

Effectiveness of Bibliotherapy on Stress among Patients with Hansen’s Disease



Nursing
KEYWORDS :

Ms. Reena George

Associate Professor, MIMS College of Nursing, Malappuram and PhD Scholar, Bharathiar University, Coimbatore (NAAC Accredited with a Grade)

Rev. Dr. Alphonsa Ancheril

Professor & Vice Principal, Athena College of Nursing, Mangalore

Background and objectives of the study

The challenging issue of healthcare personnel in this era is that to prevent psychiatric morbidity in clients with Hansen’s disease who are distressed of their illness and its after effects. It is inevitable to make the clients aware of their capabilities and to develop hopefulness in them to live against the stigma related with their illness.

The world- wide incidence of Hansen’s disease is estimated to be 213899 in the year 2014. WHO listed 11 countries with highest leprosy rate in the world with India first, Brazil second and Indonesia in the 3rd place. (WHO, 2014). India alone accounts 58.85% of global burden of Hansen’s disease (ICMR, 2015). The after-effects of Hansen’s disease result in drastic effects like loss or decrease of physical working capacity, curtailment of leisure activities, an anxious or depressed emotional outlook and description of interpersonal relationship.

Bibliotherapy is reading for problem solving, one of the methods, which will help the clients to become aware of people who lived a successful life in spite of their disability.

The objectives of the study were to

1. Asses the level of stress experienced by patients with Hansen’s disease as measured by a stress scale in Group I (experimental group) and Group II (control group).
2. Select and validate the Bibliotherapy material.
3. Determine the effectiveness of Bibliotherapy in terms of reduction in stress score.

Method

A quasi experimental approach with pre-test – post-test control group design was used for the study. The sample consisted of 40 Hansen’s disease patients (20 + 20) selected by purposive sampling method. Data were collected by administering a stress rating scale prepared by the investigator. After collection of the baseline data Bibliotherapy was given to the experimental group (Group I) for 7 days. Bibliotherapy was given in 7 sessions and after a week post-test was conducted using the same rating scale. The collected data were analysed using descriptive and inferential (‘t’ test) statistics.

Results

The mean post-test stress score ($\bar{X}_2 = 107.15$) was less than the pre-test stress score ($\bar{X}_1 = 131.65$) in Group I.

Table 3: Grading of post-test stress score in Group I and Group II
N = 20 + 20 = 40

Grading of stress score	Range	Range in percent-age	Group I			Group II		
			f	%	Mean	f	%	Mean
Mild	40 – 80	25 – 50	-	-	-	-	-	-
Moderate	81 – 120	51 – 75	20	100	107.15	-	-	-
Severe	121– 160	76 – 100	-	-	-	20	100	131.65

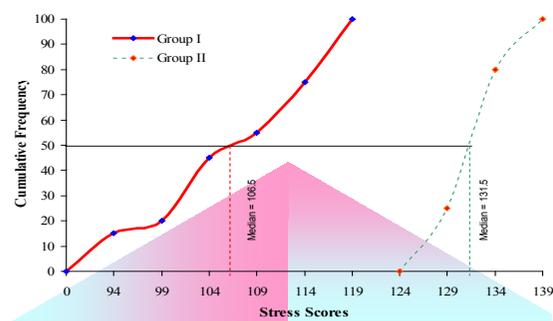


Figure 1: Ogive representing the distribution of post-test stress score of Group I and Group II

Cumulative frequency percentage of post-test stress score of Group I and Group II are shown in Figure 1. The post-test stress score of Group I present on the left side of the post-test stress score of Group II. The median (106.50 and 131.50) of the post-test. Ogive indicates reduction in the stress score

after the administration of bibliotherapy in Group I.

The ‘t’ value computed between the pre-test and post-test score of Group I was statistically significant at 0.001 level (t =13.26, df=19, P < 0.05). The mean post-test stress score of Group II ($\bar{X} = 132.65$) remained the same as that of the mean pre-test stress score. The findings showed a highly significant difference in stress score in the experimental group suggesting that Bibliotherapy was effective in reducing the stress of Hansen’s disease patients. There was no association between the pre-test stress score and some of the variables like age, economic status and family type, whereas the remaining variables like sex, educational status, marital status and duration of illness had shown significant association between the pre-test score at 0.05 level.

Interpretation

Findings of this study showed that stress in both the groups (experimental and control) of Hansen’s disease patients was high before Bibliotherapy. The post-test score showed that Bibliotherapy was effective in reducing the stress in Hansen’s disease clients of Group I whereas stress

score remained the same (pre-test and post-test) in Group II. level.

Conclusion

This study has shown that Bibliotherapy plays a major role in reducing stress in Hansen's disease patients. It would help the clients adopt better coping mechanisms in order to live an effective life in spite of illness and deformity.

Reference

1. Mohamed HA.(1985) . Leprosy – The Moslem attitude. *Leprosy Review*; 56: 17 – 21.
2. Bryceson A, Pfatzgraff RE. (1990). *Leprosy*. 3rd edition. New York: Churchill Livingston Publishers.
3. Park K. (2012). *Textbook of preventive and social medicine*. Jabalpur: Bannarsidas Bhanot Publishers;
4. Editorial. New leprosy cases posing problems. *The Hindu*. Bangalore Post 1998 Jan 30 Sect. A:2 Col (5).
5. Mehta Jal. Leprosy – past and present. *Herald of Health* 1991; 52: 5 – 7.
6. Raju MS. Reddy JVS. Community attitude to divorce in leprosy. *Indian Journal of Leprosy* 1991; 67(4): 389 – 403.
7. Cherupushpam PJ. An exploratory study of the general wellbeing and psychological distress of leprosy patients. *RGUHS* 1999; 3.
8. Pardeck J. Bibliotherapy – an innovative approach for helping children. 1995 Jan March (Cited Aug. 7, 2004). <http://www.selu.edu/academics/education/EDF600/steph.htm>.
9. Gupta R. Psychiatric morbidity in patients with Hansen's disease. (Unpublished dissertation. Mangalore University. 1996.
10. Cohen LJ (1994). Bibliotherapy – a valid treatment modality. *Journal of Psychosocial Nursing*; 32(9): 40 – 44.
11. Jamison C.(1995)Slogen F. The effect of cognitive bibliotherapy with depressed adults. *Journal of clinical psychology* Vol. 63(4): 644-650.
12. Pandya SS. Very savage rites suicide and the leper in 19th century in India. *Global project in the history of leprosy*. Aakrithi computer Unit, Mangalore 1995:
13. Polit PF and Hungler BP. *Nursing research*, 6th edition, Philadelphia: Lippincott company 1999:
14. Hornby A.S *Oxford advanced learners dictionary of current English*. Oxford, 6th edition: Oxford company 2003.
15. Cohen BR. What is stress? *Journal of clinical psychology* 1998; 52(8): 31-35.
16. ICMR (2015). World Leprosy Day. icmr.nic.in/ijmr/2015