



A DESCRIPTIVE STUDY TO ASSESS THE LEVEL OF STRESS AND COPING STRATEGIES AMONG CAREGIVERS OF MENTALLY ILL PATIENTS WITH VIEW TO PROJECT VIDEO ASSISTED MEDITATION IN SELECTED PSYCHIATRIC HOSPITAL OF DELHI NCR.

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ABSTRACT

Our society views mental health problems as something to be ashamed of and society initially recognize mentally ill patient's behaviour deviated from the social norms. In such a stage the family plays an important role in care of mentally ill family member **Aim:** to assess the level of stress and coping strategies. **Materials and Methods:** This descriptive research was conducted on sample of 60 caregivers of mentally ill patients by convenient sampling technique. By using structured interview technique, Cohen Perceived Stress Scale and Modified COPE inventory tool was administered to the caregivers to collect data. Data analysis was done by using descriptive and inferential statistics. **Result:** Results revealed that majority of caregivers 51(85%) had very high stress score, 8(13%) had high stress score, 1(2%) had very low stress and none of the caregiver have low and moderate stress score. For coping strategies half of the caregivers 30(50%) use little bit and half 30(50%) use coping strategies in medium amount. There was statistically significant association between level of stress and age, education level and non-significant association with other demographic variables. There was statistically significant association between coping strategies and age, occupation and caregiver relation and non-significant association with other demographic variables. There is statistically significant positive Correlation between medium amount of coping strategies and high level stress score i.e., $r = 0.585$ and also positive correlation between medium amount of coping strategies and very high stress score i.e. $r = .178$. but there is negative correlation between very high stress score and use of little bit coping strategies i.e., $r = -0.298$

KEYWORDS

Stress; coping strategies; caregivers of mentally ill patients.

INTRODUCTION

"One Person Caring For Another Represents Life's Greatest Value" but by default they are taken for granted. The core concept of care giving consists of accepting the patient, encouraging and supporting, assist in the daily activities and meet the financial needs of the ill family member. This thing in long run make caregiver feel stressed, anxious, Low and isolated from the society since the illness tends to be chronic and demanding.

OBJECTIVES

Of study was to Assess the level of stress and Coping strategies ,find association of level of stress and coping strategies with selected demographic variables and Then Depict Correlation between level of stress and coping strategies.

MATERIAL AND METHODS

This descriptive study conducted in VIIMS hospital Nehru Nagar, New Delhi after obtaining written permission., Cohen Perceived Stress Scale and Modified COPE inventory tool was administered to 60 caregivers to collect data Written permission was obtained from the Ethical committee of VIMHANS hospital, Delhi .

RESULTS

- level of Stress among caregivers of mentally ill patients by using Cohen Perceived Stress Scale represents that 51(85%) caregivers had having very high level of stress score i.e. 21 and above while 8(13%) caregivers had high level of stress score ,followed by 1(2%) caregiver had very low level of stress and no caregiver was found in low and average level of stress score .
- Coping strategies among caregiver of mentally ill patient by using Modified COPE Inventory tool indicate that 30(50%) caregivers were using little bit coping strategies while remaining 30 (50%) caregivers were using medium amount of coping strategies and no caregiver was there using coping strategies a lot of coping strategies.

Table1: Association Between Level Of Stress And Selected Demographic Variables n=60

			Stress mean score	SD	Df	Chi-Square Test	P-value

Table 2: Association Between Coping Strategies And Selected Demographic Variables

	f	%	Used little bit			Medium amount			Lots of time			Chi- square	df	p	
AGE IN YEARS	f	%	f	Mean	SD	f	Mean	SD	F	Mean	SD				
18-40	28	47	20	76.40	6.76	8	92	7.48	0.00	0.00	0.00	11.588	4	0.020	S
41-60	13	22	6	75.50	2.74	7	90.43	7.76	0.00	0.00	0.00				
Above 60	19	31	4	74.00	2.00	15	88.80	5.27	0.00	0.00	0.00				

Demo- Graphic variables	f	%						
AGE(IN YEARS)								S
1.18-40	28	47	25.93	1.72	8	2.19	0.974	
2.41-60	13	22	22.08	3.42				
3. above 60	19	31	24.05	7.52				
	60	100						
EDUCATION								
1. Illiterate	8	13	20.50	3.77	20	31.793	0.04	S
2. Primary	3	5	24.67	0.58				
3. Secondary	4	7	18.25	0.50				
4. Higher secondary	4	7	27.00	0.00				
5. Graduate	25	42	25.56	2.60				
6. Post graduate	16	26	23.31	6.22				
	60	100						

S= Significant at $p < 0.05$ level

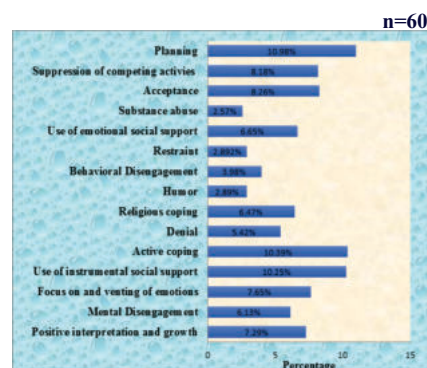


Figure 1 : Bar Diagram Showing The Percentage Of Type Of Coping Strategies Use Among Care Of Mentally Ill Patient.

Table 1 depict that there is significant association between level of stress with age and education level of caregiver but non significant association of level of stress with other demographic variable i.e. gender, family income, residential area etc. at $p < 0.05$ level.

	60	100													
OCCUPATION															
1. Homemaker	14	23	11	71.82	5.76	3	97.33	0.58	0.00	0.00	0.00	27.615	8	0.0005	S
2.Unemploed	4	7	4	80.00	0	0.00	0.00	0.00	0.00	0.00	0.00				
3.Private employee	23	38	11	76.27	4.54	12	89.42	7.09	0.00	0.00	0.00				
4.Government	4	7	4	82.00	0.00	0	0	5.76	0.00	0.00	0.00				
5.Retired	15	25	0	0	0	15	89.07	0	0	0	0				
	60	100													
CARE GIVER RELATION															
1.Parent	33	55	11	71.82	5.76	22	89.32	6.03	0.00	0.00	0.00	17.919	6	0.006	S
2.Spouse	7	11	7	78.14	4.81	0	0.00	0.00	0.00	0.00	0.00				
3.Siblings	4	7	4	85.00	0.00	0	0.00	0.00	0.00	0.00	0.00				
4. Children	16	27	12	78.33	4.03	4	99.00	0.00	0.00	0.00	0.00				
	60	100													

S= Significant at $p < 0.05$ level

Table 2 depict that there is significant association of use of coping strategies with age, occupation and caregiver relation and non

Table 3: Correlation Between Level Of Stress And Coping Strategies.

	Used little bit	Medium amount	Lots of time	f	Stress Mean Score	SD	df	f-test
Very low stress	0	0	0	1	3.00	0	2,57	51.19
Low stress	0	0	0	0	0	0		
Average stress	0	0	0	0	0	0		
High stress	0	0.595	0	8	19.13	0.99		
Very high stress	-0.289	0.178	0	51	26.84	3.18		
f	30	30	0	60				
Coping mean score	75.90	90.03						
SD	5.69	6.42						
Df	58.00							
t-test	9.19							

significant association between coping strategies with other demographic variable i.e. Gender ,Education, Duration From Which Giving Care, Religion, Disease onset, Type Of Family etc. At $p < 0.05$ level.

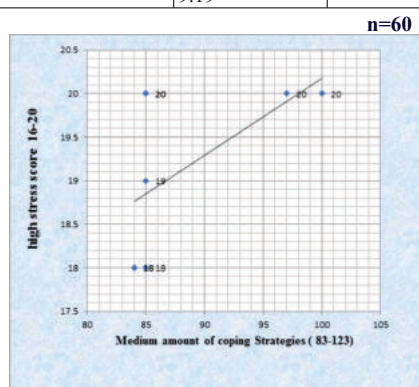


Figure 2: Scatter Diagram Showing The Correlation Between High Stress Score And Medium Amount Of Coping Strategies.

This diagram depicts that there is statistically significant positive Correlation between Medium amount of coping strategies and High level stress score i.e. $r = 0.585$

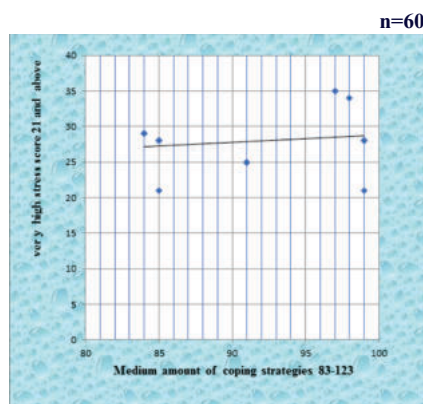


Figure 3 : Scatter Diagram Showing The Correlation Between Very High Stress Score And Use Of Medium Amount Of Coping Strategies.

This figure depict that Positive correlation between medium amount of coping strategies and Very high stress score i.e. $r = 0.178$.

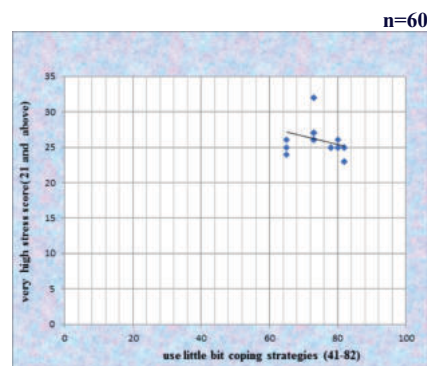


Figure 4 : Scatter Diagram Showing The Correlation Between Very High Stress Score And Use Little Bit Coping Strategies

Figure depict that there is Negative correlation between Very high stress score and Use of little bit coping strategies i.e. $r = -0.298$.

CONCLUSION

Based on this study 85% caregivers have very high level of stress and 50% caregivers use medium amount and 50% caregivers use little bit coping strategies. Age And Education Level Of Caregiver Have Significant Relationship With Level Of Stress. Age, Occupation And Caregivers Relation Have Significant Relation With Use of Coping Strategies. There is Positive correlation of Very High Level of stress and Medium amount of coping strategies but negative relationship with little bit use of coping strategies.

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