

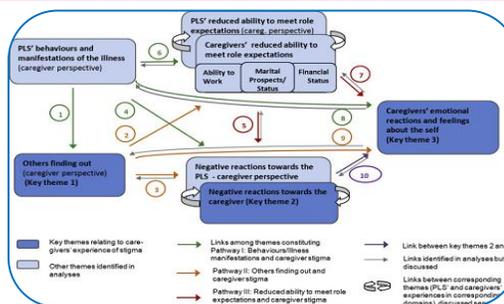


“IMPACT OF STIGMA ON CAREGIVERS OF SCHIZOPHRENIA”

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ABSTRACT:

This study investigates the stigma of rural and urban caregivers of schizophrenic patients. The population sample of the present research was chosen from private and Civil Hospital, Jalgaon district. The research sample consists of 120 caregivers out of 60 rural and 60 urban Schizophrenia patients' caregivers. Researcher used Stigma scale. Data was analyzed with the help of statistical techniques. Researcher used mean, S.D. and t test. Data was analyzed with the help of SPSS. Result showed that stigma affects more on rural caregivers than urban caregivers of schizophrenic patients.

KEYWORDS: Stigma, schizophrenia, rural and urban caregivers.

1.1) INTRODUCTION:

In this era Twenty-first century human being is very techno savvy, Information technology has progressed on a large scale. It is not limited to urban area but it has reached up to the rural area also. Today in our Indian society we are facing many challenges and many problems too. There are many challenges and problems like unemployment, poverty, farmer's suicide, dowry, girl child birth, blind beliefs and not sufficient information regarding mental health and mental illness. We must focus on solution based action plan for this all challenges and problems.

In day today life we can see maximum imbalance in physical and mental health among caregivers of schizophrenia. Hence the focus of present research is exclusively on the "caregivers". Caregiver a person often neglected in the process of diagnosis and treatment, and yet an important figure in the prognosis of the person with schizophrenia. There are many obstacles in recovering and maintaining process of schizophrenia patients. Stigma is one of the major obstacle mental health service providers and mental health workers are facing from many years. There must be solution in this mentality itself. In present research researcher trying to find out the same.

Awareness through beliefs removed and equipped with right scientific information. It leads to remove stigma at some point. It improves mental health outcomes among caregivers of schizophrenia patients. Present research to be conduct to assess stigma in caregivers of schizophrenia patients. Ultimately this improves surrounding of patients. These benefits to improve the functioning and maintaining physical, mental health of schizophrenia Patients.

DEFINITIONS:

(1) **Schizophrenia** is a disorder of thinking and troubled mood. This thought disorder is manifested by difficulties in maintaining and focus attention and information concepts. It can result in false

perceptions and beliefs in enormous difficulties in understanding reality. (Sadock B.J.; Sadock A.S. 2015).

- (2) **Stigma:** Stigma is defined as a sign of disgrace or discredit, which sets a person apart from others. The stigma of mental illness, although more often related to context than to a person's appearance, remains a powerful negative attribute in all social relations. (Goffman, 1963).

1.2) STATEMENT OF THE PROBLEM:

"To study the impact of Stigma on rural and urban caregivers of schizophrenic patient's".

1.3) SIGNIFICANCE OF STUDY:

In day today life we see stress among the rural and urban caregivers of schizophrenia, but we neglect disturbed mental health among them because we think that, their duty is to serve schizophrenia patients. When person from rural area care giving to schizophrenia patients there are so many responsibilities and harsh social situations he or she is facing daily i.e. social stigma, blind beliefs, neighbors and relatives, observation of fluctuations in moods and behavior in patient, follow-up of psychiatry hospital for treatment and counseling, bad economical situations, expressed emotions as well his personal and work life too, for this mental health of rural caregiver is very important. In case of urban caregiver they also are facing same problems as rural care givers face, in day today life.

If caregivers remain mentally uncertain and if they are victim of social stigma and burnout, we see its adverse effect on his work and it becomes a cause of less care giving to patients with schizophrenia and weak in his own work field performance, resulting bad mental health and much more.

So aim of this study was to find out the impact of stigma on rural and urban caregivers of schizophrenic patients in Jalgaon district.

1.4) OPERATIONAL DEFINITIONS:

1. Urban Caregiver: Caregiver who resides in district, in municipal corporation area at Jalgaon, Maharashtra.
2. Rural Caregiver: Caregiver who resides in villages or Tahsil places at Jalgaon, Maharashtra,

2.) REVIEW OF LITERATURE

Jadhav S, Littlewood R, Ryder AG, Chakraborty A, Jain S, Barua M (2007) and Angermeyer MC, Dietrich S.(2005) A similar study conducted by Jadhav *et al.* in 2007 in India reported higher stigma in rural caregivers, especially those with a manual occupation. Rural caregivers reported more punitive practices of society toward the persons with severe mental illness while the urban residents had a comparatively liberal view of same. Simultaneously an interesting finding suggesting dissonance between attitude and behavior was that despite the liberal views; a strong link was found between stigma and not wishing to work with mentally ill in urban areas whereas no such finding was seen in rural residents. Rather persons with mental illness and their caregivers could be absorbed in some unskilled work easily as compared to urban counterparts.

Yannawar Pravin B., Jahanara M. G., Sangeeta Gotewal, Shashi B.S. (April 2015). 'Comparative study of perception of stigma among caregivers of persons with bipolar affective disorder and Schizophrenia'. Many people with serious mental illness struggle with the symptoms and disabilities that result from the disease and are also challenged by the stereotypes and prejudices that result from misconceptions about mental illness. As a result of both, people with mental illness are robbed of the opportunities that define a good quality life: good jobs, safe housing, satisfactory health care, and affiliation with a diverse group of people. There are still attitudes within most societies that view symptoms of psychopathology as threatening and uncomfortable, and these attitudes frequently foster stigma and discrimination towards people with mental illness. Stigma may result in various forms of exclusion or discrimination – either within social circles or the workplace. Mental health stigma can be divided into social stigma, which is characterized by prejudicial attitudes and discriminating behavior

directed towards mental health problems and perceived stigma which is the internalizing by the mental health sufferer of their perceptions of discrimination. Perceived stigma can significantly effect in feelings of shame and lead to poorer treatment outcomes. It is important to understand the aspect of prejudice against mental illness. By addressing this important issue appropriately, it is easier to create a supportive environment for persons with mental illness.

3.) RESEARCH METHODOLOGY:

3.1) Objectives of the study:

1. To find out the difference between stigma of male and female caregivers of schizophrenia patients.
2. To find out the difference between stigma of urban and rural caregivers of schizophrenia patients.
3. To find out the difference between stigma of rural male and female caregivers of schizophrenia patients.
4. To find out the difference between stigma of urban male and female caregivers of schizophrenia patients.

3.2) HYPOTHESIS:

1. There will be no significant difference between stigma of Urban and Rural caregivers of schizophrenia patients.
2. There will be no significant difference between stigma of rural male and female caregivers of schizophrenia patients.
3. There will be no significant difference between stigma of urban male and female caregivers of schizophrenia patients.
4. To find out the difference between stigma of male and female caregivers of schizophrenia patients.

3.3) VARIABLES:

A.) Independent variables:

1. Gender: - A.) Male & B.) Female.
2. Area: - A.) Rural & B) Urban

B.) Dependent Variable: Stigma

C.) Controlled Variable:

1. Education: Minimum 7th pass caregiver.
2. Age: between 25 to 55 years of caregivers.

3.4) Sampling Design: This research used purposive sample method for data collection.

1. Sample consists of 120 hospitalized and diagnosed as schizophrenic patients caregivers, from Jalgaon district, Maharashtra Only.
2. The gender criteria male and female are used.

3.5) Design of the study:-

	Caregivers		Total
	Area		
Gender	Urban area	Rural area	
Male	30	30	60
Female	30	30	60
Total	60	60	120

Research Design:

Research Design		Gender (B)	
		Male (B1)	Female (B2)
Area (A)	Urban (A1)	A1 B1	A1 B2
	Rural (A2)	A2 B1	A2 B2

A=Area, A1=Urban, A2=Rural.

B= Gender, B1=Male, B2=female.

2*2 Factorial Design will be applied.

3.6) Tools to be used for data collection:- Following psychological tests was used.

Stigma scale, (Thara et al, 2000) a scale from the family Interview Schedule used in the WHOP international study of schizophrenia (ISOS), (Sartorius et al, 1996) was recommended by SCARF. This scale was also used by SCARF in their study on stigma and caregiver burden in schizophrenia, (Thara et al, 2000). This scale was found apt for the study as it quantified the stigma felt by the caregiver on personal and social level. The items in the scale were specific to the point, and had a four point rating scale. Other good scales were also reviewed, e.g. work by Dr. Murthy from Bangalore, but the stigma scale from ISOS was retained.

4.) RESULTS AND DISCUSSION:-

In this part investigator has explained the result related to statistical analysis and hypothesis.

Hypothesis 01) There will be no significant difference between urban and rural caregivers of schizophrenic patients on stigma

Group Statistics

	Area	N	Mean	Std. Deviation	df	t	Sing . Level
Stigma	Urban	60	14.20	5.42	118	5.81	0.01
	Rural	60	19.98	5.47			

The mean score of stigma among urban and rural caregivers of schizophrenic patients along with SD and 't' value is given in table - 1.

It is clear from the table that mean score of stigma of urban caregivers of schizophrenic patients is 14.20 (SD = 5.42) as compare to mean score of stigma of rural caregivers of schizophrenic patients which is 19.98 (SD = 5.47) is high. The 't' value testing the significance of difference of stigma of urban and rural caregivers of schizophrenic patients is 5.81 which is significant at 0.01 level. This is table shows that urban and rural caregivers of schizophrenic patients do differ significantly in stigma. This hypothesis is rejected.

Hypothesis 02) There will be no significant difference between rural male and rural female caregivers of schizophrenia patients on stigma.

Group Statistics

	Gender	N	Mean	Std. Deviation	df	t	Sing Level
Stigma	Male	30	19.73	5.84	58	.35	NS
	Female	30	20.23	5.17			

The mean score of stigma among male and female caregivers of schizophrenic patients along with SD and 't' value is given in table - 2.

It is clear from the table that mean score of stigma of rural male caregivers of schizophrenic patients is 19.73 (SD = 5.84) as compare to mean score of stigma of rural female caregivers of schizophrenic patients which is 20.23 (SD = 5.17).the 't' value testing the significance of difference of stigma of male and female caregivers of schizophrenic patients is .35 which is no significant. This is table shows that rural male and rural female caregivers of schizophrenic patients do not differ significantly in stigma. This hypothesis is accepted.

Hypothesis 03) There will be no significant difference between urban male and urban caregivers of schizophrenia patients female on stigma.

Group Statistics

	Gender	N	Mean	Std. Deviation	df	t	Sing. Level
Stigma	Male	30	13.16	5.10	58	1.49	NS
	Female	30	15.23	5.61			

The mean score of stigma among male and female caregivers of schizophrenic patients along with SD and 't' value is given in table - 3.

It is clear from the table that mean score of stigma of urban male caregivers of schizophrenic patients is 13.16 (SD = 5.10) as compare to mean score of stigma of urban female caregivers of schizophrenic patients which is 15.23 (SD = 5.61).the 't' value testing the significance of difference of stigma of urban male and urban female caregivers of schizophrenic patients is 1.49 which is no significant. This is table shows that urban male and urban female caregivers of schizophrenic patients do not differ significantly in stigma. This hypothesis is accepted.

Hypothesis 04) There will be no significant difference between male and female caregivers of schizophrenia patients on stigma.

Group Statistics

	Gender	N	Mean	Std. Deviation	df	t	Sing. Level
Stigma	Male	60	16.45	6.36	118	1.14	NS
	Female	60	17.73	5.91			

The mean score of stigma among male and female caregivers of schizophrenic patients along with SD and 't' value is given in table - 4.

It is clear from the table that mean score of stigma of male caregivers of schizophrenic patients is 16.45 (SD = 6.36) as compare to mean score of stigma of female caregivers of schizophrenic patients which is 17.73 (SD = 5.91).the 't' value testing the significance of difference of stigma of male and female caregivers of schizophrenic patients is 1.14 which is no significant. This is table shows that male and female caregivers of schizophrenic patients do not differ significantly in stigma. This hypothesis is accepted.

5) MAJOR FINDINGS AND CONCLUSION:

1.The present research study is finding out the rural caregivers and urban caregivers of schizophrenic patients do differ significantly in stigma. Rural caregivers have more stigmatized than urban, because lack of scientific knowledge regarding mental illness especially about schizophrenia and surrounded by blind beliefs. The present study finds out that there is significant difference between stigma of rural and

urban caregivers of schizophrenic patients. Now a day's android mobiles are also in rural area, researcher developed mobile application 'manasmitr...a psychological first aid box'. This mobile application gives information regarding schizophrenia; anybody can download it free of charge.

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