

A Study to Assess the Effectiveness of Structured Teaching Program on the knowledge of Caregivers of Schizophrenic Patients in Psychiatric ward, New Civil Hospital, Surat

Sonal M Pandya

Author Affiliation

Lecturer Class-II, Government Nursing College, Surat
395001, Gujarat, India.

Corresponding Author

Sonal M Pandya, Lecturer Class-II, Government Nursing
College, Surat 395001, Gujarat, India.

E-mail: ssonalpandya11@gmail.com

Abstract

Problem Statement: "A study to assess the effectiveness of structured teaching program on the knowledge of caregivers of schizophrenic patients in Psychiatric ward, New Civil Hospital, Surat."

Objectives

- To assess the knowledge of caregivers of schizophrenic patients.
- To implement a structured teaching program to the caregivers regarding schizophrenia.
- To assess the effectiveness of a structured teaching program on caregivers of schizophrenic patients.
- To correlate the demographic data of the caregivers of schizophrenic patients to Post test knowledgescore.

Methodology: The research design is pre experimental one group pre test post test design; research setting selected was Psychiatric Ward, New Civil Hospital, Surat, 30 caregivers of schizophrenic patients were selected as sample. Structured questionnaire was used as tool for data collection, lesson plan was prepared which was used as intervention. Pre test was conducted and structured teaching program was administered and after a time of 7 days post test was done to assess the effectiveness of structured teaching program.

Data Analysis: Collected data was presented and analysed in both descriptive and inferential statistics. Pre - test and post test results were assessed, then demographic variables were correlated with the post - test knowledge score.

Results: The mean post test knowledge score was higher than mean pre - test knowledge score with the mean difference of 5.1 which was statistically proved and it revealed that the structured teaching program was effective. The calculated 't' was greater than tabulated 't' and so the investigator concluded that there was significant increase in the mean post - test knowledge score as compared to the mean pre - test knowledge score after the administration of the structured teaching program . The calculated chi - square value was greater than tabulated value for selected demographic variables which proved that there was significant relationship between selected demographic variables and mean post test result.

Conclusion: Knowledge deficit existed in all the caregivers of Schizophrenic patients regarding Schizophrenia admitted in Psychiatric ward of New Civil Hospital, Surat. The Structured teaching program was found to be effective in enhancing the knowledge of samples regarding Schizophrenia. Samples gained significant knowledge and enhance the skill after expose to Structured Teaching Program. There is significant relationship between selected demographic variables and the post test knowledgescore.

Keywords: Schizophrenic patients; New Civil Hospital; Research design; Deficit existed.

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Introduction

'The talent submerged, the promise broken, the future lost, the life has taken, this is schizophrenia, aimless, hopeless, wandering, waiting...waiting for

the brain to reconnect'.

Mental health is a level of psychological, or an absence of a mental illness. It is the "psychological state of someone who is functioning at a satisfactory level of emotional and behavioural adjustment".

From the perspective of positive psychology or holism, mental health may include an individual's ability to enjoy life, and create a balance between life activities and efforts to achieve psychological resilience. According to the World Health Organization, mental health includes " subjective well being, perceived self efficacy, autonomy, competence, inter generational dependence, and self actualization of one's intellectual and emotional potential, among other. "The WHO further states that the well being of an individual is encompassed in the realization of their abilities, coping with normal stresses of life, productive work and contribution to their community.

A mental disorder is a diagnosis of a behavioural or mental pattern that can cause suffering or a poor ability to function in ordinary life. Such features may be persistent, relapsing and remitting, or occur as a single episode. Many disorders have been described, with signs and symptoms that vary widely between specific disorders. Mental disorders are usually defined by a combination of how a person behaves, feels, perceives or thinks.

Schizophrenia is a psychotic condition characterized by a disturbance in thinking, emotions, volitions and faculties in the presence of clear consciousness, and is prevalent in all cultures across the world. About 15% of new admissions in mental hospitals are of Schizophrenic patients. Schizophrenia is a brain disorder that probably comprises several separate illness. The hallmark symptom of Schizophrenia is psychosis, such as experiencing auditory hallucinations and delusions. Impaired cognition and disturbances in information is less vivid symptom that interferes with day to day life. People with Schizophrenia have lower rates of employment, marriage and independent living compared with other people.

Need for the Study

In developing countries like India, 90 % of people with schizophrenia are untreated. More than 50 % persons with schizophrenia are not receiving appropriate care. The global burden of disease study showed that by the year 2020, mental disorders are projected to increase and major depression will be the first leading cause of disease burden. The people thinks that Schizophrenia is an intrusion of spirit and the way to clear their misconceptions related to disease is to literate the people for appropriate care of Schizophrenic patient. Although Schizophrenia existed but never had been recognized as a health problem that are uniquely responsive subjected to non therapeutic treatments such as to the set

of investigations. Instead of that it is defined a religious, political and philosophical problems and is exorcism, imprisonment and social out racism.

Many people are still unaware that there are effective treatments for Schizophrenia nearly 50-60% and family support to the patient. Schizophrenic patients recovers in 3-8 months by combination of regular medication and effective care giving. Misconceptions about schizophrenia are pervasive, and the lack of understanding can have serious consequences for millions of people who have schizophrenia and it can contribute to stigma which leads many peoples to be ashamed and prevent them from seeking help.

Caregivers of Schizophrenic patients are unaware about the disease condition. Caregivers are having misconceptions and misunderstandings related to Schizophrenia. Schizophrenia has been rated as being the fifth major leading cause of lost years as a result of disability in men while, It is the sixth major leading cause amongst women. Contrary to popular, the belief the disorder does not involve having split personality but is a separate. The condition all together schizophrenia affects approximately 2.2 million Americans and has been observed to be the most common psychotic diseases accounting for high costs in mental health care.

It is therefore important and vital for the community to be well informed and educated on schizophrenia , its symptoms and how best to handle patients suffering from the disorder in order to ensure that such individuals lead fulfilled lives in the end.

Methodology

The study was carried out in Psychiatric ward, New Civil Hospital, Surat. Pre experimental approach with one group pre-test post-test research design was used. Target population were the care givers of Schizophrenic patients. 30 samples were selected through non probability convenient sampling technique. Structured questionnaire was used as tool for data collection and lesson plan was prepared which was used as intervention.

Description of the tool

A structured questionnaire was prepared consisting of two sections to assess the knowledge of caregiver of Schizophrenic patient regarding Schizophrenia. The questionnaire contains 20 questions, each questions has four options. The caregiver has to choose answer among that four option. Each correct

answer was scored as 1 mark.

Section 1: Demographic Data

Section 2 : A Questionnaire on

- a. Mental health and illness
- b. Introduction to Schizophrenia.
- c. Risk factor and causes.
- d. Clinical Manifestations.
- e. Treatment.
- f. Management.
- g. Prevention

Before performing data analysis written permission was taken from the concerned authority. Pre test was conducted and structured teaching program was administered. After a time of 7 days post test was done to assess the effectiveness of structured teaching program.

Result

Table 1: Frequency distribution of demographic data. (n=30).

Variables	Frequency	Percentage
Age		
20-30	10	33.33%
30-40	11	36.67%
40-50	7	23.33%
More than 50	2	6.67%
Sex		
Male	14	46.67%
Female	16	53.33%
Marital Status		
Single	7	23.33%
Married	23	76.67%
Divorced	0	0%
Widow/ Widower	0	0%

Table 2: Comparison of pre test and post test result.

	MEAN	MEAN %	MEDIAN	MODE	SD	SD %	MEAN DIFFERENCE	MEAN DIFFERENCE %
PRE TEST	11.7	58.5	11.5	10	1.985	9.75	5.1	25.5
POST TEST	16.8	84	17	17	1.126	5.53		

The mean post test knowledge score was higher than mean pre test knowledge score with the mean difference of 5.1 which is statistically proved and

Educational Status

Illiterate	5	16.67%
Primary Education	8	26.67%
Secondary Education	9	30%
Higher Secondary Education	6	20%
Graduate	2	6.66%
Post Graduate	0	0%

Residential Area

Urban	12	40%
Rural	13	43.33%
Suburban	5	16.67%

Occupation

Labourer, Farmer	9	30%
Self Employed	7	23.33%
Business, Unemployed	5	16.67%
Any other	9	30%

Relationship With Patient

Parents	9	30%
Siblings	5	16.67%
Daughter	3	10%
Son	2	6.67%
Spouse	6	20%
Any other	5	16.67%

Duration of Illness

1-2 years	11	36.67%
2-3 years	7	23.33%
3-4 years	5	16.67%
More than 4 years	7	23.33%

Out of 30 caregivers 36.67 % (11) caregivers belongs to age of 30-40 years, 53.33 % (16) caregivers were Female, 76.67% (23) caregivers were Married, 30 % (9) were having Secondary education, 43.33 % (13) belongs to Rural area, 30 % (9) caregivers were Labourer, Farmer, 30 % (9) caregivers are parents of the patients, 36.67% (11) caregivers are care giving to the patients from 1- 2 years.

revealed that the structured teaching program was effective.

Table 3: Correlation of demographic variables with post test knowledge score.

Demographic variables	Practices		df	Chi square χ^2	p value	Table value	Inference
	Above 17 or 17	Below 17					
AGE							
20-30 years	7	3					
30-40 years	11	0	3	5.75	0.05	7.81	NS
40-50 years	4	3					
>50 years	3	0					
SEX							
Male	13	1	1	3.85	0.05	3.84	Significant
Female	10	6	0				
MARITAL STATUS							
Single	6	2					
Married	17	5	3	0.016	0.05	7.81	NS
Divorced	0	0					
Widow/ Widower	0	0					
EDUCATIONAL STATUS							
Illiterate	2	3					
Primary	1	6					
Secondary	8	2	4	9.67	0.05	9.49	Significant
Higher Secondary	1	5					
Graduate	1	1					
Post Graduate	0	0					
RESIDNETIAL AREA							
Urban	8	4					
Rural	11	3	2	1.9	0.05	5.99	NS
Suburban	4	0					
OCCUPATION							
Labourer	2	6					
Self Employed	1	6	3	10.17	0.05	7.81	Significant
Business	1	4					
Any other	8	2					
RELATION WITH PATIENT							
Parents	8	1					
Siblings	1	4					
Daughter	1	2	5	11.7	0.05	11.07	Significant
Son	1	1					
Spouse	1	5					
Any other	1	4					
DURATION OF ILLNESS							
1-2 years	9	3					
2- 3 years	2	5	3	8.47	0.05	7.81	Significant
3-4 years	1	3					
>4 years	1	6					

The calculated chi - square value was greater than tabulated value for selected demographic variables like Sex, Educational Status, Occupation, Relationship

with patient and duration of illness which proved that there was significant relationship between selected demographic variables and mean post test score.

Conclusion

1. Knowledge deficit existed in all the caregivers of Schizophrenic patients regarding Schizophrenia admitted in Psychiatric ward of New Civil Hospital, Surat.
2. The Structured teaching program was found to be effective in enhancing the knowledge of samples regarding Schizophrenia.
3. Samples gained significant knowledge and enhance the skill after expose to Structured Teaching Program.
4. There is significant relationship between selected demographic variables and the post test score.

Recommendation for Further Study

The following recommendations are made on the basis of the findings of the study.

1. A similar study can be replicated on large samples.
2. A comparative study can be conducted related to Knowledge of Schizophrenia of caregivers of Schizophrenic patients in another research setting.
3. A similar study can be undertaken with a control group design.
4. A comparative study can be conducted to find out the effect of different teaching methods in improving knowledge of caregivers.

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