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A STUDY TO ASSESS THE LEVEL OF BURDEN AMONG THE CARE GIVERS OF PATIENTS WITH MENTAL ILLNESS IN A SELECTED HOSPITAL AT MANGALURU

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ABSTRACT

Aim: Assess the level of burden among the care givers of patients with mental illness in a selected hospital at Mangaluru. **Background:** The family constitutes an important support system in the care of patient with mental illness in the community. Recently, there have been increasing numbers of caregivers who provide care to their mentally ill family members. Having a family member with a mental illness can be very stressful. Whether the ill person is a son, daughter, husband, wife, brother or sister, the care giver will be affected by their illness too. A person with a psychiatric disorder often needs much love, help and support. At the same time, the problems, fears and behavior of mentally ill may strain the care giver patience and ability to cope. **Methods:** A descriptive survey approach was adopted to assess the level of burden among 100 care givers of patients with mental illness in a selected hospital at Mangaluru. Convenient sampling technique was used to select the sample for the study. Pilot study was conducted to find out the feasibility of the study. The tools used were demographic performa, Zarit-Burden Interview which is a standardized scale. Data collected from the subjects were analyzed by descriptive and inferential statistics. **Result:** In the present study, 66% of the subjects reported moderate to severe level of burden, whereas 21% of the subjects reported with severe level of burden. 12% of them had mild to moderate burden and only 1% participants had little or no burden at all. There is a significant association found between the level of burden among care givers of patient with mental illness and selected demographic variables.. i.e., age(χ^2=10.960, P =.021), gender(χ^2 = 51.440, P=0.001), religion(χ^2 =36.320, P= 0.001) marital status χ^2 = 45.320, P =.001) educational status (χ^2 =37.360, P = 0.001) occupational status((χ^2=29.700, P = 0.001) monthly income(χ^2 =20.720, P = 0.001),type of family (χ^2 =35.280, P = 0.001),duration of care giving(χ^2 =10.640, P = 0.014) and type of relationship with patient(χ^2 =19.680, P = 0.001). Hence, the research hypothesis is accepted. **Conclusion:** The overall findings of the study revealed that selected demographic proforma have significant association with level of burden among care givers of patients with mental illness. **Implications for nursing:** Implications of this study assessing the level of burden among the caregivers of patients with mental illness have a great influence regarding the provision of care and the nurse act as a mediator for the care associated with the outcome, nursing intervention should be focused on the need of the caregivers and an emphasis placed on community care for mentally ill patients with family intervention, Which help relatives or guardians and the patients facilitate to handle the situation effectively.

BACKGROUND

Mental illness is a leading cause of global burden of disease and considered as an important public health problems not only for the affected persons but also for their family members'. The family constitutes an important support system in the care of patient with mental illness. Having a family member with a mental illness can be very stressful. Whether the affected person is a son, daughter, husband, wife, brother or sister, the care giver will be affected by their illness too. A person with a psychiatric disorder often needs much love, help and support. At the same time, the problems, fears and behavior of a person with mental illness may straining the care giver patience and ability to cope.

Care can represent a heavy burden and may put caregivers under a high level of stress. Culturally, such caregivers are expected to cope and not to complain. The magnitude of the burden is potentially increased by factors related to the patients and households. These factors should be considered when planning for preparing caregivers to cope with people with mental illness. Mental health professionals need to be aware of and address the stress borne by the family in caring for

patients with mental illness as they treat the patient. The mental health nurses also plays very important role in promotion of health, preventive and curative aspects.

AIM OF THE STUDY
Assess the level of burden among the care givers of patients with mental illness in a selected hospital at Mangaluru.

METHODS
Sample and settings: A descriptive study was conducted among 100 care givers of patients with mental illness in selected hospital at Mangaluru using sampling technique.

Ethical approval: Written approvals for the study were obtained from the ethics committee of our university (Approval number: YUEC418/2017 Date (24/10/2017). Ethical principles where complied in accordance with ICMR guidance and DCG (CDSCO). Informed consent was obtained from all participants included in the study.

Data collection: The data was collected after obtaining permission from the concerned authority to conduct the study. The purpose of the study was explained and written consent was obtained from the study participants. The questionnaire contains 32 questions, in that 10 were demographic proforma. The study was conducted in Yenepoya Medical College Hospital by using non probability sampling technique. Duration of the data collection is 20 -30 minutes to interview the each respondent.

Data analysis: Data was analyzed using statistical package for the social science (SPSS) Version 21.0 (IBM SPSS Statistics for Windows, Version 21.0; IBM Corp, Armonk, NY, USA). Researchers used descriptive statistics (frequency, percentage, mean, mean % and standard deviation). To evaluate demographic characteristics. We used tests (Chi-Square test). To find association of demographic characteristics and level of burden.

Findings: In the present study, 66% of the subjects reported moderate to severe level of burden, whereas 21% of the subjects reported with severe level of burden. 12% of them had mild to moderate burden and only 1% participants had little or no burden at all.

Table. 2: Frequency and percentage distribution of demographic variables of care givers. n=100

SL. No	Variables	f	%
1	**Age in years**		
	a) 18-28	15	15.0%
	b) 29-38	23	23.0%
	c) 39-48	37	37.0%
	d) 49-58	24	24.0%
2	**Gender**		
	a) Male	28	28.0%
	b) Female	53	53.0%
3	**Religion**		
	a) Hindu	22	22.0%
	b) Muslim	50	50.0%
	c) Christian	18	18.0%
	d) Any other	10	10.0%
4	**Marital Status**		
	a) Bachelor	17	17.0%
	b) Spinster	20	20.0%
	c) Married	51	51.0%
	d) Widow / widower	12	12.0%
5	**Educational Status**		
	a) Illiterate	16	16.0%
	b) Primary school	30	30.0%
	c) Middle School	27	27.0%
	d) High school	23	23.0%
	e) P.U.C	2	2.0%
6	**Occupational Status**		
	a) Unemployed	22	22.0%
	b) Homemaker	35	35.0%
	c) Laborer	22	22.0%
	d) Business	20	20.0%
	e) Private employee	1	1.0%
7	**Monthly Income (in rupees.)**		
	a) <5000	30	30.0%

	b) 5001 to 10000	38	38.0%
	c) 10001 to 15000	25	25.0%
	d) >15001	7	7.0%
8	**Type of Family**		
	a) Nuclear	35	35.0%
	b) Joint	44	44.0%
	c) Extended	10	10.0%
	d) Any other	11	11.0%
9	**Duration of care giving (in years)**		
	a) <2	35	35.0%
	b) 3	31	31.0%
	c) 4	18	18.0%
	d) 5	16	16.0%
10	**Type of relationship with patient**		
	a) Spouse	16	16.0%
	b) Parent	44	44.0%
	c) Daughter	20	20.0%
	d) Sibling	20	20.0%

Table. 3: Analysis of burden among caregivers of patient with mental illness. n=100

SI No	Category	Grade Score	Frequency (f)	Percentage (%)
1	Little or no burden	0-20	1	1.00
2	Mild to moderate burden	21-40	12	12.00
3	Moderate to severe burden	41-60	66	66.00
4	Severe burden	61-88	21	21.00
	Total			**100**

Table. 4: Association between level of burden among caregivers of patient with mental illness and selected demographic proforma.

SI No	Demographic variable	Above Median (≥45)	Below Median (<45)	χ^2	df	p value
1	**Age in years**			10.960	3	0.021*
	a) 18-28	13	2			
	b) 29-38	20	3			
	c) 39-48	29	9			
	d) 49-58	17	7			
2	**Gender**			51.440	3	0.001*
	a) Male	20	8			
	b) Female	40	13			
3	**Religion**			36.320	3	0.001*
	a) Hindu	16	6			
	b) Muslim	38	12			
	c) Christian	15	3			
	d) Any other	10	0			
4	**Marital Status**			45.320	5	0.001*
	a) Bachelor	15	2			
	b) Spinster	16	4			
	c) Married	38	13			
	d) Widow	10	2			
5	**Educational Status**			37.360	3	0.001*
	a) Illiterate	2	0			
	b) Primary school	12	4			
	c) Middle School	21	9			
	d) High school	22	5			
	e) P.U.C	21	2			
6	**Occupational Status**			29.700	4	0.000*
	a) Unemployed	16	6			
	b) Homemaker	27	8			

No	Variable			χ^2	df	P value
	c) Laborer	17	5			
	d) Business	19	1			
	e) Private employee	0	1			
7	**Monthly Income**			20.720	3	0.000*
	a) <5000	16	14			
	b) 5001 to 10000	32	6			
	c) 10001 to 15000	24	1			
	d) >15001	7	0			
8	**Type of Family**			35.280	3	0.000*
	a) Nuclear	24	11			
	b) Joint	34	10			
	c) Extended	10	0			
	d) Any other	11	0			
9	**Duration of care giving**			10.640	3	0.014*
	a) <2 years	19	16			
	b) 3years	28	3			
	c) 4 years	16	2			
	d) 5 years	16	0			
10	**Type of relationship with patient**			19.680	3	0.000*
	a) Spouse	13	3			
	b) Parent	32	12			
	c) Daughter	17	3			
	d) Sibling	17	3			

*= significance   df= degree of freedom
P= 0.05 level significance

DISCUSSION
The findings of the study are discussed under the following section
Section 1: Description of the sampling characteristics
Section 2: Grading of level of burden among caregivers of patients with mental illness
Section 3: Association between level of burden among caregivers of patients with mental illness and selected demographic variables.

Section 1: Description of the sampling characteristics
In the present study, most of the respondents 37 (37.0%) were in the age group of 39-48 years. More than half, 53 (53.0%) were females and 28 (28.0%) were males. Half of the subjects belonged to (50.0%) Muslim religion. Half of the subjects, 51 (51.0%) were married. Less proportion of the respondents 30 (30.0%) had education of primary school. Less proportion of the subjects 35 (35.0%) were homemaker. The study findings also revealed that, most of the respondents 38(38.0%) had monthly income of Rs. 5001 to 10000, and only 7 (7.0%) had Rs. 15000 to 30000. Nearly half 44(44.0%) of the subjects belonged to joint family. The study showed that most of the caregivers 35 (35%) handled patients with mental illness for less than 2years.

Section. 2: Grading of level of burden among caregivers of patient with mental illness
In the present study, 66% of the subjects were reported moderate to severe level of burden, whereas 21% of the subjects had severe level of burden. Nearly 12% of the subjects had mild to moderate burden and only 1% had no burden at all.

These findings are consistent with the research finding of another descriptive study conducted to assess the level of burden among the family caregivers of patients with mental illness in Dhiraj hospital Vadodara where the results showed that nearly 27 (45%) of subjects had mild burden, minority 8(13.3%) had moderate burden. Remaining caretakers 9(15%) had severe burden and only 16(26.7%) had no burden.

Section 3: Association between level of burden among caregivers mentally ill patients and selected demographic variables
The present study revealed that there was a significant association between the level of burden with selected demographic variables, i.e., age, gender   religion, marital status, educational status, occupational status, monthly income, type of family, duration of care giving and type of relationship with patient. Hence it can be inferred that H_1 is accepted saying that there is a significant association between levels of burden and above mentioned baseline characteristic

Limitations
The limitations of the present study are
- The study was confined to a specific hospital.
- The study has adopted non probability convenience sampling technique which limits the generalization of results.
- Levels of burden are elicited only with the response against the standardized questionnaire, no further attempts has been made to confirm the level of burden.

CONCLUSION

• The findings of study demonstrated that among 100 caregivers of patients with mental illness, 21(21%) of them had severe burden, 66 (66%)% had moderate to severe level of burden, 12% of caregivers had mild to moderate burden and only 1% had little or no burden.

• There was a significant association between the level of burden and selected demographic variables such as age, gender, religion, marital status, educational status, occupational status, monthly income, type of family, duration of care giving and type of relationship with patient. Hence, the research hypothesis is accepted.

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