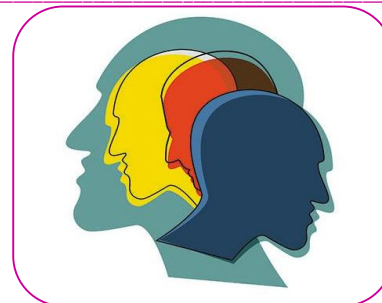




A COMPARATIVE STUDY OF DEPRESSION AND WELL-BEING AMONG MALE AND FEMALE CAREGIVERS OF SCHIZOPHRENIC PATIENTS

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ABSTRACT

Schizophrenia is a chronic psychiatric disorder that poses numerous challenges in its management and consequences. Schizophrenia affects not only the quality of life of individuals with the disease but also that of their family, members and close friends. The impacts of various aspects of the family caregivers depression and well-being is significant throughout the trajectory of the illness. The main purpose of this research was to compare the depression and well-being of male and female caregivers of schizophrenic patients. The total sample consisted of 40, 20 were male caregivers and 20 were female caregivers of schizophrenic patient, attending the O.P.D. of Institute of Mental Health & Hospital, Agra. The research tool for depression measured by Beck, Ward et al's (1961) Beck Depression Inventory and well-being tool measured by Verma and Verma's (1984) PGI General well-being measure. 't-test' was applied to check significant difference and 'r' to find out correlation. Result shows that there was significant difference in depression among male and female caregivers of schizophrenic patients as well as there was significant difference in well-being of male and female caregivers. There was a significant negative correlation between depression and general well-being.

KEYWORDS: Schizophrenia, Chronic psychiatric disorder, Quality of life, Caregivers, Depression & Well-Being.

INTRODUCTION:

Schizophrenia is a chronic psychiatric disorder that poses numerous challenge in its management and consequences. Approximately one of every 100 people on earth meets the DSM-IV criteria for schizophrenia (A.P.A.1994, Regier et al., 1993). More than two million people currently living in the United States have been or will be diagnosed as suffering from schizophrenia (Keith, Regier & Rae, 1991). Some 200,000 to 400,000 new cases are reported each year (Regier et al. 1993).

The President Commission on Mental Health (1978) brought such figures to life with the observation there are as many schizophrenics in America as there are people in Oregon, Mississippi and Kansas or in Wyoming, Vermont, Delaware and Hawaii combined. The catastrophic impact of this disorder on families represents an even greater emotional cost. Schizophrenia becomes a entire family's concern instead of being solely the survivor's multidimensional need including treatment monitoring, treatment related symptoms management, emotional financial, and spiritual support and assistance with personal and instrumental care. Family caregivers report various problems from their caregiving experiences, including conflict among their social roles, restrictions of activities, strain in marital and family relationship, psychological distress and diminished physical health. Schizophrenia affects not only the quality of life of individuals with the disease but also that of their family members and close friends. The impact on various aspects of the family caregivers' quality of life is significant through out the trajectory of the illness.

Schene, et al. (1998) found four caregiver domains such as, tension, supervision, worrying and urging. These domains were strongly related to the mental health, professional and the number of hours of mental contact between the patients and the relatives.

Depression is a common mental disorders that presents with depressed mood, loss of interest of pleasure, feeling of guilt or low self worth, disturbed sleep or appetite, low energy and poor concentration. Depression many operationally be defined as a frequent mental state of dejection, gloom and listlessness (Kisker, 1972). In other words, it may be take as a state of sadness/unhappiness. Psychological well-being refers to reasonable amount of harmony between an individual's abilities, needs expectations, environmental demand and opportunities (Levi, 1987). In a general feeling of contentment, happiness, satisfaction with life-expectations and of one's role in world or dissatisfaction etc. Campbell et al. (1970) have conceptualized that 'Quality of life' is a composite measure of physical, mental and social well being, happiness satisfaction involve many life situation such as health, marriage, family work, finance, education etc. Burden of relatives of patients with schizophrenia has been found caregivers health conditions (Fadden et al., 1992).

Raj et al. (1991) observed that the severity of psychopathology and social burden were significantly correlated.

Kumar et. al. (2002) reported marked deterioration in the quality of life of spouses of chronic schizophrenic patients.

Rashmi and Jai Prakash (2010) found no significant difference between male and female caregivers of schizophrenic patients.

Morten & Addington (2011) observed that family members are more significantly stressed as a result of having out of them with schizophrenia.

Rashmi & Jai Prakash (2012) found that female scored higher on well-being and also found the negative correlation between depression and self-esteem of caregivers of schizophrenia patients.

In the view of above, it is clear that till date little work has been done on caregivers of schizophrenic patients. Therefore, the present study is an attempt to ascertain the factor associated with caregivers of schizophrenic patients.

OBJECTIVE OF THE PRESENT STUDY:-

1. To find out the difference in well-being and depression of male and female caregivers of schizophrenic patients.
2. To find out the correlation between depression and well-being.

HYPOTHESIS:-

1. It is assumed that there will be no significant difference between male and female caregivers of schizophrenic patients with respect to their depression.
2. It is assumed that there will be no significant difference between male and female caregivers in terms of their well-being.
3. It is assumed that there will be negative correlation between depression and well-being.

METHODOLOGY:-

Design:- Normative survey design was used

Sample:- The sample of the present study consisted of 40 caregivers (20 male and 20 female) of schizophrenic patients in the age range of 30-40, attending the O.P.D. of Institute of Mental Health and Hospital, Agra. Purposive sampling method was used for data collection.

Tools used:-

The following tools were employed in the present study.

1. Beck Depression Inventory (B.D.I.) : developed by Beck Ward et al. (1961).

2. P.G.I. General Well-Being Measure : developed by Verma & Verma (1989).

PROCEDURE:-

At first the permission of the Director of the Institute of Mental Health & Hospital was taken for conducting the present study on their O.P.D. patients. The caregivers of schizophrenic patients was contacted by researcher to solicit their participation. A brief explanation of the study was provided and they were told that they could withdraw at any time. They were assured that their responses would be kept confidential and were used only for the research purpose. After informed consent was obtained. The caregivers were administered the psychological tests mentioned above.

DATA ANALYSIS:-

After collection of data, each sample was scored properly for each test following the respective standard procedure for scoring and then it was tabulated properly for statistical calculations.

RESULT & DISCUSSIONS:-

The purpose of this research was to compare depression and well-being among male and female caregivers of schizophrenic patients. t-test was used to find out the significant difference and 'r' was used to find out correlation. The result have been presented in table 1, 2 and 3.

Table – 1
Showing Mean, SD and t-value of male and female caregivers of schizophrenic patients with regards to depression

Group	N	Mean	S.D.	t-value	P
Male	20	23.21	2.89	8.23	<0.01
Female	20	34.67	4.33		

Result table No. 1 shows that male caregivers mean was 23.21 and S.D. was 2.89 and female caregivers mean was 34.67 and S.D. was 4.33. t-value of depression was 8.23 that is higher than 't' table value which is 2.704 at 0.01 level therefore study revealed that there was significant difference at .01 level and hypothesis no. 1 is rejected. It indicates female caregivers of schizophrenic patients have high mean score than their male counterparts.

Table – 2
Showing Mean, SD and t-value of male and female caregivers of schizophrenic patients with regards to well-being

Group	N	Mean	S.D.	t-value	P
Male	20	15.67	3.46	6.45	<0.01
Female	20	14.2	5.07		

The result shows that there is significant difference between male and female caregivers of schizophrenic patients. The mean score of male caregivers (15.67) shows that male caregivers have a more well-being in comparison with female caregivers (14.2). Further this table also shows that there is significant difference between male and female caregivers of schizophrenic patients ($t=6.45, p<0.01$). Thus, hypothesis no. 2 is rejected in this regard.

Table – 3
Showing Correlation between Well-being and Depression

Group	Depression	N	Df	p
Well-being	-0.49	20	18	<0.05

Perusal of the above table 3 shows a significant negative correlation ($r = -.49$, $p < 0.05$) between well-being and depression. It shows that as the depression increases, the well-being decreases.

DISCUSSION:-

The results indicate that having a patients with schizophrenia does have tremendous effect of both the caregivers. Both male and female caregivers seem to undergo immense emotional turmoil. Female caregivers have low well- being and high depression. This can be explained due to the fact that the female caregivers see themselves as helpless and inferior, incapable to improve the situation and lack of the inner resource to tolerate and to reduce anxiety aroused by everyday event and stress. Female caregivers feel more burden of care responsibility and less social and family support. On the other hand, it is found that depression has been significantly and negativity correlated with well-being, it indicates that where the depression increased well-being decreased.

CONCLUSION:-

The main purpose of this research was to compare the depression and well-being among male and female caregivers of schizophrenic patents. There is significant difference between male and female caregivers of schizophrenic patient in their depression and well-being and significantly negative correlation was found between depression and well-being.

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