

“Effectiveness of activity therapy on Self-esteem of patients with Depression in selected areas.”

“Activity therapy as a new approach towards improving Self-esteem”.

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Abstract :

Background: Previous research indicated that lowered self-esteem frequently accompanies or became an etiological factor in many psychiatric conditions.¹ Mentally ill people who experience negative self-appraisals performed badly in the community and were more likely to relapse.² Patients with depression and low Self-esteem are expected to have a compromised quality of life and poor psychosocial life. Silverstone (2003), using Rosenberg's Self-esteem scale found 24% of the people with depression had intermediate level of Self-esteem. However, when compared to other psychiatric conditions, this group of patients had significantly low Self-esteem.⁴ **The objectives of the study:** 1. To assess the self-esteem of patients with depression before activity therapy in experimental and control groups. 2. To assess the self-esteem of patients with depression after activity therapy in experimental and control groups. 3. To evaluate the effectiveness of activity therapy on Self-esteem of patients with depression before and after activity therapy in control and experimental groups. 4. To associate the Self-esteem scores with selected demographic variables. **Hypotheses:** H₀: There is no significant effect of activity therapy on Self-esteem of patients with Depression. H₁: There is significant effect of activity therapy on Self-esteem of patients with Depression. **Research methodology:** The Conceptual framework of the study was based on Hildegard Peplau's conceptual framework. The study was conducted using quasiexperimental nonequivalent control group design. In this study the target population was depressive patients. Nonprobability convenient sampling technique was adopted for this study. From this population 30 in experimental group and 30 in control group depressive patients were selected as subjects of the study. **Result:** The study findings revealed that activity therapy was effective in experimental group. **Conclusion:** The findings demonstrated that the activity therapy improves the self-esteem.

Key Words- Depression, Activity therapy, Self esteem

I. INTRODUCTION

Mental illness is maladjustment of Human Beings. It produces disharmony in the person's ability to meet human needs comfortably or effectively and function within a culture. A mentally ill person loses his ability to respond according to the expectations he has for himself and the demands that society has for him. Of all major psychiatric syndromes, depression is the most difficult to define. This largely reflects the fact that, over the past 100 years, widely divergent concepts have been held in different countries and by different psychiatrist.¹

Psychosocial rehabilitation for depression, this includes activity therapy to improve to develop the work habit, training in a new vacation or retraining in a previous skill, vocational guidance, and independent job placement.²

Self-esteem is a measure of one's self-worth based on perceived success and achievements as well as perception of how much one is valued by peers, family members, teachers, and society in general. The most important correlates of good Self-esteem are one's perception of positive physical appearance and high value peers and family.³

Self-esteem has emerged as an important concept potentially related to the etiology, understanding, and treatment of individuals with severe mental illness. Depression studies have found link between Self-esteem and social functioning, perceived quality of life, depression, and psychotic symptoms. Moreover theorist and experimental psychologist have found significant links between low self-esteem and paranoid delusion, as well as maintenance of psychotic symptoms.⁴

Background of the Study

Previous research indicated that lowered self-esteem frequently accompanies or became an etiological factor in many psychiatric conditions. Mentally ill people who experience negative self-appraisals performed badly in the community and were more likely to relapse. Patients with depression and low Self-esteem are expected to have a compromised quality of life and poor psychosocial life. Silverstone (2003), using Rosenberg's Self-esteem scale found 24% of the people with Depression had intermediate level of Self-esteem. However, when compared to other psychiatric conditions, this group of patients had significantly low Self-esteem.⁵

Damaged Self-esteem is associated with internalizing problems and explicit Self-esteem is assumed to be important factor in understanding the onset and maintenance of psychological problems. The current study aims to examine the association between implicit and explicit Self-esteem and their interaction with depression, positive and negative symptoms were examined.

Problem Statement:

“Effectiveness of activity therapy on Self-esteem of patients with Depression in selected areas”

Objectives of the Study:

1. To assess the self-esteem of patients with depression before activity therapy in experimental and control groups.
2. To assess the self-esteem of patients with depression after activity therapy in experimental and control groups.
3. To evaluate the effectiveness of activity therapy on Self-esteem of patients with depression before and after activity therapy in control and experimental groups.
4. To associate the Self-esteem scores with selected demographic variables.

Conceptual framework: The Conceptual framework of the study was based on Hildegard Peplau's conceptual framework.

Literature review: for this study is organized under the following headings

1. Review of literature on Social and occupational functioning ability in depression.
2. Review of literature on self-esteem of patients with depression
3. Review of literature on activity therapy.
4. Review of literature on effectiveness of activity therapy on self-esteem.
5. Review of literature on effectiveness of activity therapy on self-esteem of patients with depression

RESEARCH METHODOLOGY

Research approach: Focusing on the nature of the research problem for the present study and the objectives to be fulfilled, an evaluative research approach was considered to carry out the study.

Research design: As this study involves Effectiveness of activity therapy on Self-esteem of patients with Depression in selected areas, so quasiexperimental nonequivalent control group design was chosen.

Population: A Population is the entire aggregation of cases in which a researcher is interested. The population comprised of patients diagnosed with depression.

Target and accessible population: In the present study, the target population comprised of patients diagnosed with depression. of selected area.

Sample: A sample is a portion of population that represents the entire population. Thus, it is the subset of the population elements. The samples for the present study were patients diagnosed with depression who are meeting inclusion criteria of study.

Sampling Technique: The sampling technique used for the study was Nonprobability convenient sampling technique., This sampling technique permits the researcher to decide purposely, to select subjects which are judged to be typical of the population.

Sample size: The sample size considered for the study were 60 patients diagnosed with depression. 30 in experimental group and 30 from the control group.

Description of the tool: On modifying the tool as per the expert's suggestions final tool consist of three sections.

The Modified Rosenberg's Self- esteem was developed for the study. Dependent variable: In this study, the dependent variable is self-esteem among the patients admitted in selected hospital. Independent variable: In this study activity therapy is the independent variable. The validity of the tool was obtained by giving it to the experts from nursing fields and Psychiatrist. Reliability was calculated with the help of split half method and correlation coefficient was calculated by Karl Pearson's formula. The estimated value was 0.85 which suggests that tool is reliable. Pilot study Prior to commencement of Pilot study, permission was obtained from concerned Authority. The purpose of the study was explained to the subjects, confidentiality was assured, and the tool was administered on first contact day. Pilot study was conducted within 14 days, 6 patients with depression were selected on first day. Pre-test was conducted on subjects who fulfilled the sampling criteria. Out of the 6 subjects, 3 subjects were randomly assigned for control group and 3 subjects for experimental group. Activity therapy was given only to experimental group on the first day after the pretest. Post test score were obtained after 14 days from pretest. The tool was found to be feasible and practicable. Data analysis was done using descriptive and inferential statistics. Minor changes were done in questionnaire. No further changes were made in the tool after the pilot study.

Ethical review: 1. The topic was reviewed, and permission was obtained from research and ethical committee to conduct research.2. Written permission was taken for conducting research from the concerned authorities of the selected Hospitals.3. Written consent was obtained from the subjects.4. The subject's identity was kept confidential and autonomy was maintained of participation in the study.

Statistical analysis: The data were computerized and verified using the SPSS (statistical package for social science) version 16.0 to perform tabulation and statistical analysis. Qualitative variables were described in frequency and percentages, while quantitative variables were described by mean and standard deviation.

Results: The data was analyzed and presented in the following sections:

Significance difference of level of self-esteem in patients with depression before and after administration of activity therapy: This section deals with the analysis of data to determine the significance difference between the pretests and posttests self-esteem score of the subjects. The p value is calculated by using paired and unpaired t-test. 1. H_0 :-There is no significant effect of activity therapy on self-esteem of patients with depression. 2. H_1 :-There is significant effect of activity therapy on self-esteem of patients with depression.

Table no.1: Significance difference between pre and posttest of self-esteem in experimental group (n=30)

Test	Mean	SD	SE	T Calculated	T table
Pretest	28.1	3.60	1.24	9.86	2.02
Post test	45.2	5.84			

The above-mentioned table shows t calculated is more than t (table) at 0.05 level of significance so null hypothesis was rejected and research hypothesis was accepted. The above-mentioned table shows that significant difference between pretest and posttest self-esteem level. Thus, it is concluded that activity therapy was effective on self-esteem of patients with depression in experimental group.

Table no.2: Significance difference between pre and posttest of self-esteem in control group (n=30)

Test	Mean	SD	SE	T Calculated	T table
Pretest	30.06	2.74	0.95	1.12	2.02
Post test	31.13	4.45			

The above-mentioned table shows that t calculated is less than t table at this 0.05 level of significance so null hypothesis was accepted and research hypothesis was rejected. Data in the table showed lesser than the table value 2.02 at p 0.05 thus indicated no significance difference between pre and posttest of self-esteem level among patients with depression.

Discussion:**Major findings of the study:****Section I: - Distribution of subjects in relation to demographic data**

- There were total 6 demographic variables assessed in this study. Total 60 patients with depression were selected for the study. 30 in experimental group and 30 in control group. Following findings were noted:
- Findings related to Age, majority 56.67% of subjects of experimental group belongs to 24-36 years of age group and that of (50%) in control group. Whereas minimum of (0%) belongs to the age group of 60 years and above and that of 3.33% from control group.
- Findings related to gender, majority of 56.67% subjects were male in experimental group and the percentage of female in experimental group was 43.33%. Whereas in control group the percentage of male and female was 50%.
- Findings related to marital status, majority (53.33%) of subjects of experimental group belongs to married and that of 46.67% in control group. Whereas minimum of (0%) from experimental groups belongs to widow and 6.67 % belongs to divorce and widow from control group.
- Findings related to occupation, Majority (43.33%) of subjects of experimental group belong to unemployment and that of 36.67% in control group. Whereas minimum of (0%) from experimental group belong to government employee and 6.67% belongs to business and government employee from control group.
- Findings related to monthly income, Majority 40 % of subjects of experimental group belong to ₹.5000 to 10,000 categories and that of 50% in control group. Whereas minimum of 6.67% from experimental group belong to more than 20,000 and 6.67% belong to ₹ 1000 to 5000 & ₹ 15,000 to 20,000 in control group.
- Findings related to educational qualification, Majority (43.33 %) of subjects of experimental groups belong to 6th to 12th standard and that of (50 %) in control group. Whereas minimum of (6.67%) from experimental group belong to Post graduation and above and (3.33 %) from control group.

SECTION 2: Significance difference of level of self-esteem in patient with depression before and after administration of activity therapy.

- Significance difference between pretest and posttest self-esteem in experimental group shows that t calculated is more than t (table) at 0.05 level of significance, so null hypothesis is rejected, and research hypothesis is accepted. It shows that significant difference between pretest and posttest self-esteem level. Thus, it is concluded that activity therapy was effective on self-esteem of patients with depression.
- Significance difference between pretest and posttest self-esteem level in control group shows that t calculated is less than t table at this 0.05 level of significance, so null hypothesis is accepted, and research hypothesis is rejected. Data in the table showed lesser than the table value 2.02 at p 0.05 thus indicated no significance difference between pretest and posttest self-esteem level among patients with depression.
- Significance difference between posttest self-esteem level in experimental group and control group shows that calculated t value is more than t table at 0.05 level of significance, so null hypothesis is rejected, and research hypothesis is accepted. The above-mentioned table shows that there is significant difference between pretest and posttest self-esteem level. Thus, it is concluded that activity therapy was effective on self-esteem of patients with depression.
- Distribution of subjects with regards to pretest and posttest level of self-esteem in experimental group shows that 100 % of the subjects from experimental group were having poor self-esteem pretest score. Whereas during posttest 76.67% of subjects were having good self-esteem score, and 23.33% subjects were having poor self-esteem score. Data suggest that there was significant difference between pretests and posttest self-esteem score in experimental group.
- Distribution of subjects with regards to pretest and posttest level of self-esteem in control group. It shows that 100 % of the subjects from control group were having poor self-esteem pretest score. Whereas during posttest 96.67% of subjects were having poor self-esteem score, 3.33% subject having good self-esteem score. Data suggest that there was not any significant difference between pretests and posttests self-esteem score in control group.
- Distribution of subjects with regards to posttest level of self-esteem experimental and control group. It shows that 23.33 % of the subjects from experimental group were having poor self-esteem, whereas 96.67% of subjects from control group were having poor self-esteem score. 76.67% subjects from experimental group were having very good self-esteem score, whereas only 3.33% subjects from control group were having good self-esteem score. Data suggest that there was significant difference between experimental group self-esteem score and control group self-esteem score.

•Section 3: Self-esteem score as per its components:

Level of self-esteem as per the component, that is power-49.58 % for experimental & 39.16% for control group, Significance-47.77% experimental & 39.16% for control group, Virtue- 55.62% experimental & 41.25% for control group, Competence-57.66% experimental and 40.83% for control group & and consistently set limits- 56.45% experimental & 34.16% for control group.

•Section IV-Association of level of self-esteem with demographic variables-There is no significant association of self-esteem with the Demographic variables.

Scope of study:

Study findings will be used as a new treatment modality for long term & rehabilitative aspect for treatment of Depression

Clinical Nursing:-

Nurses in clinical practice will utilize study findings to select recreational therapy, establish therapeutic relationship & improve self-esteem of patients with depression.

Nursing Education:

Nurse educators will emphasize on evidence-based practices while imparting nursing knowledge to nursing students.

Nursing administrator:

Nursing administrators will use study findings in planning therapeutic modalities for nursing care of chronic patients with Depression

Nursing Researcher: Study results will provide clues to nursing researcher for further studies.

Limitations:

- The study was carried out on small population so the findings cannot be generalized for longer population.

•The study was limited to the patients with depression of selected areas.

Recommendations:

On the basis of the findings of the study following recommendation have been made for the study:

- 1.The study can be replicated with larger sample to generalize the findings.
- 2.Group training method versus individual training method could be tested out.
- 3.New activities can be included in the activity therapy and the impact of training on self-esteem may be reassessed.
- 4.Patient may be placed according to skill learnt and their performance can be assessed accordingly.

Conclusion:

The findings demonstrated that the activity therapy improves the self-esteem.

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