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A Study To Asses The Level Of Anxiety Among Family Members Regarding Care Of Schizophrenic Patient Attending Psychiatric OPD, IMH, SCB, MCH, Cuttack

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ABSTRACT: -

Anxiety is a common human emotional state and anxiety disorders represents a major class of clinical problems that occur throughout the lifespan. Anxiety have a major influence upon mood, our sense of well-being, behavior, and health. A descriptive cross sectional survey approach was conducted to assess the level of anxiety among family members of schizophrenic patient regarding care of schizophrenia attending psychiatric OPD in a selected hospital cuttack, odisha. The selected sample size was 50 by purposive sampling technique. Standardized LIKERT scale was used for assessment of anxiety. According to the results, 48% of family members were experienced mild anxiety, 14% of family members were experienced moderate level of anxiety and 2% of family members were experienced severe level of anxiety. Factor wise analysis revealed that highest 46% of family members were experienced both mild level of anxiety related to emotional factor, 12% of family members had severe level of anxiety related to treatment factor, 8% of family members were experienced panic level of anxiety related to social factor. Comparison level of anxiety with socio-demographic variables reveals that highest 42% of family members had mild level of anxiety related to unemployment. Association between level of anxiety among family members were significant with their relation to the patient age, occupation, education, religion with highly significant of monthly income and no significance with sex, types of family, residence and duration of treatment by psychiatrist. so, family members may perceive challenges regarding the caring of individuals with mental disorders.

KEY WORDS: Anxiety, cross sectional survey, schizophrenic patient

INTRODUCTION:

Anxiety is a common human emotional state and anxiety disorders represent a major class of clinical problems that occur throughout the lifespan. The construct has become intertwined with concepts such as stress and uncertainty, and anxiety disorders have been extended to include syndromes that don't feature anxiety as a primary presenting symptoms, (JKarrie. 2000).

The family environment and the family ability to provide support have a powerful impact on the ability of the person with the schizophrenia to function independently. Although no longer seen as the cause of mental illness, families are required to adopt to an immersely difficult situation. The family may need assistance in modifying an over stimulating or high demand environment.

Schizophrenia is a severe mental disorder which accounts for much suffering of those affected and their families, in addition to a cost of society estimated as 1.1% of the total YLDs (Years lived with disability) (verna Banner Carson 2009).

OBJECTIVES

- To assess the level of anxiety among the family members of Schizophrenic patients regarding care of schizophrenia
- To find out association between level of anxiety among the family members of schizophrenic patient with their socio-demo graphic variables.
- To compare the level of anxiety of family members with their socio-demographic variable like age, sex, educational status, occupation , religion, income et

HYPOTHESIS

H1 –There will be significant association between level of anxiety among family members about care of schizophrenic patients with selected socio demographic variable.

MATERIALS AND METHODS

A Descriptive research design with cross-sectional approach was used for the study. The study setting was in OPD of IMH, SCB, Medical college hospital Cuttack. Population of the study was the family members of schizophrenic patient. Sample size was 50 the family members of schizophrenic Patient those were giving care to schizophrenic Patient who were attending OPD of IMH, S.C.B. Medical college & hospital at Cuttack with adopted Purposive sampling technique . The tool was consist of two sections ,Section A – Demographic variable. Section B – Structure interview schedule.

DATA COLLECTION PROCEDURE

Prior to data collection, permission to be obtained from the authority The subject were informed about the purpose of the study and permission was obtain from them, co-operation was readily obtained from the nursing and medical personnel after explaining the purpose of present work. Data was collected from 50 family members' of schizophrenic patients who was attending OPD. During data collection privacy was maintained. Items were asked as per interview schedules. Responses were recorded as per interview schedule during interview.

RESULT AND DISCUSSION:

Percentage wise distribution of level of anxiety among family member of schizophrenic patients.

Level of anxiety	Number	Percentage(%)
No	17	34%
Mild	24	48%
Moderate	7	14%
Severe	1	2%
Panic	1	2%
Total	50	100%

Findings related to level of anxiety among family members of schizophrenic patients. In order to assess the level of anxiety, the total anxiety were grouped into five categories i.e. 0-35, 35-70, 70-105, 105-140 and above 140 as no anxiety, mild, moderate, severe and panic respectively, Distribution of family members of schizophrenic patient to the various level of anxiety shows that the all the family members had anxiety most of the family members had mild level of anxiety i.e. (48%), 34% of family members had no anxiety. However 14% of caregivers had moderate level of anxiety. Whereas 2% of caregivers had both severe and panic level of anxiety.

Area wise distribution of level of anxiety among family member of Schizophrenic patient.

AREA	NO		MILD		MODERATE		SEVERE		PANIC	
PHYSICAL FACTOR	No.	%	No.	%	No.	%	No.	%	No.	%
	28	56%	14	28%	7	14%	-----	-----	1	2%
EMOTIONAL FACTOR	7	14%	23	46%	17	34%	2	4%	1	2%
SOCIAL FACTOR	29	58%	13	26%	----	-----	4	8%	4	8%
TREATMENT FACTOR	10	20%	23	46%	11	22%	6	12%	-----	-----
FINANCIAL FACTOR	31	62%	10	20%	6	12%	3	6%	----	-----

Area wise distribution of care giver's level of anxiety shows that

In mild anxiety highest percentages i.e. 46% of caregivers had mild anxiety related to both emotional and treatment factor, 28% had mild anxiety related to physical factor, 26% of mild anxiety related to social factors and 20% of mild anxiety related to financial factors. In moderate level of anxiety highest percentage (34%) had moderate anxiety related to emotional factor, 22% related to treatment factor, 14% related to physical factor, 12% related to financial factor. In severe level of anxiety the highest percentage (12%) of caregivers had severe anxiety related to treatment factor, 8% of caregivers had severe anxiety of caregivers related to social factor, 6% had severe anxiety related to financial factors, 4% caregivers had severe anxiety related to emotional factor. In panic level anxiety highest percentage (8%) of care givers had panic level of anxiety related to social factors, 2% of caregivers had panic anxiety related to both physical and emoti. Hence it interpreted that 8% of caregivers had panic anxiety related to social factor.

HYPOTHESIS TESTING:-

Association between levels of anxiety among caregivers with their socio-demographic variable.

Demographic variable	X ² value	Level of significant
Relation to patients	9.16	S
Age	4.48	S
Sex	0	NS
Education	8.13	S
Occupation	10.24	S
Income/month of the family	16.76	<u>HS</u>
Religion	7.74	S
Type of family	0	NS
Residence	0	NS
Duration of treatment by psychiatrican.	3.06	NS

df-1, Table value-3.84 $P < 0.05$, Significant)

Chi-square was calculated to find out the association between the level of anxiety among caregivers of schizophrenic patients with their socio-demographic variables reveals that there was no significant association between level of anxiety when compared to Sex, type of family, residence, duration of treatment by psychiatrist of ($P > 0.05$), whereas there was significant

association between level of anxiety when compared to, relation to the patient, education, occupation, religion and highly significant association was found between level of anxiety of caregivers when compared to monthly income of family members of schizophrenic patient.

Hence the difference observed in the mean score values were by chance and not true difference with sex, type of family, residence, duration of treatment by psychiatrist where as true difference was observed with relation to patient, age, education, occupation, religion and monthly income of family members.

CONCLUSION:

Based on findings of the study a level of anxiety among caregivers of schizophrenic patients who attending psychiatric OPD of MHI, SCB MCH, Cuttack. It can be concluded that most of the caregivers were female, in between age group 40 to 60yrs, literate, from Hindu family, unemployed, belongs to nuclear family, from rural areas, and most of their patient taking care from psychiatrist in between 1yrs to 5yrs. Hence the level of anxiety was more or less similar irrespective of socio demographic variables.

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ETHICAL CLEARANCE:

- ✓ Study was approved by HOD , Department of psychiatry , MHI , SCB, MCH, Cuttack, Odisha.

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