

A CASE STUDY ON PSYCHIATRIC ILLNESS AMONG ADULTS



Social Science

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ABSTRACT

The purpose of this research is to identify different types of psychiatric illness and their symptoms. In this study the researcher adopted case study method to learn in depth of the illness. The adult groups are more prone to mental illness. Mental illnesses may be caused by a reaction to environmental stress, genetic factors, biochemical imbalances, or a combination of these. With proper care and treatment many individuals learn to cope or recover from a mental illness. The case study is done in a psychiatric hospital which is located in Coimbatore district. The researcher presents five case studies. The main objective of this study is to know about various mental illness affect the people in general. To study on signs and symptoms of the illness. The researcher found that awareness of illness among the people in society is must, and the proper medication and care can reduce the symptoms of illness.

Research Methodology

The psychiatric illness is of chemical imbalance in the brain. The simplest way to conceptualize a psychiatric disorder is as a disturbance of cognition, conation, affect and disequilibrium between the three domains. 5% of the population in India lives with illness. The researcher adopted case study method to know about the various psychiatric illnesses like schizophrenia, bipolar disorder, and obsessive compulsive disorder. The objectives of the study are to know about the various types of mental illness. To know about the signs and symptoms of different illness. To find out the factors influence the illness.

CASE STUDY 1

A 34 year old married man is a business man having one small daughter, was diagnosed with Bipolar disorder and initially treated with anti-psychotic medication, discontinued his treatment. Recently he was having symptoms like sleep disturbance, beating others, increase anger and fear about his future. His wife told when his mood is down he eat excessively, personal hygiene is worst, meanwhile he was not loveable with his kid, due to his mood swing and behavior his wife applied for a divorce, he himself feeling frustrated about his behavior and telling let his wife and kid be happy by their separation . Now he was admitted to take treatment, he was under medication and also electro convulsive therapy is given.

CASE STUDY 2

A 54 year old married woman with a successful carrier as professor in college, principal in a school, was diagnosed with schizophrenia. The patient was normal till 25 yrs. after that one day when she travelled in train a stranger snatched her chain ,hence she start getting anxious and gradually illness was started but not aware of it.She got married and having one son. After few years because of her behavioral change both husband and wife got separated. And start her treatment but in between due to some reason she stop the medication, and have symptoms like someone did black magic to her, her son is trying to pushing her from train, talking to self, laughing to self, restless and thinking that she is able to know other thoughts ,so she is having all negative thoughts. Now under medication and in long term rehabilitation.

CASE STUDY 3

A 56 year old man was diagnosed with schizophrenia. Married then got divorced because of his behavioral problem. The patient is having psychiatric problem before 15 years. Before marriage he had depressed mood. He has a habit of excessive smoking and excessive intake of coffee and tea. Sometimes he is having nonstop in his activities. He went homeopathy treatment after that took treatment in a psychiatric hospital, till now there is no proper medication. The chief complaint he is having now is hearing voices, self-talking, self-laughing, and irrelevant speech. Now he is under medication.

CASE STUDY 4

A 25 year old man was diagnosed with OCD obsessive compulsive disorder. The patient was normal till 2009 .Since 2010 due to some family issues like his father got second marriage he was not happy about it .From that time onwards he got fear that society will talk about their family, and gradually he had symptoms like thought withdrawal, suspicious like his friends are teasing and talking about him badly because of his fathers second marriage, Sometimes getting anger and break the things. Since that time he has poor drug adherence. Now a days he has the symptoms of spitting oftenly,taking more time in bathing, cleaning the dust continuously, lack of sleep ,lack of appetite and delaying for each situation. Now he was admitted in hospital for proper medication.

CASE STUDY 5

A 33 year old married woman was diagnosed with panic anxiety. The patient was normal till two years back. Last year suddenly one day night she feels pressing sensation on chest, so she went to doctor and treated for that, twenty days before she saw snake in her garden. Hence gradually her fear increased, since then she has symptoms of lack of communication with her children, unable to care her children, fear to go outside, avoided to watch TV, fear of ambulance sound, lack of interest to do house hold activities. Now she was under medication.

CONCLUSION

On interaction with patients researcher found that many patients has insight into their mental illness and how it affects their daily functioning. The researcher found that

the patients are from middle income group, and are from nuclear type of family. In a joint family type there is more possibilities to take care of the individuals properly and not let them to have severe illness. Therefore the case study 1, 2 and 3 are divorcee due to their illness. If they get proper love and care they might have chances of decrease their illness. Due to mental illness the patients are unable to do their daily activities. Therapies can be beneficial for both the individual with mental illness and other family members.

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