

# Effectiveness of Psychoeducation Programme on Knowledge of Schizophrenia among Caregivers of the Patients with Schizophrenia, Admitted in Selected Hospital Chennai

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**Abstract:** ***Background of the Study:** Schizophrenia is a common psychiatric disorder Schizophrenia is a disease that affects an individuals thought, feelings, behavior. It also impairs self awareness for many individuals so that they do not realize they are ill and in need of treatment. Lack of knowledge of family members leads to more complications like recurrence. Psycho education for the family have been considered to be the most promising and successful one to improve knowledge of family members (Barbato.A,2009). **Objectives:** To assess the knowledge on schizophrenia among care givers of the patients with schizophrenia. To administer psycho education programme on schizophrenia among caregivers of the patients with schizophrenia. To reassess the knowledge on schizophrenia among caregivers of the patients with schizophrenia. To find the association between the knowledge on schizophrenia among caregivers of the patients with schizophrenia with selected demographic variables. **Hypothesis:** There is a significant difference between pre test and post test scores on knowledge among care givers of patients with schizophrenia .There will be significant association between knowledge of family members of schizophrenic clients and selected demographic variables. **Methodology:** An evaluative research approach with one group pre-test and post-test design was selected for this study. Convenience sampling technique was used for the study. **Final Result and Conclusion:** In thepre test the level of knowledge among selected 30 samples 26(86.7%) Of them had Inadequate level of knowledge and 4(13.5%) of them had moderate level of knowledge. In the post test level of knowledge 22(73.3%) had adequate level of knowledge 8(26.7%) of them had moderate level of knowledge . The effectiveness of psychoeducation programme on the knowledge of schizophrenia among caregivers of the patients with schizophreni using paired “t” test shows 10 significant at the level of P <0.05 Which implying that there was significant improvem ent in the level of knowledge among care givers of schizophrenic patients in the post test.*

**Keywords:** Psychoeducation programme, effectiveness, Knowledge, patients, caregivers

## 1. Introduction

Any deterioration in this mental health leads to mental illness .one among such illnesses is schizophrenia. Studies have shown that genetics, neurobiology; environmental, psychological and social factors are important contributory factors of schizophrenia. The incidence rate of schizophrenia is 18-20 cases per 100,000 populations per year. Its peak age of onset is different for men and women. The average age of onset for men and women are 20-25 and 25-30 respectively. Schizophrenia occurs in all societies regardless of class, colour, religion, culture. However there are some variations in terms of incidence and outcomes for different groups of people (Dr.RobinMurray). The number of people who will be diagnosed as having schizophrenia in a year is about one in 4,000. So about 1.5 million people will be diagnosed with schizophrenia in one year, world wide (NIMH,2009).

### 1.1 Objectives

- To assess the knowledge on schizophrenia among care givers of the patients with schizophrenia.
- To evaluate the effectiveness of psycho education programme on schizophrenia among caregivers of the patients with schizophrenia.

- To find the association between the knowledge on schizophrenia among caregivers of the patients with schizophrenia with selected demographic variables.

### 1.2 Hypothesis

H1: There is a significant difference between pre test and post test scores on knowledge among care givers of patients with schizophrenia.

H2: There will be significant association between knowledge of family members of schizophrenic clients and selected demographic variables

## 2. Methodology

Evaluative research approach one group pre-test and post-test design was selected for this study in SreeBalaji Medical College and Hospital, Chennai. The study population will comprise of care givers of schizophrenic patients in the age group of (20-60) years. Total sample size 30 both male and female are selected for the study by Convenience sampling technique. The questionnaire has 2 parts consisting of Demographic variables these are age, gender, marital status, type of family, education, occupation, income, length of stay with patients in the second part of questionnaire consisting structured questionnaires of 20 items' multiple choice questions regarding schizophrenia that is general

information on schizophrenia (1-5), causes (6-7), signs and symptoms (8-9), prevention,(10) treatment (11-17), prognosis (18-19) and care of schizophrenia patients (20). Score “1” for every correct answer and score “0” for wrong answer. The interpretation of score was done as follow

**Table 1**

Category	Score
Inadequate knowledge	(≤50%)
moderately adequate knowledge	(51-75)
adequate knowledge	(>75%)

### 3. Result

**Table 2:** Pre-test level of Knowledge of schizophrenia among care givers of the patients with schizophrenia

retest Level of knowledge	Pre-Test	
	No	Percentage (%)
Inadequate Knowledge	26	86.7
Moderately adequate knowledge	4	13.5
Adequate Knowledge		
Total	30	100

Reveals that among 30 samples 26( 86.7%) of them had inadequate level of knowledge , 4( 13.5%) had moderate level of Knowledge and 5( 16.6%) in the pre test.

**Table 3:** Post test level of Knowledge of schizophrenia among care givers of the patients with schizophrenia

Posttest Level of knowledge	Post-Test	
	No	Percentage (%)
Inadequate Knowledge	-	-
Moderately adequate knowledge	8	26.7
Adequate Knowledge	22	73.3
Total	30	100

**Table 4:** Comparison of pre-test and post test knowledge scores of schizophrenia among care givers of the patients with schizophrenia, n=30

Care Givers	Pre-Test		Posttest		Effectiveness		Paired t-Test Value and P Value
	Mean	SD	Mean	SD	Mean	SD	
Knowledge score	8	2.1	15	2.5	7	0.4	t = 10 P< 0.05`

Comparison of pre-test and post test knowledge scores of schizophrenia among care givers of the patients with schizophrenia in the pre –test , SD was 2.1 and mean score was 8 and SD was 2.5 and mean post test score was 2.5 , so the effectiveness was 7 and SD was 0.4 with the paired t-test value is 10 and there is significant effectiveness at P <0.05

### 4. Major Findings of the Study

Regarding the age of caregivers, 8(27%) of them were between 21-30 years, 10(33%) of them were between 31-40 years, 8(27%) of them were between 41-50 years, 4(13%) of them were between 51-60years. Regarding the gender, 9 (30%) were males and 21(70%) were females. While taking the educational status, 5(17%) of them primary level, 16(53%) of them secondary level, 9(30%) of them college

level .Regarding the occupation, 14(47%) of them unemployed, 6 (20%) of them were coolie, 7 (23%) of them were doing business, 3 (10%) of them professional. As per the income, 6 (20%) of them were Rs.2001-5000, 18 (60%) of them were Rs.5001-10,000, 6 (20%) of them were Rs. 10,000 and above. Regarding the marital status, 20(66.6%) of them were married, 6(20%) of them were unmarried.2(6.6%) were divorced and 2(6.6%) were widowed. Regarding the type of family, 12 (40%) of them were nuclear family, 18 ( 60%) of them were joint family. When revealing the length of stay with patient, 8(27%) of them, 6months-1years, 10 (33%) of them 1-2 years, 12 (40%) of them were above 2 years.

In the pre test the level of knowledge among selected 30 samples 26( 86.7%) Of them had Inadequate knowledge and 4 (13.5%) of them had moderate level of knowledge .In the post test level of knowledge among selected 30 samples 8(26.7%) of them had moderate knowledge and 22(73.3%) had adequate level of knowledge.

### 5. Conclusion

The study reveals that there was significant increase in the level of knowledge among care givers of schizophrenic patients in the post test. The effectiveness of psycho education using paired “t” test shows 10 significant at the level of P <0.05

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