

DESCRIPTIVE STUDY TO ASSESS THE LEVEL OF PERCEIVED STRESS AMONG CAREGIVERS OF PSYCHIATRIC PATIENT

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ABSTRACT

Perceived stress among Care giver of Psychiatric Patients is then specific response of the body to any demand placed upon it, it is a mental and physical condition which affects an individual's productivity, effectiveness, personal health and quality of work. Generally seeking, most caregiver feel some sense of purpose and accomplishment about their work, which can be morally and self-satisfying. Handling and nursing care of psychiatric patients in today's society is very demanding and stressful. Events perceived as potential threats trigger the stress response; a series of physiological and psychological changes that occur when coping capacities are seriously challenged. Perceived stress is of growing concern as it leads to psychological and physical problems for the caregiver. Researchers have argued that Perceived stress either as a result of its detrimental effects on the health of the individual or directly, led to low productivity, high absenteeism, tiredness, low enthusiasm for work, low creativity, and high dissatisfaction with work. This research study follows the descriptive method of research. The descriptive studies, in contrast to exploratory, related to more formalized studies typically structured with clearly stated hypotheses or investigative questions. Formal studies of this nature serve variety of research objectives such as, description of phenomena, characteristics associated with a subject population (who, what, when and how of a topic) and discovery of association among different variables. The study sample consisted of caregivers of psychiatric inpatients admitted in the Command Hospital Air Force and family member who is caregiver who were diagnosed as per the guidelines given in ICD-10. The psychiatric sample included Psychotic cases (50 cases), mood disorder (50 cases). The Perceived Stress Scale-10 (PSS; Cohen, Kamarack, & Mermelstein, 1983) is the most widely used measure of global perceived stress, and is a robust predictor of health and disease. In conclusion we can say that mental illness in the home can affect not only the quality of family life but also the health of the family members. A stressful emotional climate, anxieties and practical burdens, can have harmful effects a on the physical and mental health of both adults and children. The role of family influences in causing and perpetuating the disorder of Psychotic (schizophrenia) and Mood disorder. Both mental illnesses are cause of stress on caregiver of psychiatric patients but Psychotic Disorder is more influence to caregiver compare patients with Mood Disorder and the same female care giver , perceived stress is more than male caregiver .In further increasing age of caregiver more vulnerable perceived stress compare lower age (20 yrs-45 yrs). In this study we also found that mother and husband more effected in lieu of perceived stress than wife and father (relation with psychiatric patients).The study also examines the importance of a good personality stress management and an individual's coping mechanism. This is also important for study that predict of stress on caregivers so it can be reduces with counselling and motivational.

KEYWORDS: Perceived Stress, Caregiver, Psychiatric Patients, Mood Disorder.