A Study to Assess the Level of Burden and Coping Strategies among Caregivers of Patient with Affective Disorders at Selected Hospitals of Sangli, Miraj, Kupwad Corporation Area

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Abstract

Introduction: Interactions with caregivers of patients with severe mental illness like schizophrenia and bipolar affective disorder have revealed negative feelings about the disability status of their relative and burden related to caring for their relative with mental illness. Many caregivers have expressed that the patient’s disability status affects the family pattern, roles of family members, prosperity of the family and relationship among the family members. Patient outcome and compliance with treatment are also dependent on optimal care giving and addressing family’s needs. Unfortunately these needs are not routinely considered, addressed or met. Addressing the burden perceived by caregiver and improving their coping can assist with good clinical care of patients with severe mental illness and hence these study to assess the burden perceived by caregiver and their coping.

Objectives: To assess the levels of Burden among care givers of patients with affective disorders and To assess the coping strategies among the caregivers of patients with affective disorders.

Materials and Method: The researcher used quantitative research approach to assess burden and coping strategies. The research design was descriptive research design. The tool reliability coefficient ‘r’ of the scale was 0.7, hence it was found reliable. Total 120 samples were selected by non Probability convenient sampling technique. Total two scale namely Zarit burden interview and Rating scale for assessing coping strategies to collect data. The conceptual framework adopted is Sr.Calista Roy’s adaptation model (1984) the main concept of this conceptual framework is human being, stimuli, adaptation models and nursing.

Results and Conclusion: In this study found the level burden among the care givers of affective disorders patients have experienced 60(50%)were had moderate to severe level of burden, 29(24.17%) were had severe burden, 13(10.83) were had no or little burden and 18(15%) were had mild to moderate burden and levels of coping strategies among care givers, 19(15.83%) were had moderately adequate coping strategies, 93(77.50%) were had adequate coping strategies and 08(6.67%) were had inadequate coping strategies.

Key words: Care giver, Burden, Coping strategies,

Background of Study

In 1896, Kraeplin according ‘manic-depressive psychoses’ as a circumscribed illness entity. Ever since, frenzied depressive mental disease, or the present term used nosologically as ‘bipolar’ mood disorder, has been studied within the Indian perspective. The mood disorders are commonly known as affective disorders. Broadly speaking, the emotions can be described as two main types Affect which is a short-lived emotional response to an idea or an event, and Mood, which is a sustained and pervasive emotional response which colors the whole psychic life. Caregivers of patients of schizophrenic disorder and bipolar major affective disorder (BAD) expertise appreciable burden whereas caring their patients. They develop totally different cope methods to cope with this burden. Care giving is a chronic stressor and different coping methods are used to handle such a situation. The present study
attempts to assess coping in caregivers of Chronic Schizophrenia and Bipolar Affective Disorder and make a comparison between them. The study also tries to assess the relationship between the burdens experienced by the caregivers of both these groups of patients with the coping strategies adopted by them. It was a hospital based cross sectional and comparative study, conducted in the Department of Psychiatry, Assam Medical College and Hospital with a sample size of 30 primary caregivers of equal number of patients of Chronic Schizophrenia and 30 Primary caregivers of equal number of Bipolar Affective Disorder patients. Appropriate statistical tests were used for analysis of obtained data setting significance threshold at p coping (90%) followed by external attribution and magical thinking. Among the caregivers of patients of BPAD the most commonly used coping strategies included help seeking (93.33%) followed by religious coping strategies and external attribution. 

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ASSUMPTION 1. The caregivers of affective disorders patients may experience some level of burden and The caregivers of affective disorders patients may use some coping strategies.

Results

SECTION I: Deals with analysis of data related to assessment of the level of burden among care givers in terms of frequency, percentage.

Table No.1: Classification of respondents based on levels of burden among care givers of affective disorders.

<table>
<thead>
<tr>
<th>Sr. No</th>
<th>Level of Burden</th>
<th>Score</th>
<th>Frequency</th>
<th>Percentage %</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>No or little burden</td>
<td>0-20</td>
<td>13</td>
<td>10.83%</td>
</tr>
<tr>
<td>2</td>
<td>Mild to moderate burden</td>
<td>21-40</td>
<td>18</td>
<td>15%</td>
</tr>
<tr>
<td>3</td>
<td>Moderate to severe burden</td>
<td>41-60</td>
<td>60</td>
<td>50%</td>
</tr>
<tr>
<td>4</td>
<td>Severe Burden</td>
<td>61-88</td>
<td>29</td>
<td>24.17%</td>
</tr>
</tbody>
</table>

The above table describes the levels of burden among care givers of affective disorders, 60(50%) were had moderate to severe burden, 29(24.17%) were had severe burden, 13(10.83%) were had no or little burden and 18(15%) were had mild to moderate burden.

SECTION II: Deals with analysis of data related to assessment the coping strategies among care givers of affective disorders patients in terms of frequency and percentage.

Table No.2: Classification of respondents based on coping strategies among care givers of affective disorders.

<table>
<thead>
<tr>
<th>Sr. No</th>
<th>Strategies</th>
<th>Score</th>
<th>Frequency</th>
<th>Percentage %</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Inadequate coping strategies</td>
<td>01-24</td>
<td>08</td>
<td>6.67%</td>
</tr>
<tr>
<td>2</td>
<td>Moderately adequate coping strategies</td>
<td>25-50</td>
<td>19</td>
<td>15.83%</td>
</tr>
<tr>
<td>3</td>
<td>Adequate coping strategies</td>
<td>51-75</td>
<td>93</td>
<td>77.50%</td>
</tr>
</tbody>
</table>

The above table describes the coping strategies among care givers, 19(15.83%) were had moderately adequate...
coping strategies, 93(77.50%) were had adequate coping strategies and 08(6.67%) were had inadequate coping strategies.

Discussion

The study was descriptive in nature and the population taken for the study was of a low socioeconomic status. An exploratory study to assess the level of burden and coping strategies among caregivers of patients with affective disorder at selected hospitals of Sangli, Miraj, Kupwad corporation area. The findings of the study have been discussed with reference to objective and assumption.

Discussion regarding demographic variables:
- Majority of the caregivers, 30(25%) were between 31-35 years. The majority of caregivers were 70(58.30%) females. With regard to religion, 80(66.7%) were Hindus. Majority 69(57.5%) were graduates. With regard to monthly income, 50(41.66%) were had Rs. 10000 -15000 income per month. In relation to the type of family, 80(66.70%) were from joint family. With regard to duration of care giving, majority 40(33.33%) were giving for 1 to 3 years. In relation to the care givers relationship, 30(25%) were fathers, 30(25%) were son.

Objective 1. To assesses the levels of Burden among care givers of patients with affective disorders.

The study reveals that the majority caregivers of affective disorders patient 60(50%) were had moderate to severe burden, 29(24.17%) were had severe burden, 13(10.83%) were had no or little burden and 18(15%) were had mild to moderate burden.

Objective 2. To assesses the coping strategies among the caregivers of patients with affective disorders.

The coping strategies among care givers, 19(15.83%) were had moderately adequate coping strategies, 93(77.50%) were had adequate coping strategies and 08(6.67%) had inadequate coping strategies.

Conclusion

This chapter deals with the conclusion, implication, recommendation and data collected from 120 individual samples regarding the level of burden and coping strategies among care givers of affective disorders. The data was collected by using the Zarit burden Interview and Rating scale for assessing coping strategies. The study was conducted at selected hospitals, Sangli and Miraj, Kupwad corporation area. The data analysis was done by descriptive and inferential statistics. The findings of the study are as follows; The study reveals that the care givers of affective disorders patients was 60(50%) were had moderate to severe levels of burden, 29(24.17%) were had severe burden, 13(10.83%) were had no or little burden and 18(15%) were had mild to moderate burden. The mean percentage score was 54.71 with mean and standard deviation of 48.15±2.75. The coping strategies among care givers of affective disorder using 19(15.83%) were had moderately adequate coping strategies, 93(77.50%) were using adequate coping strategies and 08(6.67%) were using inadequate coping strategies.

Conflict of Interest: - Column is Nil

Sources of Funding: - Self

Ethical Consideration: - Permission was obtained from the research ethical committee of the Bharati Vidyapeeth (Deemed to be) University College of Nursing, Sangli and permission taken for data collection from Hospital authority of Sangli, Miraj, Kupwad Corporation area. Informed consent was obtained from individual(Samples) who are selected for the study. Ethical clearance was done by head of committee members Dr shriPriya and Dr. Nilima Bhore.

References
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