

Perceived Stress Among Caregivers Of Individuals With Mental Illness

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Abstract

Those who are close to a person who is suffering from a mental illness are also likely to experience a decline in their own health and quality of life. People who have mental illnesses inflict a significant amount of stress on their family and the people who care for them. This study's objective is to investigate the stresses that are imposed on caregivers as a direct result of their work with patients who are suffering from mental illness. The objective of this study is to put a numerical value on the amount of stress that is endured by individuals who provide care for patients suffering from mental illness. Design and Location: A tertiary care hospital located in the city of Karad; A descriptive survey approach was used; Easy sampling was utilised for data collecting What We Utilized and How We Used It A predetermined 4-point scale consisting of 22 questions was used to assess the levels of stress experienced by one hundred individuals who provided care for patients suffering from mental illness. Only twenty-seven percent (27%) of the caregivers in the sample are coping with light stress, whereas seventy-three percent (73%) of the caregivers in the sample are dealing with moderate stress. Because the levels of stress experienced by caregivers of people with mental illness range from low to moderate, it is important that measures be done to lessen the load they carry.

Keywords: stress, caregiver, mentally ill patient

INTRODUCTION

The term "stress" refers to a person's total reaction to the demands or pressures of their environment. Because coping is a complicated process, and any event or occurrence that a person perceives as posing a threat to his or her coping strategies or resources has the potential to be a source of stress for that individual, it is important to remember that any event or occurrence that a person views as posing a threat to his or her coping strategies or resources has the potential to It has been described variously as a trait-like response to stress, a situational response to stress, and a predisposition to respond to change. These are all names for the same thing. Every single one of these characterizations is spot on.

[1]

Because mental illness is seen as something that should be hidden, the majority of people in society are quick to notice that the majority of a mentally ill patient's behaviour deviates from the social norms. This is because the majority of people in society believe that mental illness is something that should be ashamed of. Despite the fact that family members of mentally ill patients are less likely to label the behaviour of the individual as being indicative of mental illness, families play an important role in the care for mentally ill patients at this stage. Despite this, families play an important role in caring for mentally ill patients. The essential elements of the concept of caregiving include acceptance of the patient, encouragement of the patient, and support of the patient, in addition to assistance with the patient's day-to-day activities. [2] A person who is entrusted with the task of caring to the physical and mental requirements of a patient who is dependent on them is referred to as a caregiver. This individual is responsible for the needs of the patient. Patients in facilities for mental health care often require some level of assistance or supervision with the day-to-day activities they participate in. As a consequence of this, their caregivers frequently take on a great amount of responsibility, which places the caregiver at a higher risk of having mental or physical health concerns themselves. When a person receives a diagnosis of a mental illness, the people who care for them frequently go through an initial stage of denial, which typically takes the form of wrath. As a consequence of this, the carers have turned to a range of coping methods in order to assist them in adjusting to the new circumstances and coming to terms with the diagnosis. Grad and Sainsbury were the first researchers to recognise the burden that caregiving for mentally ill patients living at home might place on family and friends [3] in the early 1960s. They made this discovery in the early years of the decade.

Stress management is one of the most important components of keeping good health, and the consequences of stress can vary considerably from person to person. One of the most important aspects of maintaining good health is managing stress. The basic function of stress is to encourage an individual to take action in response to a demand or group of demands. Because it requires some form of adjustment (coping), stress serves this role by motivating an individual to take action. The capacity to deal with the impacts of stress is linked to that capacity.

The word "stress" can be used to refer to any form of change that places a strain on a person's body, emotions, or mind. The physiological response of your body to anything that requires attention or action is what we mean when we talk about stress. Everyone experiences stress to a certain degree at some point in their lives. On the other hand, the way in which you respond to stressful circumstances has a substantial bearing on both your overall health and wellness. The same stressful situation might elicit a variety of responses from different people. Because of this, the consequences of stress and the coping techniques that individuals turn to in order to deal with it might vary from person to person.

It is possible for stress to manifest as fear, worry, an inability to relax, an increased heart rate, difficulty breathing, a disturbance in sleeping patterns, a change in eating patterns, difficulty concentrating, a worsening of pre-existing health conditions (both physical and mental), and an increase in the use of alcohol, tobacco, and other drugs. Stress can also cause an individual to increase their consumption of these substances.

Stress has an effect not only on the body but also on the brain. People need some stress in their lives in order to function at their best and protect themselves, but too much stress can overwhelm them and cause them to react in one of three ways: fight, flight, or freeze. People need some stress in their lives in order to function at their best and protect themselves. Therefore, it is crucial for both our mental and physical well-being that we acquire the skills necessary to deal with stress in a healthy and productive manner. [4]

AIM: This research was to measure the stress on those providing care for people with mental illness.

METHODS AND MATERIAL:

Descriptive survey methodology was employed for this investigation.

Tertiary care facilities in Maharashtra's Karad Taluka were used as the study's setting.

The data was collected using a non-probability convenient sampling method

There were 100 carers of patients with mental illness included in the sample.

Participants: carers of patients with mental illness

Inclusion Criteria:

1Maximizing time spent with patients who are mentally ill

2Easily Obtainable During the Time Period When the Data Was Collected

Exclusion criteria:

Care giver who are:

1. Being unable to communicate in Marathi
2. Unwilling to Take Part

Tool:

1.Age, gender, education, relationship to patient, and occupation are all components of caregiver demographic data for people with mental illness.

2.Twenty-two questions on a standardized four-point rating scale were used to measure stress.

Data collecting strategy:

After securing the necessary approval, data was gathered using a non-probability convenient sampling method. Inclusion criteria were checked, and participants were recruited; the study's goals were also communicated to each participant. The data was acquired after receiving written permission to do so.

Statistical Analysis:

Descriptive and inferential statistics were used to examine the data in light of the study's aims.

Regarding ethical concerns, we have secured approval from the KIMS deemed-to-be University Ethics Committee in Karad.

RESULTS:

Table No. 1 sociodemographic data of caregivers of mentally ill patients. n=100

Sr. No.	Socio Demographic Variables	Frequency	Percentage	
1	Age	20-30 years	29	29
		31-40 years	39	39
		41-50 years	20	20
		51-60 years	12	12
2	Gender	Male	40	40
		Female	60	60
3	Education	Primary	21	21
		Secondary	22	22
		Higher secondary	30	30

		Graduate	27	27
4	Relation with patient	Father	18	18
		Mother	39	39
		Sibling	21	21
		Spouse	22	22
5	Occupation	Housemaker	22	22
		Daily wages	5	5
		Job	54	54
		Business	19	19

Table No. 1 reveals that among carers, 39% are between the ages of 31 and 40, 29% are in the 20-29 age range, and 20% are between the ages of 51 and 60. There are more women working as caretakers than men do (60% to 40%). Those with post-secondary degrees made up 30%, those with bachelor's degrees 27%, those with associate's degrees 22%, and those with some college but no degree made up 21% of the secondary and primary caregiver populations. Mothers accounted for 39% of those involved in the care of the patient, spouses for 22%, siblings for 21%, and fathers for 18%. Most people (54%) work outside the home, 22% stay at home to take care of their families, 19% run their own businesses, and 5% are on daily wadges.

Table No. 2 Stress level of caregivers of mentally ill patients. n=100

Sr. No.	Level of stress	Frequency	Percentage %
1	No Stress	00	00
2	Mild Stress	27	27
3	Moderate stress	73	73
4	Severe Stress	00	00
	Total	100	100

According to Table 2, which depicts the stress levels of caregivers, the vast majority of caregivers, or 73%, are experiencing a moderate level of stress, while just 27% are dealing with a low degree of stress. There was not a single case in which the participants reported that they did not experience any stress, and none of them showed a severe level of stress; however, many participants showed that they were on the verge of experiencing moderate stress; this indicates that there is a possibility that individuals will experience severe stress, which may have a negative impact.

DISCUSSION:

The current study found that the majority of caregivers (73%) are experiencing moderate levels of stress, which is a high number considering that only 27% of caregivers are experiencing mild levels of stress, which can be managed; however, if we consider the entire population, 73% of the population is at risk of getting severe stress, which can lead to psychological disturbances. [Citation needed] And once more, the question of who will provide medical attention to those suffering from mental diseases may come up.

Despite having a lower educational position, 42.31 percent of caregivers experienced severe stress, as determined by the outcomes of a study that was carried out in 2019 by Kuchhal AK et al. The level of stress that was claimed to be experienced by spouses was described as being moderate, while the level of stress that was experienced by siblings

was described as being the greatest. This showed that stress is having an influence ranging from minor to severe, depending on the education level and relationship status of the caregivers. [5]

Taking into account the current working area (Ward), the majority of the nurses came from the intensive care unit (ICU; 34%), followed by the female ward (22.7%; 68) and the male ward (15%). The ICU had the biggest proportion of nurses. The lowest percentages of registered nurses were found in the obstetrics, paediatrics, and operating theatre departments, with 12.7% (38), 9.3% (28), and 6.3% (19) registered nurses, respectively. The nurses who work in the intensive care unit have reported experiencing varying degrees of stress, with 11% (33) reporting light stress, 19% (57) reporting moderate stress, and 4% (12) reporting severe stress. In comparison, 10% (30) of nurses working in general wards have reported experiencing light stress, 36.66% (110) have reported experiencing moderate stress, and 13% (39) have reported experiencing severe stress.

Mothers who had attention deficit hyperkinetic disorder (ADHD) or pervasive developmental disorder (PDD) scored the highest possible points on the perceived stress scale for questions pertaining to feeling stressed and nervous, being unable to cope, feeling irritable and angered, and having difficulties piling up to the point where they were unable to overcome it. This research was carried out in 2021 by Thomas KS et al. As a result, this reveals that mothers experience a substantial amount of stress due to the fact that they are the ones who are responsible for providing care for children who have mental health concerns [6].

The findings of this study on the levels of stress experienced by caregivers indicate that the vast majority of caregivers, or 73%, are experiencing a moderate level of stress, while only 27% of caregivers are suffering from a mild degree of stress. The study was conducted to investigate the levels of stress experienced by caregivers. There was not a single instance in which the participants reported that they did not experience any stress, and none of them showed a severe level of stress; however, a large number of participants showed that they were on the verge of experiencing moderate stress; this indicates that there is a possibility that individuals will experience severe stress, which may have a negative impact on their lives.

A further investigation was carried out in the year 2021 by Rane MN et al. The results of this study indicate that the area of role performance had the highest stress score, with a modified mean of 2.15. Additionally, the findings of this study indicated that 75% of caregivers suffer moderate levels of stress, while 25% experience severe levels of stress [7]. As a consequence of this, caregivers could have difficulties in the course of giving care to patients who have mental problems. The majority of participants in both of these studies had moderate levels of stress, which is consistent with the findings of our own study. This illustrates that a considerable number of individuals are coping with a moderate degree of stress, and if we are unable to assist them, there may be consequences as a result of the stress they are experiencing as a result of our inability to help them.

CONCLUSION:

Since the level of stress experienced by those who provide care for mentally ill patients ranges from mild to moderate, it is imperative that measures be implemented to reduce the amount of strain that is placed on these individuals.

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