A DESCRIPTIVE STUDY TO ASSESS THE LEVEL OF MENTAL HEALTH AMONG CARE GIVERS OF PSYCHIATRIC PATIENTS IN PSYCHIATRIC OPD GOVERNMENT GENERAL HOSPITAL AT KARAikal

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ABSTRACT
This article reviews caregiver burden studies that evaluated mental health among care giver of mentally ill persons using measurement instrument with established validity and reliability. The review identifies aspects of care giving that are most burdensome to caregivers. It describes the level of mental health among caregivers of psychiatric patients and nature of the relationship between variables and different dimensions of care giver burden. The research approach is quantitative, research design is descriptive. Sample consists of 50 caregivers of psychiatric patients who are undergoing treatment in a selected hospital at karaikal. Purposive sampling technique was used to select sample. RCE standardised tools were used. The results showed that there was significant association between level of mental status and selected demographic variables such as age, sex, income and type of relationship. There was no significant association in religion and duration of illness. Finally this study motivates the nurses to do more studies to improve the mental health of caregivers and have the vital role in helping the care givers to cope with the behaviours of psychiatric patients.

Keyword: Care giver, psychiatric patients, dimension, mental status, RCE

INTRODUCTION
The modern concept of mental health extends beyond the proper functioning of the body. It includes a sound efficient mind and controlled emotions. "Healthy is a state of sound (or) whole is body and mind "It means that both body & mind are working efficiently & harmoniously.

Mental health which today is recognized as an important aspect of one total health status. It is a basic factor that contributes to the maintenance of physical health as well as social effectiveness. It is not a mere absence of mental illness that constant mental health on the other bond. It is a positive active quality of the individual daily living in manifest of the behavior of an individual whose body mind are working together in same direction. This thoughts, feelings and active function harmoniously towards the common end. It means the ability to balance feelings, desires, ambitions and ideals of once daily living. From these one can conclude that mental health has two important aspects. It is both individual and social.

Mental health problem in India mostly remains unnoticed due to various reasons i.e. either not considered as a problem needing attention or sometimes it is ignored as no one in the family has time to think or discuss about the mentally challenged person or the issue of mental ailment.

Individual vary in there coping, capacities, which depend on genetic endowments, environmental influences, nature and degree of stress and variable resources. All individual have the potential for both health and illness. Illness can be a growth producing experiences for the individual. The roles of care givers are to maximize the person's positive interactions with his environment to promote the level of wellness, and enhance his degree of self actualization.

STATEMENT OF THE PROBLEM:
A descriptive study to assess the level of mental health among care givers of Psychiatric patients in Psychiatric OPD Government general hospital at Karaikal.

OBJECTIVE:
- Assess the level of mental health among caregivers of Psychiatric patients in a selected hospital at Karaikal
- Determine association between the level of mental health and selected demographic variables
Research methodology: the chapter includes the research approach, design, settings, population, sample and sampling technique. It further deals with the plan of data analysis.

Research approach: quantitative research approach.

Research design: the research design used in this study is descriptive design and non-experimental design.

Setting of the study: The study will be conducted in psychiatric OPD, govt. general hospital at Karaikal. This is a 60 bedded well equipped hospital.

Population: The target population is caregivers of psychiatric patients in govt. hospital at Karaikal.

Sample size: Sample consists of 50 caregivers of psychiatric patients who are undergoing treatment in psychiatric OPD, govt. general hospital at Karaikal.

Sampling technique: Purposive sampling technique was used to select sample.

RESULT AND DISCUSSION:
The research study was done in a view to assess the level of mental health among care givers of Psychiatric patients in Govt. general hospital at Karaikal. The sample size was 50. The findings of the study have been discussed with reference to objectives frame work and hypothesis of the study.

Ages show that majority 18(36%) of the mothers were in age group of 30-35 years. 14(28%) of mothers were between the age group of 36-40 years. 6(12%) of mothers were in age group of >50 years. Females are the majority groups 30(60%). Graduated care givers involved only 24(48%) most of the care givers are Hindu People 31(62%) of them were earning between 2001-4000 Rs. Monthly house Wife 20(40%) are involved in care of mentally ill patients. 32(66%) of mental ill patients affected for >1 year.

Table – I shows that the level of mental health among care givers of Psychiatric patients among them 11 (22%) had mild level of mental health and 39 (78%) had moderate level.

Table-III shows that demographic variables age of the care givers had association with coping ($X^2=3.72$) sex of the care giver had association with coping ($X^2=8.466$), Educational status of the care giver had association with coping ($X^2=11.424$) Income of the care giver had associated with coping ($X^2=6.299$), Type of relationship of the care giver had associated with coping ($X^2=2.571$). But there is no significant association between type of Religion and duration of illness with coping pattern.

Table-I
LEVEL OF MENTAL HEALTH AMONG CARE GIVERS OF PSYCHIATRIC PATIENT

<table>
<thead>
<tr>
<th>S.NO.</th>
<th>CLASSIFICATION</th>
<th>FREQUENCY</th>
<th>PERCENTAGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Mild</td>
<td>11</td>
<td>22%</td>
</tr>
<tr>
<td>2</td>
<td>Moderate</td>
<td>39</td>
<td>78%</td>
</tr>
<tr>
<td>3</td>
<td>Severe</td>
<td>0</td>
<td>0%</td>
</tr>
</tbody>
</table>

Focus of this study was to assess the level of mental health among care givers of psychiatric patients in Psychiatric patients in Govt. general hospital at Karaikal. The design of the study was descriptive.

Data collection was done in the Psychiatric patients in Govt. general hospital at Karaikal. The samples were 50 care givers who gave care to the Psychiatric patient. Duration of data collection was 4 weeks. Mental inventory Standardized RCE tools were used.
The findings of the study revealed that there were significant association between age, sex, education, Income type of relationship. There were no significant association between religion and duration of illness.

Table: 2

ASSOCIATION BETWEEN DEMOGRAPHIC VARIABLES WITH COPING

<table>
<thead>
<tr>
<th>S.NO</th>
<th>DEMOGRAPHIC VARIABLE</th>
<th>df</th>
<th>( \chi^2 ) value</th>
<th>Significant</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Age</td>
<td>2.262*</td>
<td>3.72</td>
<td>Significant</td>
</tr>
<tr>
<td>2</td>
<td>sex</td>
<td>3.182*</td>
<td>8.466</td>
<td>Significant</td>
</tr>
<tr>
<td>3</td>
<td>Education</td>
<td>2.306*</td>
<td>11.424</td>
<td>Significant</td>
</tr>
<tr>
<td>4</td>
<td>Religion</td>
<td>2.571</td>
<td>1.05</td>
<td>Not significant</td>
</tr>
<tr>
<td>5</td>
<td>Income</td>
<td>2.365*</td>
<td>6.299</td>
<td>Significant</td>
</tr>
<tr>
<td>6</td>
<td>Type of relationship</td>
<td>2.571*</td>
<td>2.979</td>
<td>Significant</td>
</tr>
<tr>
<td>7</td>
<td>Duration of ill</td>
<td>3.182*</td>
<td>1.228</td>
<td>Significant</td>
</tr>
</tbody>
</table>

CONCLUSION:
Care givers have more coping strategy at the time of admission. But the days on prolongation of continuing care, they develop mental illness moderately the caregivers are suffered with mental illness, so nurses have a vital role in helping the care givers to cope with the behaviors of psychiatric patients. Enough time should spend with care givers during the admission of the psychiatric patient and to reduce the stress.

REFERENCES:
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