



E-ISSN: 2789-1623
P-ISSN: 2789-1631
IJRP 2021; 1(1): 01-03
Received: 14-12-2020
Accepted: 02-02-2021

Keithellakpam Memchoubi
Assistant Professor, Bharati
Vidyapeeth College of Nursing,
Pune, Maharashtra, India

Durga Modi
Third Year GNM. Nursing,
Bharati Vidyapeeth College of
Nursing, Pune, Maharashtra,
India

Srushti Patil
Third Year GNM. Nursing,
Bharati Vidyapeeth College of
Nursing, Pune, Maharashtra,
India

Rasika Shinde
Third Year GNM. Nursing,
Bharati Vidyapeeth College of
Nursing, Pune, Maharashtra,
India

Correspondence
Keithellakpam Memchoubi
Assistant Professor, Bharati
Vidyapeeth College of Nursing,
Pune, Maharashtra, India

A non-experimental study to assess stress among the family members of mentally challenged individuals in selected mental hospitals of Pune city

Keithellakpam Memchoubi, Durga Modi, Srushti Patil and Rasika Shinde

Abstract

Care for severely mentally ill individuals may carry a heavy burden and stress particularly true for close family members such as parents, who take care of their mentally ill person for long. In the primitive societies, mental illness was thought to be caused by evil spirit. As time passed professionals and society understood the importance of the family members participating in the care of the mentally ill relative in the hospital.

“Non experimental study to assess stress among the family members of mentally challenged individuals in selected mental hospital in Pune City”.

The objectives are to assess the stress among family members of mentally challenged individual. And To associate the selected demographic variable with knowledge.

Research approach used in research is Quantitative approach. Research design used in this Non experimental exploratory research design. In these study research variables is stress among the family of mentally challenged individuals. The study was conducted in Bharati hospital and research centre Pune. The population used in research is 75 Family member of mentally challenged individuals. In this study sample is family member of mentally challenged Individuals who are admitted and attend OPD of BHRC.

Maximum samples (72%) in the age group 31to 40 years. Majority of samples (64%) are female. Maximum samples are (53%) were from Hindu religion maximum sample (57%) are primary educated. Maximum samples (33%) are having job as occupation. Maximum samples (49%) are having family income between 10000 to 20000. Maximum samples (55%) are belongs to nuclear family. Majority (44%) of the samples had moderate stress. Followed by (38.67%) was in severe stress, And (17.33%) of the people having mild stress.

In this study, occupation is associates with the stress of family members as per value of p is less than 0.05.

Keywords: Mentally challenged individuals, stress, family members

1. Introduction

“Normal is a useful word for medicine and psychology, but otherwise it is too abstract when we decide what’s normal and what’s not normal, it could be very dangerous”

Alexander Jollien (Philosopher)

There is more to good health than just a physically healthy body: a healthy person should also have a healthy mind. A person with a healthy mind should be able to think clearly, solve problems faced in life, should enjoy relations with family and feel spiritually at ease and bring happiness to others in the community. It is these aspects of health that can be considered as mental health.

Mental illness refers to a group of brain disorders that cause severe disturbances in thinking feeling, and relating, often resulting in an inability to cope with the ordinary demands of life problems associated with severe behavioral disturbances such as violence, depression, anxiety. They cause great distress to the person affected by producing a negative effects on their lives and the lives of their families. Today Mental and behavioral disorders are common and affect more than 25% of all People at some time during their lives.

One in four families is likely to have at least one member with a behavioral or mental disorder. It is estimated that mental disorders contribute a large share to the global disease burden and account for 33% of the years lived with the disability worldwide. It is estimated that two to three persons in every thousand adults suffer from serious Mental Illness such as affective disorders and schizophrenia. Care for severely mentally ill individuals may carry a heavy burden and stress particularly true for close Family members such as Parents, who take care of their mentally ill children for long. In the primitive societies, mental illness was thought to be caused by evil spirit. As time passed, professionals and society understood the importance of the family members participating in the care of the mentally ill relative in the hospital. In the meantime family members were allowed to stay with their sick relative in the hospital. The family has always been recognized as an important factor both in the genesis and prognosis of mental illness. Initial studies generally focused on the possible etiologic role of the family, but the perspective has now changed to incorporating the family as a “reactor” to mental illness of a

member. The families of the mentally ill have significantly more stressors than normative families; they have clear strengths relative to family coping and the family health sub concepts of adaptability and conflict management. The impact of the serious mental illness was found in their affective evaluations of the family unit on the family health sub concepts of cohesion and satisfaction.

2. Methodology

Research approach used in research is Quantitative approach. Research design used in this Non experimental exploratory research design. In these study research variables is stress among the family of mentally challenged individuals. The study was conducted in Bharati hospital and research centre Pune. The population used in research is 75 Family member of mentally challenged individuals. In this study sample is family member of mentally challenged Individuals who are admitted and attend OPD of BHRC.

3. Results

Table 1: Frequency and percentage distribution of the family members according to the demographic variables n = 75

S. No.	Characteristics	Frequency	Percentage (%)
1	Age		
	31 to 40 years	54	72
	41 to 60 years	21	28
	60 and above	0	0
2	Gender		
	a) Male	27	36
	b) female	48	64
3	Religion		
	a) Hindu	40	53
	b) Muslim	17	23
	c) Christian	18	24
	d) any other	0	0
4	Education		
	a) Primary education	43	57
	b) Secondary education	14	19
	c) Graduate	18	24
	d) Post graduate	0	0
5	Occupation		
	a) Housewife	19	25
	b) Job	25	33
	c) Business	7	10
	d) Worker	24	32
6	Family Income		
	a) 10000 – 20000	37	49
	b) 20001-40000	06	9
	c) 40001-60000	25	33
	d) 60000 and above	7	9
7	Family Type		
	a) Joint family	34	45
	b) Nuclear family	41	55

The data provided in the above table shows that demographic data in the age classified in 3 categories i.e. 31 to 40 years, 41 to 60 years and 60 and above in first category there is 54 peoples in second category there is 21 peoples and last is 60 and above there is no one.

According to the category 72 % people categorized in first category. 28% people in second category and in third category there is no one.

The data provided in the above table shows that demographic data in the gender classified in two categories

i.e. male and female. In male there is 21% and in female 39%.

According to the gender males are 36% and females are 64% from the sample.

After that the data analyzed according to religion majorly people categories in Hindu religion i.e. 53% Muslims are 23% and christen are 24%.

In education category there is majorly people categories in primary education i.e. 57% in secondary education there is 19% people, 24% peoples are graduate from the data and the

no one is post graduate.

In occupation category there is majorly people categories in job the percentage are 33%. afterthat in business category there is 10%, housewife are 25% and workers are only 32%. In family income classified in four 10000 to 20000 there is

49%. after that 20000 to 40000 there is 9%. Then 40000 to 60000 there is 33% and last 60000 above is 9%.

In family type there is two categories in majorly people categories in nuclear family that is 60% and joint family is 40%.

Table 2: Frequency and distribution of family members of mentally challenged individual according to their stress score, n=75

Marks obtained	Number of Sample	Percentage
Mild stress (0-5)	13	17.33%
Moderate stress (6-10)	33	44%
Severe stress (11-15)	29	38.67%
Total	75	100

Table 2 shows that:- By observation there (17.33%) people are having mild stress, (44%) people having moderate stress and (38.67%) people having severd stress. Majority of the family members of mentally challenged individual are (44%).

Table 3: Mean standard deviation values of stress among the family members of mentally challenged individuals. n=75

S. No	Mean	Standard deviation
1	8.04	11

The mean value of study is 8.04 and standard deviation value is 11

Table 4: Association of knowledge score with demographic data

Demographic data	Degree of association	Table value	P- value
Age	4	0.89	0.1
Gender	2	0.43	0.1
Religion	4	3.16	0.1
Education	6	3.01	0.1
Occupation	6	18.25	0.01
Family income	6	7.15	10.64
Family type	2	2.65	0.9

Table no 4-In this study, occupation is associates with the stress among the family member as per value of p is less than 0.05.

4. Summary

Hence we conclude from finding are 72% peoples in age there is 31 to 40 years majorly participated in research study. In gender females are 64% mostly participated in study and in religion category 53% of Hindu majorly participated in research study. mostly people are primary educated i.e. 57%. Majorly peoples are doing job the ratio is 33%. Mojorly peoples having salary 10000 to 20000 that ratio is 49%.in research mostly participated are nuclear family.

From the study there is majorly people are suffering from moderate stress is 44%.

In this study, occupation is associates with the stress among the family member as per value of p is less than 0.05.

5. Recommendations

Keeping in view the findings of the present study, the following recommendations were made.

A similar study can be replicated in different setting to strengthen the findings.

The same study could be replicated on a large sample. This would provide in valuable evidence in the area of practice.

A similar study can be done by providing the family members with stress regarding care of the mentally challenged individuals by using different teaching modalities like planned teaching programmed, lecture cum discussion, self –instructional module, etc.

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