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Original Research Paper | Mental Health Nursing

A STUDY TO ASSESS THE EFFECT OF SELECTED PURSUITS ON IMPROVEMENT IN ATTENTION AND CONCENTRATION AMONG THE SELECTED MENTALLY ILL CLIENTS IN SELECTED PSYCHIATRIC UNITS OF URBAN AREAS.

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ABSTRACT

Conducted an quasi experimental study on 60 selected mentally ill clients of selected psychiatric units of urban areas used non probability purposive sampling. The aim of the study to evaluate the effect of selected pursuits on improvement in attention and concentration among the selected mentally ill clients. The study was conducted on 30 samples of experimental group and 30 samples control group with pre-test and post -test. The data was collected through attention and concentration assessment scale. The posttest average score of experimental group was 6.56 with standard deviation of 1.45. The posttest average score of control group was 3.63 with standard deviation of 2.12. The test statistics value of the unpaired t test was 7.21 with p value 0.00. Result shows that, selected pursuits on improvement in attention and concentration among selected mentally ill clients in selected psychiatric units of urban areas was effective

KEYWORDS : Pursuits, Attention And Concentration, Mentally Ill Clients, Psychiatric Units

INTRODUCTION

Mental health conditions are increasing worldwide. Mental health conditions now cause 1 in 5 years lived with disability. Around 20% of the world's children and adolescents have a mental health condition, with suicide the second leading cause of death among 15-29-year-olds. Approximately one in five people in post-conflict settings have a mental health condition. Mental health conditions can have a substantial effect on all areas of life, such as school or work performance, relationships with family and friends and ability to participate in the community. Attention and concentration are two very important cognitive abilities characteristic of human beings which are affected due to mental illness. Sudoku, crossword puzzles, chess, jigsaw puzzles, word searches or scrambles, memory games, mandala art therapy, meditation and mindfulness practices can offer multiple benefits to improve concentration.

Objectives Of The Study

Primary Objective :

To evaluate the effect of selected pursuits on improvement in attention and concentration among the selected mentally ill clients

Secondary Objective:

To find out association between attention and concentration with their selected demographic variables.

Research Methodology

The research approach used in this study was quantitative and research design was quasi-experimental research design. The investigator used non probability purposive sampling to conduct study on 60 selected mentally ill clients of selected psychiatric units of urban areas. The study was conducted on 30 samples of experimental group and 30 samples control group with pre-test and post -test. The data was collected through attention and concentration assessment scale to assess the attention and concentration among selected mentally ill clients. Data was analyzed by using descriptive statistics such as frequency, percentage, mean and standard deviation. Inferential statistics was analyzed using Chi- square test, paired t test and unpaired t test.

RESULTS

The study result revealed that, at the time of pretest, 73.33% of mentally ill clients had mild, 20% had moderate and 6.67% had good attention and concentration. At the time of posttest, no mentally ill clients had mild attention and concentration, 50% had moderate and 50% had good attention and concentration.

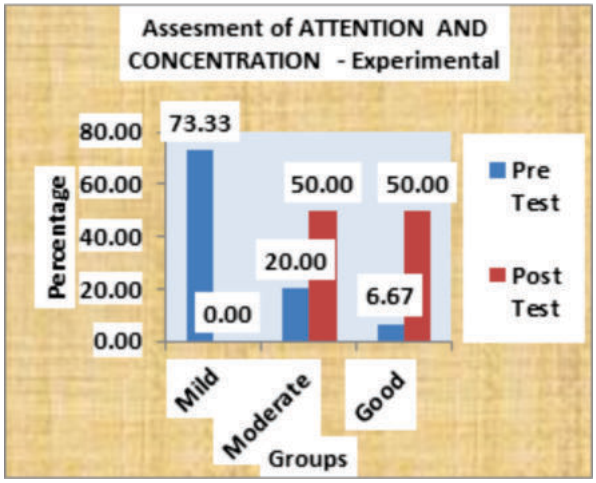

Figure 1: General Assessment Of Attention And Concentration

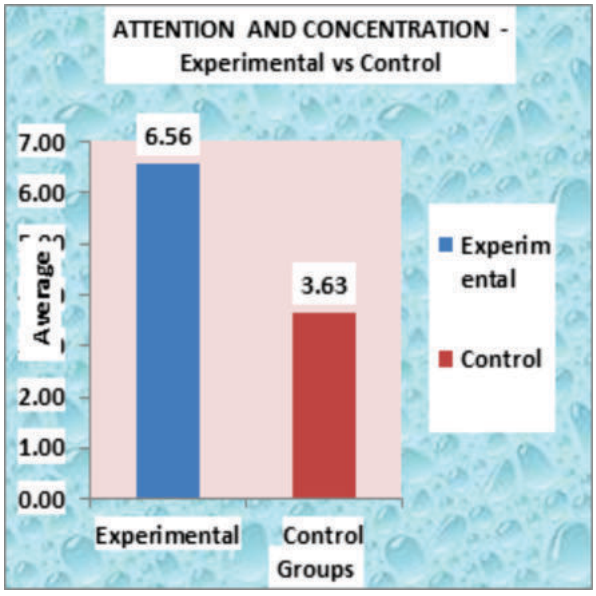

Figure 2: Comparison Of The Average Attention And Concentration

The significant difference i.e comparison in attention and concentration between experimental group and control group was analyzed by using unpaired t test. The posttest average score of experimental group was 6.56 with standard deviation of 1.45. The posttest average score of control group was 3.63 with standard deviation of 2.12. The test statistics value of the unpaired t test was 7.21 with p value 0.00.

Thus, t test value 7.21 was greater than t table value i.e 2.00, so here H_0 is rejected and H_1 is accepted. Result shows that, selected pursuits on improvement in attention and concentration among selected mentally ill clients in selected psychiatric units of urban areas was effective.

The chi square test was used to find association between attention and concentration with their demographic variables. For experimental group, the association of demographic variables occupation, duration of mental illness, treatment duration, the p value is found to be less than 0.005, that means, there was significant association between attention and concentration with occupation, duration of mental illness and treatment duration.

Thus, H_2 was Accepted and H_{01} was Rejected for these Demographic Variables.

For control group, the demographic variables gender and family history of mental illness, the p value is found to be less than 0.005, that means, there was significant association between attention and concentration with gender and family history of mental illness.

CONCLUSION

Present study focuses on assessment of effect of selected pursuits on improvement in attention and concentration among selected mentally ill clients in selected psychiatric units of urban areas. Thus, there were improved attention and concentration after administration of selected pursuits. Shows that, selected pursuits on improvement in attention and concentration among the selected mentally ill clients in selected psychiatric units of urban area was effective. Study was effective for mentally ill clients with schizophrenia and mania.

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