



## Nursing

## A STUDY TO IDENTIFY BORDERLINE PERSONALITY DISORDER AND ITS ASSOCIATED FACTORS AMONG ADOLESCENTS IN SELECTED SCHOOLS, WEST BENGAL

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**ABSTRACT**

A descriptive survey study was conducted to assess the prevalence of borderline personality disorder (BPD) and its associated factors among adolescents. The study was conducted on 1381 adolescents (class VI-XII) using non-probability total enumerative sampling technique in selected schools of West Bengal. McLean screening instrument for identification of BPD and structured questionnaire for associated factors of BPD (Reliability=0.86) were used to collect data. Descriptive statistics revealed that the prevalence of BPD among adolescents was 2%. In adolescents with BPD, 65% and 68% had unsatisfactory relationship with their mother and father, 55% experienced antipathy and neglect by parents, 52% faced physical abuse and traumatic experience. There were significant association between BPD and unsatisfactory relationship with parents, antipathy and neglect by parents, physical abuse and traumatic experiences, monthly pocket money, verbal and physical abuse in the family. Awareness programme regarding importance of maintaining healthy parent-child relationship can be useful to prevent BPD.

**KEYWORDS :**

Borderline personality disorder (BPD), also known as emotionally unstable personality disorder (EUPD), is a long-term pattern of abnormal behavior characterized by unstable relationships with other people, unstable sense of self, and unstable emotions. There is frequent dangerous behavior and self-harm. People may also struggle with a feeling of emptiness and a fear of abandonment. Symptoms may be brought on by seemingly normal events. Approximately 10% of people affected die by suicide.

India has the largest population of adolescents in the world being home to 243 million individuals aged 10-19 years.

The prevalence of BPD was initially estimated to be 1 to 2% of general population. However the lifetime prevalence of BPD in a 2008 study was found to be 5.9% of the general population, occurring 5.6% in men and 6.2% in women. BPD is estimated to contribute 20% of psychiatric hospitalizations and to occur among 10% of outpatients. About 10% of people with BPD die by suicide. Prevalence of borderline personality disorder is: 1.6% (12-month Prevalence) of U.S. adult population. Sex and race were not found to be associated with personality disorders. Cumulative prevalence rates suggest that 1.4% of young people will meet diagnostic criteria for BPD by age 16 years, rising to 3.2% by age 22 years. These data are comparable to adult prevalence data of 0.7% to 2.7%. BPD is a common and important disorder in adolescent mental health settings, with an estimated prevalence of 11% in psychiatric outpatients and up to 50% in inpatient settings.

According to Apollo Hospitals and others borderline personality disorder is very common, more than 10 million cases per year (India) are found.

The on-going study of BPD in adolescents is vitally important for several reasons. First, cumulative prevalence rates suggest that 1.4% of young people will meet diagnostic criteria for BPD by age 16 years. There is a high risk of suicide among people with BPD. Second, the causes of BPD are not yet clear.

**Problem statement:**

A study to identify borderline personality disorder and its associated factors among adolescents in selected schools, West Bengal

**Objectives:**

1. To assess the prevalence of borderline personality disorder among adolescents
2. To identify the associated factors of borderline personality disorder among adolescents
3. To find out the association between borderline personality disorder and its associated factors among adolescents
4. To find out the association between borderline personality disorder and selected demographic variables among adolescents

**Methodology:**

**Research design:** Descriptive survey design

**Population:** Adolescents

**Settings:**

1. Hat-sarberia Dr. Bidhan Chandra Roy Smriti Siksha Niketan, Dist.-Paschim Medinipur
2. Balitora Basanbala Adarsha Vidyapith, Dist.-Paschim Medinipur
3. Hat-Sarberia Madrasa Shikshakendra, Vill.-Dharmasagar, Dist.-Paschim Medinipur

**Inclusion criteria:**

- Those who are present at the time of the study
- Who are willing to participate in the study

**Exclusion criteria:**

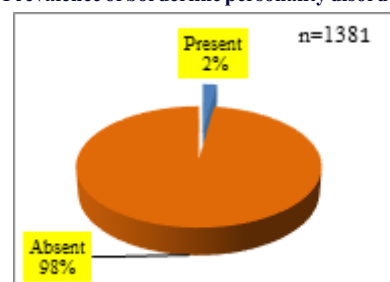
- Those who do not have the signed consent form by their parents.
- Those who are present but physically ill.

**Sample size:** 1381

**Sampling technique:** Non-probability total enumerative sampling technique

**Tool:**

1. Semi-Structured questionnaire for socio-demographic data
2. McLean screening instrument
3. Structured questionnaire for associated factors of BPD

**Findings:****Section 1: Prevalence of borderline personality disorder**

**Fig1: Pie diagram showing prevalence of borderline personality disorder among adolescents**

**Section 2: Demographic characteristics**

**Table 1: Demographic characteristics of adolescents with BPD**  
nBPD=31

Variables	Categories	f	%
Age (Years)	11-14	16	52%
	15-19	15	48%

Gender	Male	16	52%
	Female	15	48%
Religion	Hindu	28	90%
	Muslim	3	10%
Family type	Nuclear	19	61%
	Joint	10	32%
	Single parent	2	7%
PCI (Rs.)	130-653	8	26%
	654-1307	10	32%
	>1308	13	42%
Monthly pocket money (Rs.)	<100	11	36%
	100-500	18	57%
	>500	2	7%
Father figure	Biological father	29	94%
	No father figure	2	6%
Mother figure	Biological mother	29	94%
	Step mother	1	3%
	Absence of mother	1	3%
Father's education	Illiterate-Primary	9	29%
	Secondary-H.S	21	68%
	>Graduate	1	3%
Mother's education	Illiterate-Primary	11	36%
	Secondary-H.S	19	61%
	>Graduate	1	3%
Father's occupation	Labor	6	19%
	Farmer	20	65%
	Business	3	10%
	Service and others	2	6%
Mother's occupation	Housewife	27	87%
	Working	4	13%
No. of sibling	No sibling	6	19%
	Only one sibling	19	61%
	>one sibling	6	19%
Birth order	First	19	61%
	2nd , 3rd and 4th	12	39%
Addiction in family	Present	16	52%
	Absent	15	48%
Verbal abuse in family	Present	17	55%
	Absent	14	45%
Physical abuse in family	Present	16	52%
	Absent	15	48%
Psychiatric illness in the family	Present	2	6%
	Absent	29	97%

### Section 3: Associated factors of BPD

**Table 2: Associated factors of BPD**

nBPD=31

Factors	f	%
Unsatisfactory relationship with father	21	68%
Unsatisfactory relationship with mother	20	65%
Antipathy & neglect by father	17	55%
Antipathy & neglect by mother	17	55%
Physical abuse and traumatic experiences	16	52%

### Section 4: Association between BPD and associated factors

**Table 3: Association between BPD and associated factors**

n=1381, nBPD=31, nNon-BPD=1350

Associated factors	<sup>2</sup> tab	<sup>2</sup> cal	df	Inference
Relationship with mother	3.84	3.97*	1	S
Relationship with father	3.84	4.01*	1	S
Antipathy & neglect by father	3.84	9.96*	1	S
Antipathy & neglect by mother	3.84	6.93*	1	S
Physical abuse and traumatic experiences	3.84	23.84*	1	S

### Section 5: Association between BPD and demographic variables

**Table 4: Association between BPD and demographic variables**

n=1381, nBPD=31, nNon-BPD=1350

Demographic variables	<sup>2</sup> tab	<sup>2</sup> cal	df	Inference
Age	3.84	1.25	1	NS
Gender	3.84	0.23	1	NS
Religion	3.84	0.08	1	NS
Family type	5.99	2.32	2	NS

PCI	5.99	1.11	2	NS
Monthly pocket money	5.99	10.99*	2	S
Father figure	3.84	2.45	1	NS
Mother figure	5.99	5.44	2	NS
Father's education	5.99	2.91	2	NS
Mother's education	5.99	0.86	2	NS
Father's occupation	7.81	3.28	3	NS
Mother's occupation	3.84	0.01	1	NS
No. of sibling	5.99	1.83	2	NS
Birth order	3.84	0.34	1	NS
Addiction in family	3.84	2.43	1	NS
Verbal abuse in family	3.84	23.6*	1	S
Physical abuse in family	3.84	28.13*	1	S
Psychiatric illness in family	3.84	2.45	1	NS

### Hypothesis:

H<sub>1</sub> There is significant association between BPD and its associated factors

H<sub>2</sub> There is significant association between BPD and relationship with mother

H<sub>3</sub> There is significant association between BPD and relationship with father

H<sub>4</sub> There is significant association between BPD and antipathy and neglect by mother

H<sub>5</sub> There is significant association between BPD and antipathy and neglect by father

H<sub>6</sub> There is significant association between BPD and physical abuse and traumatic experiences

H<sub>7</sub> There is significant association between BPD and monthly pocket money spent by adolescents

H<sub>8</sub> There is significant association between BPD and verbal abuse in the family

H<sub>9</sub> There is significant association between BPD and physical abuse in the family

### DISCUSSION:

- In this study the prevalence rate of BPD among adolescents is 2 %. This finding is supported by the study of Aragonès E. et al. according to their study the prevalence of BPD is 1.4–5.9%.
- In this study there is significant association between BPD and monthly pocket money, verbal & physical abuse present in the family whereas in a study conducted by Mohammadi MR et al found weak correlation between parents' kinship and BPD symptoms.
- In the present study, there is a significant association between BPD and physical abuse and traumatic experiences. This finding is supported by a study conducted by Tyrka AR, et al which reveals that emotional abuse/neglect and physical/sexual abuse are risk factors for a broad array of personality outcomes in a non-clinical sample.

### CONCLUSION

The study reveals that the prevalence of BPD is 2 % among adolescents. Significant association found between BPD and relationship with mother, relationship with father, antipathy and neglect by mother, antipathy and neglect by father, physical abuse and traumatic experiences. Association is also present between BPD and monthly pocket money, verbal and physical abuse in the family.

### Limitation:

As the sample size was not too large, the findings could not be broadly generalised.

### Nursing implications

**Nursing practice:** The study findings will be useful to identify BPD in early stage.

**Nursing education:** Teaching of parents and teachers to understand these traits at an early stage to manage them before it produces conduct or behavioural deviances.

**Nursing administration:** In nursing administration the study findings will be useful for staffing, organizing, and the care of clients with borderline personality disorder in health care settings.

**Nursing research:** The study findings will be helpful for new researchers to explore borderline personality traits among adolescents and related areas.

#### Recommendation:

- A Similar study can be done with larger samples to make the findings generalized.
- A similar study can be done with other areas of borderline personality disorder with the same design.
- A similar study can be conducted with other factors excluding the factors that are used in the present study.
- A similar study can be conducted to increase awareness among parents and teachers for early identification, prevention and management of borderline personality disorder.

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