

Effect of Hardiness Training on level of Hardiness among family caregivers of patients with schizophrenia

Dr. Reena George & Dr. Raju S

Dr. Reena George, MSc (N), MSc (Applied Psychology), PG Dip. in Counselling, PhD

Associate Professor & Vice Principal, Sate Institute of Technology (SI-MET) College of Nursing, Kannur, Kerala, India

Email : reenaalancheril@gmail.com, Mob: +919745156700

Dr. Raju. S, MA (Psychology), MA (Sociology), PhD (Psychology).

Professor & Head, Dept. of Psychology, University of Kerala, Karyavattom, Trivandrum, Kerala, India

Email: drrajupsy@gmail.com , mob: +919447025136

ABSTRACT

Schizophrenia affects people in their productive age, usually 18-35 years (Varcarolis, 2012). Family caregivers have difficulty to cope with the illness of their patient (George & Raju, 2014). Hardiness is an essential trait which helps all individuals to face tough times of life situations. Hardiness can be developed through training (Maddi and Khoshaba, 2011).

Purpose

Improve the level of hardiness of family caregivers and thereby preventing mental illness and promoting mental health.

Methods

A quantitative approach with quasi experimental Pre-test – Post-test control group design. 100 family caregivers selected through simple random sampling 50 each in the Experimental and Control Group.

Results

The result revealed that the mean post-test score on Level of Hardiness ($\bar{X}_2 = 54.26$) was significantly higher than the pre-test score on Level of Hardiness in Experimental Group ($\bar{X}_1 = 27.48$). The 't' test computed between the post-test scores of Experimental and Control Group on Level of Hardiness ($t = 27.89$, $df = 98$, $p < 0.001$) was statistically significant at 0.001 level.

Conclusions

The current study concluded that the Hardiness Training was effective in improving Hardiness among family caregivers of patients with schizophrenia.

Keywords: Hardiness, family caregivers, Hardiness training, schizophren

Introduction

Schizophrenia is among the most disabling and economically ruinous mental disorders ranked by the WHO as one of the 10 illnesses contribute to global burden of diseases (WHO, 2014). Schizophrenia is equally stressful to the patients and the family caregivers. The family caregivers of patients with schizophrenia are in the cruel bondage of enduring stress due to the demanding needs of the chronic disorder and the cognitive impairment in the affected family member. From the vast review literature and the long term personal experience with the family caregivers and mentally ill patients, the investigator identified that a lot of caregivers are becoming mentally ill due to the long term suffering of stressful experience of caring. Most of the caregivers are aged and physically weak but continuing the care of being the one and only significant caregiver of the mentally ill family member (George, R.

Raju, S, 2015). It is inevitable to strengthen the family caregivers to stabilize their mental health and prevent them from the journey towards mental illness through hardiness training. Hardiness training in the present study refers to a one hour programme, on every alternate day for 20 days consists of training in Hardy Attitudes, Hardy Coping, Hardy Social Support, Hardy Relaxation/Meditation, Hardy Nutrition, Hardy Exercise and Hardy Reading (life experience of hardy people) focusing on the positive changes in the cognitive, conative and affective domains of the caregivers of patients with schizophrenia.

Purpose of the study

1. Whether family caregivers are empowered to withstand stress during their interaction and daily caregiving process.
2. Evaluate the effect of hardiness training on level of hardiness of family caregivers of patients with schizophrenia

3. Promotion of mental health and prevention of mental illness among family caregivers of patients with schizophrenia

Definition of terms

1. Hardiness: Ability of family caregivers to withstand stress through the commitment to themselves and in the care of patients with schizophrenia; controlling the events related to their daily roles and considering role of a care giver as a challenge for further growth instead as a threat as measured by a Hardiness Scale.
2. Hardiness training: A one-hour programme on every alternate day for 20 days consists of training in Hardy Attitudes, Hardy Coping, Hardy Social Support, Hardy Relaxation/Meditation, Hardy Nutrition, Hardy Exercise and Hardy Reading focusing on the

positive changes in the cognitive, conative and affective domains of the caregivers of patients with schizophrenia.

3. Family caregivers of patients with schizophrenia: family caregivers closely related to patient (parents/ children/ spouse/ siblings) , in the age group of 18 to 75 years who has been living with patient and has been closely involved in his/her activities of daily living, health care and social interaction for a minimum period of 6 months.

Method

The present study aimed to assess the effects of Hardiness Training on Level of Hardiness among family caregivers of patients with schizophrenia. The research approach was Quantitative approach and the design was quasi-experimental, Pre-test Post-test with control group design. The sampling

technique was simple random sampling. The sample consisted of significant care givers of patients with schizophrenia such as parents, spouses, offspring and siblings who are able to read, understand, and respond to the tool provided, and who were in the process of caring their relative with schizophrenia not less than six months. The study excluded the caregivers who are mentally ill and the formal care givers who have been paid for their service. The data collected from 100 care givers of patients with schizophrenia selected through simple random sampling technique and were randomly assigned to the experimental and control group with 50 in each group. The experimental group had undergone Hardiness Training, one

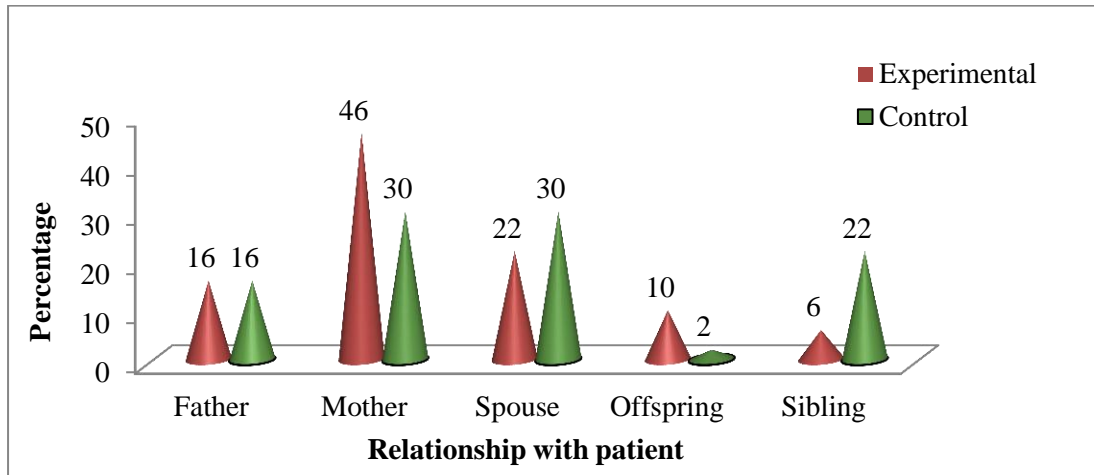
hour programme on every alternate day for 20 days. The post tests of both the groups have done after two weeks. The control group has kept free from hardiness training till the completion of data collection. The study conducted in selected mental health care settings in Kerala.

Results & Discussion

The sample characteristics of Experimental and Control Group were analysed using descriptive statistics. Most of the sample in the Experimental Group (36%) and Control Group (24%) were in the age group of 51- 60 years. In both the groups (Experimental and Control Group) 14% of the samples were in the age group of 20-30 years. Very few in Experimental Group (4%) and Control Group (6%) were in the age group of 71-80 years.

FIGURE 1

PERCENTAGE OF SAMPLE BASED ON THE RELATIONSHIP WITH THE PATIENT



The data depicted in Figure 1 reveal that most of the sample in the Experimental Group (46%) and Control Group (30%) involved in caring the patients with schizophrenia were their mothers. In both the groups (Experimental and Control group) 16% of the samples were fathers. 22 % in Experimental Group and 30% Control Group was spouses of patients and 6% in Experimental Group and 22% in Control Group were the siblings of patients. With regard to the family history of mental illness, 24% of

patients related to the Experimental Group had both paternal and maternal family history of mental illness whereas 12% patients related to the Control Group had paternal family history and 20% had maternal family history. 10% of the patients related to the Experimental Group and 4% related to the Control Group had siblings with mental illness; whereas 42% related to the Experimental Group and 64% related to the Control Group had no family history of mental illness.

TABLE 1
FREQUENCY AND PERCENTAGE OF PRE- TEST SCORES OF
EXPERIMENTAL AND CONTROL GROUP ON LEVEL OF HARDINESS

N= 50+50=100

Level of Hardiness	Range	Experimental Group			Control Group		
		f	%	Mean	f	%	Mean
High Hardiness	51 -68	-	-	-	-	-	-
Moderate Hardiness	35-50	-	-	-	-	-	-
Low Hardiness	0- 34	50	100	27.48	50	100	23.98

Maximum Score- 68

The data presented in Table 1 shows that; the entire sample (100%) in Experimental and Control Group had

low Level of Hardiness before Hardiness Training. The mean pre-test score in Experimental Group was 27.48 and that of Control Group was 23.98.

TABLE 2
FREQUENCY AND PERCENTAGE OF POST TEST SCORES OF EXPERIMENTAL AND CONTROL GROUP ON LEVEL OF HARDINESS

N= 50+ 50= 100

Level of Hardiness	Range	Experimental Group			Control Group		
		F	%	Mean	f	%	Mean
High Hardiness	51 -68	23	46	54.26	-	-	-
Moderate Hardiness	35- 50	27	54	-	-	-	-
Low Hardiness	0-34	-	-	-	-	100	23.02

Maximum Score- 68

Table 2 shows that; most of sample in the Experimental Group (46%) had high Level of Hardiness, 54% had moderate Level of Hardiness, and none of the participants in the Experimental Group had low Level of

Hardiness after Hardiness Training. Whereas, 100% of participants in the Control Group had low Level of Hardiness. The mean post -test score in Experimental Group was 54.26 and that of Control Group was 23.02.

TABLE 3
DOMAIN-WISE FREQUENCY OF POST-TEST SCORES OF LEVEL OF HARDINESS SCORE IN EXPERIMENTAL GROUP

N= 50+ 50= 100

Domains of Hardiness	Pre test			Post test			Mean actual gain
	Mean	Mean %	SD	Mean	Mean%	SD	
Commitment	10.06	41.91	3.09	17.22	71.75	2.97	29.84
Control	9.3	38.75	2.97	16.26	67.75	3.08	29.0
Challenge	7.98	39.9	13.1	16.36	81.8	2.56	41.9

Data presented in Table 3 shows that the pre-test Level of Hardiness score in the domains of commitment, control, and challenge were low (< 45%) indicating that the

Level of Hardiness was low in the entire sample. The post-test domain wise score shows a progress of score in all the domains of hardiness (> 65%). The maximum progresses is

observed in the domains of commitment (71.75%) and challenge (81.8%) indicating that the intervention had helped in improving the Level of Hardiness in the entire sample.

Karl Pearson's Correlation among domains of Hardiness including commitment, control and challenge in the Experimental Group shows that there is significant positive correlation between commitment and control ($r = 0.383$) and also between commitment and challenge ($r = 0.507$) at 0.001 level of significance. The data shows positive correlation between commitment and challenge ($r = 0.619$) at 0.001 level of significance. The table shows that there was significant positive correlation among all the domains of Level of Hardiness.

Acknowledgement: Authors acknowledges heart felt gratitude to the

Department of Research and Development department Bharathiar University, Coimbatore, Tamil Nadu.

Declaration of Conflicting Interests: 'The Authors declares that there is no conflict of interest'.

Funding: this study was an unfunded study.

References

- Maddi, S. R. (2002). 'The story of hardiness: Twenty years of theorizing, research and practice'. *Consulting Psychology' Journal*, Vol. 54, pp.173-185.
- W.H.O, (2014). 'Country project of support to people with schizophrenia', *WHO directions*, World Health Organization, Geneva,
- George, R. Raju, S.(2015). 'Perceived stress, Ways of coping and Care giving burden among family caregivers of patients with schizophrenia' *International Organization of Scientific Researches: JHNS*- Vol.4(1).

FIGURE 1

PERCENTAGE OF SAMPLE BASED ON THE RELATIONSHIP WITH THE PATIENT

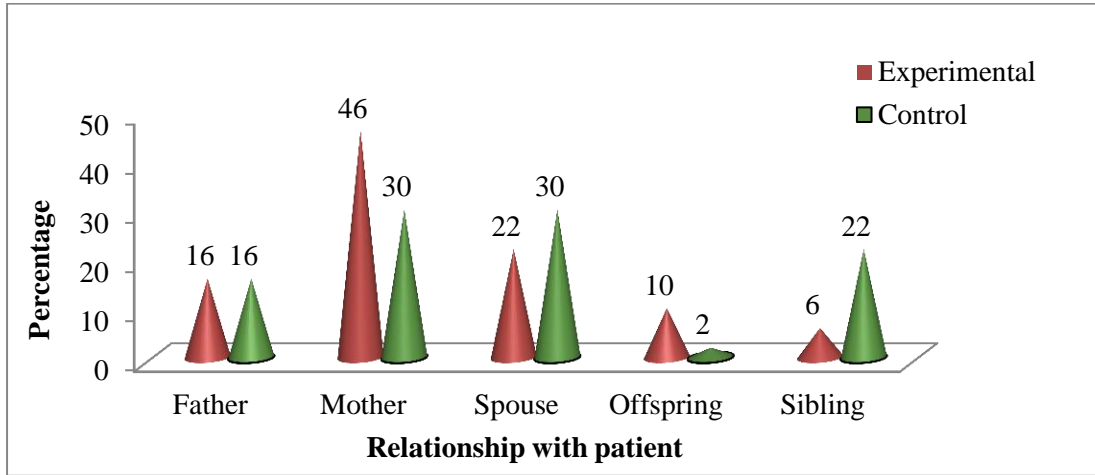


TABLE 1

FREQUENCY AND PERCENTAGE OF PRE- TEST SCORES OF EXPERIMENTAL AND CONTROL GROUP ON LEVEL OF HARDINESS

N= 50+50=100

Level of Hardiness	of Range	Experimental Group			Control Group		
		f	%	Mean	f	%	Mean
High Hardiness	51 -68	-	-	-	-	-	-
Moderate Hardiness	35-50	-	-	-	-	-	-
Low Hardiness	0- 34	50	100	27.48	50	100	23.98

Maximum Score- 68

TABLE 2

FREQUENCY AND PERCENTAGE OF POST TEST SCORES OF EXPERIMENTAL AND CONTROL GROUP ON LEVEL OF HARDINESS

N= 50+ 50= 100

Level of Hardiness	Range	Experimental Group			Control Group		
		F	%	Mean	f	%	Mean
High Hardiness	51 -68	23	46	54.26	-	-	-
Moderate Hardiness	35- 50	27	54	-	-	-	-
Low Hardiness	0-34	-	-	-	-	100	23.02

Maximum Score- 68

TABLE 3
DOMAIN-WISE FREQUENCY OF POST-TEST SCORES OF LEVEL OF
HARDINESS SCORE IN EXPERIMENTAL GROUP

N= 50+ 50= 100

Domains of Hardiness	Pre test			Post test			Mean actual gain
	Mean	Mean %	SD	Mean	Mean%	SD	
Commitment	10.06	41.91	3.09	17.22	71.75	2.97	29.84
Control	9.3	38.75	2.97	16.26	67.75	3.08	29.0
Challenge	7.98	39.9	13.1	16.36	81.8	2.56	41.9