad and Nagpur. Every month, nearly 85 patients with mental illness abended at four regional mental hospitals in Maharashtra.

Problem statement

"Assessment of Quality Of Life among Caregivers of Persons

with Mental Illness Attending Psychiatric OPD in Selected Hospitals: A Descriptive Study"

Objective of the study:

1. To assess the quality of life among caregivers of persons with mental illness.
2. To find out the association between quality of life among caregivers of persons with mental illness with selected demographic variables.

Conceptual Framework

Health Belief Model (HBM)

Research Methodology

Research Approach: Quantitative Approach Was Used,

Research Design: Descriptive Design,

Sample And Sample Size: 100 Samples Of Caregivers Of Persons With Mental Illness Who Are Attending Psychiatric OPD And Present At The Time Of Study.

Sampling Technique: Non -Probability Sampling Techniques

Tool: Section I: It Consists of Demographic Variables of caregivers of persons with mental illness , Section II: It Consists of Assessment of Quality of Life Among caregivers of persons with mental illness

Reliability: By using Test-Retest form method of reliability, it is found to be 0.91 and hence tool is reliable and valid.

RESULT AND DISCUSSION:

Section - I deals with Distribution of Caregivers of Persons with Mental Illness with Regards to Their Demographic Variables.

Majority 53% of the caregivers were in the age group of 31-40 , Majority of 59% of caregivers were males, Majority of 67%

Caregivers were educated up to higher secondary, Majority of 23% of caregivers were father, Majority 55% of caregivers were having monthly family income of Rs 15001-20000, Majority 89% caregivers were married, Majority of 30% of caregivers were farmer, Majority of 56% of caregivers were providing care to mentally ill persons from 1-5 years, Majority of 42% patients had mood disorder, Section – II: Assessment of Quality Of Life Among Caregivers Of Persons With Mental Illness Attending Psychiatric OPD In Selected Hospitals Of The City

Table 1: Table showing Frequency and percentage of Assessment with level of Quality of life score n= 100

Level of QOL score	Score Range	Level of Quality of life score	
		No. of caregivers	Percentage
Low Quality of life	<45	12	12
Moderate Quality of life	45-65	56	56
High Quality of life	>65	32	32
Minimum score		39	
Maximum score		107	
Mean QOL score		61.03 ± 13.23	

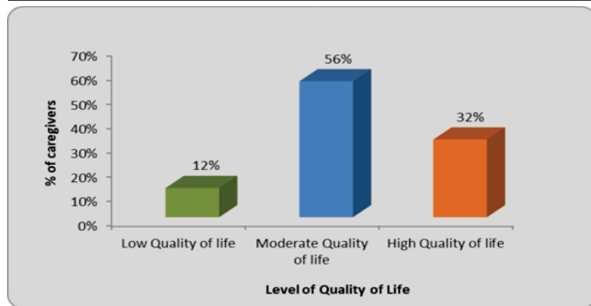


Figure I : Bar diagram Represented, assessment with level of QOL Score

Table 2: Table showing the mean and SD of assessment with Quality – of – life Domain

Sr. no	Domain	Number of caregivers	Minimum domain score	Maximum domain score	Mean	SD
1	Domain I (Physical health)	100	9	29	15.88	3.74
2	Domain II (Psychological health)	100	9	23	14.32	3.69
3	Domain III (Social health)	100	4	15	8.45	2.61
4	Domain IV (Environmental health)	100	10	32	16.11	4.32

Table no.3 showing Association of level of quality of life among caregivers of persons with mental illness in relation to their demographic variables.

Demographic variables	Calculated value			df	Table value	Level of significance	significance
	t value	F value	P value				
Age (yrs)		10.53	0.0001	3, 96	2.68	P<0.05	S
Gender	2.97		0.004	98	1.98	P<0.05	S

Educational qualification	-	8.77	0.0001	4,95	2.45	P<0.05	S
Relationship with person with mental illness	-	5.40	0.0001	6,93	2.17	P<0.05	S
Family income per month (Rs)	-	6.35	0.001	3,96	2.68	P<0.05	S
Marital status	-	2.64	0.038	4,95	2.45	P<0.05	S
occupation	-	7.86	0.0001	5,94	2.29	P<0.05	S
Duration of providing care to mentally ill persons (yrs)	-	0.11	0.89	2,97	3.07	P>0.05	NS
Patients diagnosis	-	1.24	0.29	3,96	2.68	P>0.05	NS

- The above table no 1. Shows that the mean assessment of quality-of-life of among caregivers of persons with mental illness was 61.03±13.23, 12% of caregivers had low quality 56% of caregivers had moderate quality of life and 32 % caregivers had high quality of life.
- The above table no 2. shows that the Mean WHO-QOL score for physical domain was 15.88±3.74, for psychological domain it was 14.32±3.69, for social relationship it was 8.45±2.61, for environmental domain it was 16.11±4.32
- Table no.3 shows that, there is association of quality of life with age, gender, educational qualification, relationship with person with mental illness, family income per month, marital status, occupation.

CONCLUSION

This study findings reveals mean assessment of quality-of-life of among caregivers of persons with mental illness was 61.03±13.23 and range of quality of score was 39-107. Study also reveals that 12% of caregivers had low quality 56% of caregivers had moderate quality of life and 32 % caregivers had high quality of life. Analysis also reveals that there is association of quality of life with age, gender, educational qualification, relationship with person with mental illness, family income per month, marital status, and occupation.

Recommendation

- A comparative study on quality of life among caregivers of patients diagnosed with major chronic illness and mental illness.
- A study to assess the quality of life among caregivers of child with mental illness.

Author contribution:

the author carries out tasks from data collection, data analysis, making discussion to making manuscript

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Conflict of interest: The author declares no conflict of interest

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