"A STUDY TO ASSESS THE EFFECTIVENESS OF ACTIVITY THERAPY ON THE LEVEL OF IMPROVING THE SELF ESTEEM AMONG PERSON WITH MENTAL ILLNESS ADMITTED IN SELECTED PSYCHIATRIC HOSPITAL & REHAB. CENTRE, AT PATAN DISTRICT"

1.   **Ms. Pinalben Nitinkumar Parmar**

Student Of M Sc. nursing, Mental health Nursing, Gokul Nursing College, Sidhpur, Gujarat, India

2.   **Ms. Meenakshi Roy**

Assistant Professor, Gokul Nursing college, Gokul global University, Sidhpur, Gujarat, India

ABSTRACT

BACAKGROUND: Mental health is a level of psychological well-being, or an absence of a mental disorder; it is the "psychological state of someone who is functioning at a satisfactory level of emotional and behavioral adjustment". From the perspective of positive psychology or holism, mental health may include an individual's ability to enjoy life, and create a balance between life activities and efforts to achieve psychological resilience. Many different typesof therapeutic activities can be utilized as part of activity therapy. Learning to play a musical instrument or a new dance move are two common examples of how this therapy works. By providing the patient with something that is both physical and mentally challenging and rewarding, activity therapy makes it possible to shift attention away from the aches, pains, and general discomfort caused by substance abuse, depression, or anxiety.

OBJECTIVES : 1) To identify the socio demographic variables of person with mental illness.**2)**To assess the pre-test level of self-esteem before activity therapy among the person with mental illness.**3)** To evaluate the posttest level of self-esteem after activity therapy among the person with mental illness.**4)**To determine the effectiveness of activity therapy among the person with mental illness.**5)**To determine association between of pretest score with demographic data of level of improving self- esteem among the person with mental illness

MATERIAL AND METHODS: The study was conducted among 60 persons with mental illness admitted in selected Psychiatric Hospital & Rehab. Centre, at Patan District , usingnon probability convenient sampling techniques. Quasi experimental one group – pretest & post design was adopted to assess the effectiveness of activity therapy mprove the self-esteem among the person with mental illness. A Structured knowledge questionnaire and modified Rosenberg self-esteem scale were used to assess the self- esteem among the person with mental illness. Descriptive & inferential statistics were used to analyze demographic data, structured knowledge questionnaire, modified Rosenberg self-esteem scale. Samples were divided in to four groups.in pretest level of self-esteem was assessed by Rosenberg self-esteem scale. Each group should select in each week and gave activity therapy intervention. After the intervention the post test was conducted the reliability of tool was determined by testing test re-test method before data collection whereas the association was determined by using chi square formula.

RESULTS AND FINDINGS: The pretest level of self-esteem score of persons before the investigator administrating activity therapy. In general, 90% of person is having low self-esteem score. About 10 % of person is having normal self-esteem score. The posttest level of self-esteem score of persons after the investigator administrating activity therapy. In general, 3.3% of person is having low self-esteem score. About 96.7% of person is having normal self-esteem score. In research among 60 samples, Pre-test mean score 8.68 (42%) whereas Posttest mean score 15.05(68.40%). Mean difference between Pre-test and Post-test score as 6.37 and 28.95% as Mean Percentage gain of the Samples on the level of improving the self-esteem among person with mental illness. There is no any association between of pretest score with demographic data of level of improving self-esteem among the person with mental illness therefore, investigator was The Activity therapy developed by the investigator was found to be effective in enhancing improving the self-esteem among person with mental illness admitted in selected psychiatric hospital & Rehab. Centre at Patan. Thus, the activity therapy can be used for improve the self-esteem in person with mental illness the large population in different setting.

INTRODUCTION

Mental health is a level of psychological well-being, or an absence of a mental disorder; it is the "psychological state of someone who is functioning at a satisfactory level of emotional and

behavioral adjustment". From the perspective of positive psychology or holism, mental health may include an individual's ability to enjoy life, and create a balance between life activities and efforts to achieve psychological resilience.

According to **World Health Organization (WHO)**, mental health includes
subjective well-being, perceived self-efficacy, autonomy, competence, intergenerational dependence, and self-actualization of one's intellectual and emotional potential, among others." However, cultural differences, subjective assessments, and competing professional theories all affect how "mental health" is defined. A person struggling with his or her mental/behavioral health may face stress, depression, anxiety, relationship problems, grief, and addiction problem.

A mental disorder, also called a mental illness, psychological disorder or psychiatric disorder is mental or behavioral pattern that causes either suffering or a poor ability to function in ordinary life.

It is estimated that 6-7 % of population suffers from mental disorders. The World Bank report (1993) revealed that the Disability Adjusted Life Year (DALY) loss due to neuro- psychiatric disorder is much higher than diarrhea, malaria, worm infestations and tuberculosis if taken individually. Together these disorders account for 12% of the global burden of disease (GBD) and an analysis of trends indicates this will increase to 15% by 2020 (World Health Report, 2001). One in four families is likely to have at least one member with a behavioral or mental disorder (WHO 2001). These families not only provide physical and emotional support, but also bear the negative impact

about symptoms of mental illness, myths & stigma related to it, lack knowledge on the treatment availability & potential benefits of seeking treatment are important causes for the high treatment gap.

OBJECTIVES

The study's objectives are

• To Assess the pre-test level of self-esteem before providing activity therapy among the person with mental illness.

• To Assess the post-test level of self-esteem after giving activity therapy among the person with mental illness.

• To Evaluate the effectiveness of activity therapy among the person with mental illness.

• To Find out Associate the Pre test level of self esteem score with their selected demographic variable.

Method

A Quantitative research approach with pre experimental (one group – pre test – post test)research design. The investigator used non probability convenient sampling technique for selecting 60 samples. A self structure knowledge questionnaire &Rosenberg self esteem scale to assess the knowledge of the samples. Chi-square test will be used to analyze association between pre test knowledge with

selected demographic variables.

Descriptive and inferential statistics was used to analyze the data.

RESULT:

the analysis and interpretation of data collected from 60 samples for the Study, to assess the effectiveness of activity therapy on the level of improving the self-esteem among person with mental illness, Admitted in selected psychiatric hospital & rehab. Centre at patan district. The Mean Post-test Score (15.05) was higher than Mean Pre-test Score (8.68) with Mean Difference of

6.37. so, there will be a significant difference between pretest and posttest level of self-esteem scores amongperson with mental illness so accepted H1 hypothesis.Hence, it provides that the activity therapy was Effective on the level

of improving the self-esteem among person with mental illness Chi Square test was used to analyze Association between Pre-test Score with Demographic Variables of the Samples. It was found that there was a no significant Association between Pretest score with Demographic Variables of the Samples at 0.05 level of significance rejected H_2 Hypothesis.

Frequency and Percentage wise distribution of the Demographic Data.   [N=60]

SR NO.	DEMOGRAPHIC VARIABLES		FREQUENCY(f)	PERCENTAG E (%)
1	Age	21-30 Year	15	25.0
		31-40 Year	19	31.7
		41-50 Year	15	25.0
		51-60 Year and More	11	18.3
2	Habitat	Rural	21	35
		Urban	34	56.7
		Semi urban	05	8.3
3	Marital status	Unmarried	11	18.3
		Married	38	63.3
		Widow / widower	8	13.3
		Divorced/separat Ed	3	5.0
4	Educational level	No formal education	4	6.7
		Primary	9	15.0
		Secondary	25	41.7

		Higher secondary	13	21.7

		Graduation and above	9	15.0
5	Type of family	Nuclear	15	25.0
		Joint	43	71.7
		Extended	2	3.3
6	Pre morbid occupation status	Unemployed	21	35.0
		Employed	39	65.0
7.	Pre morbid Monthly family income	Rs. 5000 & Below	27	45.0
		Rs. 5001-10000	23	38.3
		Rs. 10000 - 20000	8	13.3
		Rs. 20000 & Above	2	3.3
8	Family support and interactional patterns	More satisfactory	17	28.3
		Moderate satisfactory	31	51.7
		Slightly satisfactory	7	11.7
		Unsatisfactory	5	8.3
9.	Duration of hospitalization	Less than < 1 Year	15	25.0
		1 year to < 2 Year	20	33.3
		2 year to 3 year	10	16.7
		3 year & above	15	25.0

PRE-TEST LEVEL OF SELF ESTEEM SCORE

Level of self esteem	No. of sample	In %
Low self esteem	54	90.0%
Normal range	6	10.0%
Total	60	100%

POSTTEST LEVEL OF SELF-ESTEEM SCORE

Level of self esteem	No. of sample	In %
Low self esteem	2	3.3%
Normal range	58	96.7%
Total	60	100%

Mean Score, Mean Percentage, Mean Difference and Mean Percentage gain of Pre-test and Post- test Score of the Samples on the level of improving the self-esteem among person with mental illness

[N=60]

Self esteem	Max. Score	Mean Score	Mean Percentage	Mean Difference	Mean Percentage Gain
Pre-Test	20	8.68	39.45%		
Post-Test	20	15.05	68.40%	6.37	28.95%

DISCUSSION

The present study is addressed to assess the effectiveness of activity therapy on the level of improving the self-esteem among person with mental illness, admitted in selected psychiatric hospital& Rehab. Centre, at Patan district.

n this study 60 Samples participated. In relation to the findings of the study it was revealed that majority of the Samples had improving the self-esteem after effect activity therapy among Person with mental illness, admitted in selected psychiatric hospital andRehab. Centre, at Patan district. The Mean Post-test Score (15.05) was higher than Mean Pre-test Score (8.68) with Mean Difference of 6.37. Chi Square test and it showedthat there is significant association between them.

Hence it was proved that the improving the self-esteem among person with mental illness after activity therapy of Person with mental illness, admitted in selected psychiatric hospital and rehab. Centre, at Patan district.

CONCLUSION

A study to assess the Effectiveness of activity therapy on the level of improving the self-esteem among person with mental illness, admitted selected psychiatric hospital & rehab.centre, at Patan district.

- The mean Post-test Knowledge score was higher than the mean Pre-test Knowledge score.

- Majority of samples had improved the self-esteem After activity therapy person with mental illness, admitted in selected psychiatric hospital & rehab.centre, at Patan district.

- There was significant positive correlation between effectiveness of activity therapy and post test score.

- There was no significant association between demographic variables and pretest score.

A Study to assess the effectiveness of activity therapy on the level of Improvingthe self- esteem among the person with mental illness, admitted in selected psychiatric hospital & rehab.centre, at Patan district..The Activity therapy developed by the investigator was

found to be effective in enhancing improving the self-esteem among person with mental illness admitted in selected psychiatric hospital & rehab.centre, at Patan district.. Thus, the activity therapy canbe used for improve the self- esteem in person with mental illness the large population in different setting.

References :

1.Alice M.R **"the psychiatric aid** "second edition. Philadelphia. Lippincott Company.

2.Abuja Niraj (2002) **"A Short Text Book of Psychiatry"** fifth edition, New Delhi, Jaypee
 brother's publication, PP. No 86-89

3.Bhatia M.S. (1977). **"A Concise Textbook of Psychiatric Nursing."** New Delhi,

C.B.S publishers.

4.Bimlakapoor (2007) **"Text Book of Psychiatric Nursing** I, Delhi. Kumar publishing Home.

5.Burns Nancy, Groove K. Susan (2008) **"Understanding Nursing Research** "Fourth edition, Philadelphia Saunders Publications, PP. No 133-141. 6) Barker , Philip (1995) , " Basic Child Psychiatry " , 6th edition , Australia ; Blackwell Science Limited

6.Crookes. A. Patrick, Davis Sue, (1998) **" Research into Practice "** Second Edition , Edinburgh , Tindal , PP . No 133-141

7.David M. Kevin J.K. (1982) **"Psychiatric Nursing** "Fifth Edition London Churchill Livingstone.

8.Elizabeth M (1998), **"Foundation of Psychiatric Mental Health Nursing"**, 34 editions; Philadelphia: W B Saunders Company.

9.FademBarhara (2004) **"Behavioral Science in Medicine"**, 1st edition: Philadelphia: Lippincott.

10.   Fortinash.M.k. Frisch.L. E (2002) **"Psychiatric mental health Nursing"** 1st edition Missouri: Mosby publisher

11.   Gupta. S. P. (1998) **"Statistical methods"** 28th edition new Delhi: sultan chard and son's publishers.

JOURNALS

1.   **Sing-fai Tam, Yee-Chiu:** self-concepts of hospitalized and daycare psychiatric patients. The Journal of social psychology, 2010: 140 (2); 202.

2.   **Archana Singh and Nishi Mishra:** Loneliness, depression and sociability in mentally ill patients, Industrial Psychiatry Journal, Volume 18 (1) 2009 PPNo: 50-55

3.   **Benet M.P:** The effects of mirthful activity on stress and natural killer cell activity. Psychological medicine, volume9 (2). 2003. PP. No: 38-45

4.   **Bowins B, Shugar G.** Delusions and self-esteem. Canadian journal of psychiatry. 2008 march 43(2); 154-158.

5.   **Barrowclough, Christine: Tarrier, Nicholas:** Humphreys, et al. Self- esteem in schizophrenia; relationships between self-evaluation, family attitudes, and symptomatology Journal of Abnormal Psychology, 43(2) Feb: 112(1): 92-99.

6.   **Franklin Stein,** Prevocational Exploration and Vocational Rehabilitation of the Psychiatric Client. Journal of occupational Therapy. 1984:51 (3): 113-120