



“QUASI EXPERIMENTAL RESEARCH DESIGN TO ASSESS THE EFFECT OF ACTIVITY THERAPY ON IMPROVING SELF ESTEEM AMONG WOMEN WITH MENTAL ILLNESS IN SELECTED REHABILITATION CENTER OF JALANDHAR, PUNJAB”

Nursing

Prof. Charlotte Ranadive

Principal, Army College Of Nursing, JRC.

Ms. Nandini

Clinical Instructor, Army College Of Nursing, JRC.

Mrs. Kimmy

Clinical Instructor, Army College Of Nursing, JRC.

ABSTRACT

Mental health is a level of psychological wellbeing, or an absence of mental disorder; it is the psychological state of someone who is functioning at a satisfactory level of emotional and behavioral adjustment". Self- esteem refers to an individual's overall subjective evaluation of their own worth and feelings of acceptance or approval of oneself, It plays a crucial role in mental and emotional wellbeing of an individual. Many previous research indicated that lowered self- esteem frequently became an etiological factor in many psychiatric conditions. Activity therapy is a therapeutic recreation that improves quality of life . It is designed to address therapeutic goal. Self-esteem impacts on academic and career performance , overall happiness and life satisfaction, decision making , problem solving skills and social interactions. Present study was conducted on 50 samples in the selected rehabilitation center (Pingla ghar) of Jalandhar where knitting as an activity and a quantitative , single group pretest and posttest design is used where ROSENBERG'S SELF ESTEEM SCALE (RSES) is used.

KEYWORDS

Mental hygiene, Mental illness, Delusion, Self esteem, Knitting therapy, Rehabilitation, Hallucination.

INTRODUCTION

In the mid-19th century, William Sweetser was the first to coin the term *mental hygiene*, which can be seen as the precursor to contemporary approaches to work on promoting positive mental health.

"According to World Health Organization (WHO), It is a "state of well-being in which the individual realizes his or her abilities, can cope with the normal stresses of life, can work productively and fruitfully, and can contribute to his or her community".

Mental illnesses are health conditions involving changes in emotion, thinking or behavior (or a combination of these).

There are various causes which can cause mental illness such as genetics, birth injuries, brain defects and so on. In a survey of US in year 2022, millions of Americans experience symptoms of mental illness every year. (23.1%) US adults experienced mental health condition out of which (6%) experienced psychotic, bipolar disorder ;(32.9%) experienced substance abuse ; young adult ages(18-25) yrs. Experienced (33.7%) mental illness ; adult aged(26-49)yrs. Experienced(11.4%) mental illness in 2022 and (51.7%) women received mental health services.

Mental disorders are among the leading causes of non-fatal disease burden in India, but a systematic understanding of their prevalence, disease burden, and risk factors is not readily available for each state of India. In this report, we describe the prevalence and disease burden of each mental disorder for the states of India, from 1990 to 2017. Based on 2021 Census of population and housing - which includes people of all ages.

Statement Of Problems

A Quasi experimental study to assess the effect of activity therapy on improving self-esteem among women with mental illness in selected rehabilitation Centre of Jalandhar.

Objectives

- To assess the pre-intervention self- esteem score of women with mental illness in selected rehabilitation center of Jalandhar.
- To assess the post -intervention self- esteem score of women with mental illness in selected rehabilitation center of Jalandhar.
- To assess the effectiveness of activity therapy on self-esteem among women with mental illness in selected rehabilitation center of Jalandhar.
- To find association between pre-intervention and post-intervention self-esteem score of women with mental illness with their demographic variables such as age, type of family before institutionalization, marital status and education level of mentally ill.

Operational Definition

An operational definition is a detailed specification of how one would

go about measuring a given variable. Operational definitions can range from very simple and straightforward to quite complex, depending on the nature of the variable and the needs of the researcher.⁶

Assumption

The study assumed that

- All rehabilitation center women with mental illness will have different level of self-esteem.
- All rehabilitation center women with mental illness having daily routine of doing some activity
- Improved self-esteem leads to good mental health and vice versa

Hypothesis

H₁: There is a significant association between activity therapy and selected socio-demographic variables.

H₂: There is a significant difference between pre-test and post test result.

H₃: There will be a significant difference between pre-intervention self-esteem and post- intervention self-esteem score of women with mental illness at p=0.05 level of significance.

Delimitation

- Population includes women with mental illness (anxiety, depression and other mild to moderate mental health issues)
- Women who are residing in rehabilitation center at Jalandhar (Pingla ghar).
- Age group is (18-59) years.
- Women who are willing to participate in the study.

2) Research Methodology

Research Approach – Quantitative approach

Research Design – Quasi experimental research design

Research Setting – Pingla ghar, Jalandhar

Population – selected women with mental illness residing at rehabilitation centre

Sample – women with mental illness residing at rehabilitation centre (Pingla ghar) at Jalandhar between age group 18-59 years.

Sample Size And Sample Technique –

sample size - 50

sample technique – non probability simple random sampling

Sample Criteria

Inclusion Criteria –

- Women with mental illness (anxiety and depression) residing at rehabilitation centre (Pingla ghar) at Jalandhar.

- Women having mild to moderate level of mental health issues (anxiety and depression).
- Women who are willing to participate in this study .

Exclusion Criteria –

- Women having severe level of mental health issues.
- Women who are not willing to participate in this study.

3) Method of data collection

Data collection technique: structured questionnaire

Tool For Data Collection

Tool 1: Self-administered tool to assess the demographic variables.

Tool 2: Rosenberg's self-esteem scale

4) Data Analysis And Interpretation

Section 1: Sociodemographic profile of the women with mental illness.
Section 2: Description of pre-intervention and post- intervention self-esteem score according to criterion measures.

Section 3: Pre-intervention self-esteem score of women with mental illness.

Section 4: Post-intervention self-esteem score of women with mental illness.

Section 5: Assess the effectiveness of activity therapy on self-esteem among women with mental illness.

Section 6: Association between pre-intervention and post-intervention self-esteem score of women with mental illness with their demographic variables.

Table 1: Frequency And Percentage Distribution Of Women With Mental Illness. (n=50)

S. No	Demographic variables	Frequency (f)	Percentage
1.	Age (in years)		
	a) 18-28	5	10%
	b) 29-39	21	42%
	c) 40-48	17	34%
	d) 49-59	7	14%
2.	Gender		
	a) Male	0	0%
	b) Female	50	100%
3.	Education		
	a) Primary education	23	46%
	b) Higher secondary education	5	10%
	c) 8th passed	9	18%
	d) Graduate	4	8%
	e) Matric passed	9	18%
	f) post graduate	0	0%
4.	Marital status		
	a) Married	37	74%
	b) Unmarried	13	26%
5.	Religion		
	a) Hindu	26	52%
	b) Christian	1	2%
	c) Muslim	0	0%
	d) Others	23	46%

Maximum score –25

Minimum score – 0

Table 2: Pre-test And Post-test Score (n=50)

Self-esteem level	Criterion measures	Pre-test	Post-test
Poor	(<15)	50	5
Good	(15-25)	0	45

Maximum score –25

Minimum score – 0

Table 3: Frequency And Percentage Distribution Of Pre-test Self-esteem Score (n=50)

Self-esteem score	Frequency	Percentage distribution
Poor (<15)	50	100%
Good (15-25)	0	0%

Table 4: Frequency And Percentage Distribution Of Post-test Self-esteem Score (n=50)

Self-esteem score	Frequency	Percentage distribution
Poor (<15)	5	10%
Good (15-25)	45	90%

Table5: Mean And Standard Deviation Of Pre-intervention. (n=50)

Self-esteem score	Frequency (f)	Mean	Standards deviation
Poor score (<15)	50	7	0
Good score (15-25)	0		

Maximum score –25

Minimum score – 0

Table 6: Mean And Standard Deviation Of Post-intervention. (n=50)

Self-esteem score	Frequency (f)	Mean	Standard deviation
Poor score (<15)	5	18.7	4.547
Good score (15-25)	45		

Maximum score – 25

Minimum score – 0

Table 7: Standard Error And Unpaired T Test To Check Effectiveness Of Activity Therapy.

Test	Mean	Mean difference	Standard error	Standard deviation	Unpaired t test
Pre test	7	11.7	0.643	0	18.19
Post test	18.7			4.547	

Table 8: Association Between Effectiveness Of Activity Therapy And Selected Variable (n=50)

S. N	Demographic variables	Level of self esteem		Chi square test	df	P value (<0.05)
		Poor	Good			
1)	Age (in years)					
	a)18-28	0	5			
	b)29-39	2	19	2.444	3	0.1180 ^{ns}
	c)40-48	3	14			
	d)49-59	0	7			
2)	Education					
	a) Primary education	4	19			
	b)Higher secondary education	1	4			
	c) 8 th passed	0	9	4.397	5	0.0360*
	d) Graduate	0	4			
	e) Matric passed	0	9			
	f) post graduate	0	0			
3)	Marital status			0.104		
	a) Married	4	33		1	0.7471 ^{ns}
	b) Unmarried	1	12			
4)	Religion			0.223		
	a) Hindu	3	23		3	0.6368 ^{ns}
	b) Christian	0	1			
	c) Muslim	0	0			
	d) Others	2	21			

Maximum score –25

Minimum score – 0

CONCLUSION:

The study was conducted in the month of September 2024, written permission was obtained from Principal of Army college of Nursing, Jalandhar cantt and authority of Pingla Ghar, Jalandhar. After Discussing the objective of study, analysis and interpretation data was done according to the objective of the study by using descriptive statistics. This study concluded that there is impact of activity therapy on improving self-esteem of women with mental illness.

REFERENCES:

1. Bowins B, Shugar G. Delusions and Self-Esteem. The Canadian Journal of Psychiatry. 1998 Mar;43(2):154
2. Stein F. Prevocational Exploration and Vocational Rehabilitation of the Psychiatric Client. Canadian Journal of Occupational Therapy. 1984 Jun;51(3):113–20.
3. Document - Gale Academic OneFile [Internet]. Gale.com. 2024 [cited 2024 Nov 23].
4. Kenning G. "Fiddling with Threads": Craft-based Textile Activities and Positive Well-being. Semantic Scholar [Internet]. 2015;13(1).
5. Noemi N. Self-esteem Interventions in Adults A Systematic Review and Meta-analysis Journal of Research in Personality .October 2021 DOI:10.1016/j.jrp.2021.104131
6. Examples of Operational Definitions [Internet]. graziano-raulin.com.