

# A Study to Assess and Evaluate the Effectiveness of Activity Therapy on the Level of Improving the Self Esteem in Term of Knowledge among Adults with Mental Illness at Shelter Home at Bharatpur

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**Abstract:** *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 behavioural 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. The study is based on evaluative approach; one group pretest post test pre - experimental design was used for the study. The sample of 60 subjects was selected by Non probability convenient sampling technique. The independent variable was Activity Therapy and the dependent variable was Level of Self esteem among adult with mental illness. The Comparison of the effectiveness of activity therapy were obtained by calculating the mean of pre test and post test with 't' test. The mean pre test effectiveness of activity therapy was 10.07 with SD  $\pm 2.37$  while mean post test effectiveness of activity therapy was 15.87 with SD  $\pm 2.21$ . The paired t test value shows significance at level of Significance Level of  $p < 0.05$ .*

**Keywords:** assess, evaluate, effectiveness, knowledge

## 1. 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 behavioural 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/behavioural 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 behavioural pattern that causes either suffering or a poor ability to function in ordinary life.

Services are based in psychiatric hospitals or in the community, and assessments are carried out by psychiatrists, clinical psychologists and clinical social workers, using various methods but often relying on observation and questioning. Treatments are provided by various mental health professionals. Psychotherapy and psychiatric medication are two major treatment options. Other treatments include social interventions, peer support and self - help.

Activity therapy is a healing technique that is often

employed with people overcoming physical addictions or emotional issues. The main focus of the therapy is to engage the individual in creative endeavours that help to alter the thought processes of the patient in a positive manner. This therapy may take place between a therapist and a single patient or be utilized in a group environment.

Many different types of 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.

### Need for the study

When a person is retarded they are kept aloof by their relatives. No humanity is shown to them. Thus the year 2015 gave importance to mental health. In 2015 Mental Health Day theme is Dignity in Mental Health.

Self - esteem is a most important factor in the development of human's personality. Low self - esteem will lead to unbearable psychological pressure and that pressure can lead to mental illness. Psychiatric patients are more prone to get affected with low self - esteem because they are less confident, neglected by the community, limited thinking level, less self coping mechanism, high dependency level, jobless, isolated and stigmatized. These all lead to low self - esteem and low self - esteem affects his treatment process.

It's certainly plausible that women experience higher levels of stress because of the demands of their social role. Increasingly, women are expected to function as carer, homemaker, and breadwinner - all while being perfectly shaped and impeccably dressed. These are the kind of pressures that can leave women feeling as if they've somehow failed; as if they don't have what it takes to be

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successful; as if they've been left behind. And those kinds of feelings can lead to psychological problems like anxiety and depression.

Mental health professionals guide psychiatric patients with occupational therapy activities that address crucial day to day functioning, as well as employment issues. They might also undertake occupational activities that will either update or give them new vocational skills, and the confidence to reintegrate back into the world of work. The ability to help patients to start believing in themselves is indeed the first step to recovery. The positive self - concept improves self - esteem.

Institute of Mental Health is the second largest Institute in India offering mental health services to a massive population of Tamil Nadu and Pondicherry. Now it has grown up to an institute with 1800 in patients it has been well established with all special services. And there are separated areas for male female patients. Nearly 400 female clients were admitted in this hospital and most of them were stay back above two years in chronic female wards. Here rehabilitation, industrial, and occupational therapy are practiced but few female clients involving in this therapy and most of them were simply roaming around the wards.

In rehabilitation department and in the wards use activity therapy engage them and to promote their quality of life. Independent living, self esteem. Hence it is needed to study the effect of activity therapy scientifically. Since the investigator belongs post graduate in psychiatric nursing interested to provide activity therapy.

## 2. Review of Literature

**Smith B, Fowler DG, et al. (2012)** estimated the links between depression, self - esteem, negative schematic beliefs and delusions and hallucinations. 100 participants who had suffered and admitted in Surat city a recent relapse in psychosis recruited at baseline for the Prevention of Relapse in psychosis (PRP) trial. Analysis indicated that individuals with more depression and 57% lower self - esteem had auditory hallucinations or greater severity and more intensely negative content, and were more distressed by them. This study provides evidence for the role of emotion in schizophrenia spectrum - disorders (48%). Mood, self - esteem and negative evaluative beliefs should be considered when conceptualising psychosis and designing interventions.

**Smith and Mackie (2011)** conducted a cross sectional study on the mentally ill clients in South Africa "The self - concept is what we think about the self; self - esteem is the positive or negative evaluations of the self, as in how we feel about it. Self - esteem is attractive as a social psychological construct because researchers have conceptualized it as an influential predictor of certain outcomes, such as academic achievement, happiness, satisfaction in marriage and relationships, and criminal behaviour. The prevalence of low Self - esteem was moderately high 46.67% of anxiety disorder clients. It can apply specifically to a particular dimension or a global extent. It is a judgment of oneself as well as an attitude toward the self. Self - esteem encompasses beliefs and emotions such as triumph, despair,

pride, and shame.

**Pauly K, Kircher T, Weber J, Schneider F, Habel U, (2011)** conducted a study to assess the Self - concept, emotion and memory performance in schizophrenia. 15 schizophrenia patients and 15 matched healthy controls were asked to decide on positive and negative personality traits across three separate conditions; self  $\pm$ evaluation other evaluation (of an intimate person), and during a lexical control task, respectively. The amount of patients passivity symptoms, increase in the their recognition performance for previously low self  $\pm$ esteem characteristics and traits referred to the intimate other this was not the case for lexically processed stimuli or an increase of negative symptoms. The data underline the necessity of taking into account symptom subgroups when dealing with specific cognitive dysfunctions in schizophrenia.

**Bowins B, Shugar G (2010)** conducted a study to examine the relationship between delusions and self - esteem. The objective is to investigate the hypothesis that the content of delusions and hallucinations is significantly influenced by subjects global self - esteem, negative self - esteem and for the extent to which the delusional content would be self - enhancing (or diminishing) and comforting (or discomforting) to the subject. The content of delusions reflects both global self - esteem and self  $\pm$ regard. Delusional content is therefore Yiews of themselves, and this may partially account for the persistence of delusions.

**Barrowclough, Christine, TARRIER, Nicholas, Humphreys Liyod Et al. (2010)** studied effectiveness of relationships between self - evaluation, family attitudes and symptomatology. Participants with mental disorders (N=59) were assessed on self - evaluation, symptomatology and positive and negative affect (expressed emotion) from significant others. An interview - based measure of self - evaluation was used and two independent dimensions of self  $\pm$ esteem were derived; negative and positive evaluation of self. As predicted, negative self - evaluation was strongly associated with positive symptoms, a more critical attitude from family members was associated with greater negative self - evaluation, and analyses supported a model whereby the impact of criticism, on patients positive symptoms was mediated by its association with negative self - evaluation.

**Shamsunnisah A B, Hasanah I, Kubang Kerian, Kelantan, (2010)** conducted a study in Calcutta to determine the association of self - esteem with socio - demographic and clinical characteristics of patients with mental illness. The validated Malay version of Rosenberg Self - esteem Scale (RSES) under multiple linear regression analysis, the socio - demographic factors associated significantly with high of self - esteem were being married and perceived social support. Clinical factors associated with higher self - esteem were denial of mental illness. Perceive good overall health and quality of life, and being free from psychotic and depressive symptoms. Majority of patients with schizophrenia had a relatively self - esteem. High level of self - esteem in schizophrenia was associated with more subjective factors rather than clinical, occupational and functional factors.

**Warman D M, Lysaker P H, Luedtke B, Martin J M (2009)** carried out a study on self esteem and delusions proneness. Individuals with no history of psychotic disorder (N=121) completed a measure of delusion prone  $\pm$ proneness and also a measure of self - esteem than lower self - esteem results indicated high delusion prone individuals had lower self - esteem than low delusion prone individuals ( $p=0.044$ ). In addition, higher levels of paranoid ideation and suspiciousness were associated with lower self esteem ( $p<0.001$ ). Significant, yet smaller relationships also emerged between low self - esteem and higher levels of beliefs related to thought disturbances, catastrophic ideation/ thought broadcasting, and ideation of reference /influence.

### Statement of problem

A study to assess and evaluate the effectiveness of Activity Therapy on the level of improving the self esteem in term of knowledge among adults with mental illness at shelter home at Bharatpur.

### Objectives

- 1) To assess the pre - test level of self esteem before activity therapy among the mentally ill.
- 2) To evaluate the post test level of self esteem after activity therapy among the mentally ill.
- 3) To determine the effectiveness of activity therapy among the mentally ill.
- 4) To find out the association between post test level scores of self esteem with selected demographic variables.

### Operational definition

#### Assess

It refers to the process of documents in the level of improving self esteem among women with mental illness.

#### Effectiveness

It refers to the extent to which the intervention programme implemented has achieved the desired results as expressed in the scores of improvement of self esteem among women mentally ill clients by the indicator of effectiveness.

#### Activity therapy

It refers to the activity therapy included are the low self esteem women mentally ill clients on the provision raw materials for making paper beads mala, greeting card, handkerchief and paper cover.

#### Self esteem

It is appraisal of his or her own worth as expressed in the scores assess by Rosenberg Self esteem scale.

#### Adult with mental illness

It refers to the adult clients that affect their mood, thinking, and behavior, examples of mental illness include mania, depression, anxiety disorders, schizophrenia etc.

#### Assumption

- The investigator assumes that the female mentally ill clients have low self esteem.
- The clients will be improving the self esteem by adopting activity therapy

### Hypothesis

**H1:** There will be a significant difference between pre test and post test level of self esteem scores among adults with mental illness.

**H2:** There will be a significant association between post test level of self esteem scores with selected demographic variables of mentally ill adult.

### Delimitation

- The study period is only for 4 weeks.
- They study is limited in Institute of Mental Health.
- The sample size is limited to 60 in number.

## 3. Methodology

### Research approach - Quantitative Approach

**Study setting** - Apna Ghar of Mental Health at Bharatpur

**Research design** - A pre experimental one group pre - test and post - test design

**Study population** - selected adults with mental illness clients

**Sample size** - 60

**Sampling technique** - Non probability convenient sampling technique

### Research variable

**Dependent variable:** Level of Self esteem among adult with mental illness

**Independent variable:** Activity Therapy

### Sample Criteria

#### Inclusion criteria

- The adult patients who are diagnosed with mentally ill.
- All sub categories are included.
- Both acute and chronic patients are included.
- The clients who are having insight.
- The Adults who are willing to give consent for the study.
- The clients who speaks and understands Hindi.

#### Exclusion criteria

- Patients who are having co morbid conditions like alcoholism, mental retardation
- Patients who are having high suicidal tendencies.

## 4. Method of Data Collection

**Data collection technique:** Structured interview schedule

**Tool for data collection:** Structure Questionnaire.

## 5. Data Analysis and Interpretation

Section I: Socio demographic profile of the women with mental illness.

Section II: Self Esteem level of women with illness before Activity therapy intervention

Section III: Self Esteem level of women with illness after Activity therapy intervention

Section IV: Effectiveness of the Activity therapy

Section V: Associate the effectiveness of Activity therapy with selected demographic variables.

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