

**LEVEL OF STRESS: A PROSPECTIVE SURVEY ON CAREGIVERS
OF PEOPLE WITH SCHIZOPHRENIA**

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ABSTRACT

Title of the study:

Level of stress: A prospective survey on caregivers of people with schizophrenia.

Aim of the study:

To explore the level of stress of the caregiver of people with schizophrenia.

Objectives of the study:

1. To measure the level of stress of the caregiver of people with schizophrenia.
2. To determine the level of stress among caregivers of different relationships.
3. To determine the level of stress of both male and female caregivers.

Design of the study:

The study was undertaken by using prospective survey design.

Sample selection and size:

By using convenient sampling the researcher selected 40 participants from indoor unit of National Institute of Mental Health (NIMH). The participants of this study were the caregiver of people with schizophrenia.

Data collection methods:

The researcher measured level of stress of caregivers of people with schizophrenia by using Caregiver Strain Index (CSI), a 13 item stress measurement tool. Face to face interview was done to ask the specific question from CSI scale to the caregivers of people with schizophrenia.

Data analysis:

The data was analyzed by using descriptive statistic method through SPSS software and represented the data in pie chart, bar chart and different tables.

Results of the study:

The researcher found high level of stress among all caregivers of people with schizophrenia from this study. The mean score (the groups average score) of all caregivers was 11.07 and standard deviation of score was 1.40. From this study, it was also found that female caregivers perceived more stress than male caregivers of people with schizophrenia. The mean score of all female and male caregivers was 11.51 and 10.23 respectively. The caregivers of different relationship perceived stress differently. The mother of people with schizophrenia perceived more stress (average score 12) than other family members and relatives. The son of people with schizophrenia perceived lowest stress (average score 7) comparatively than other family members or relatives. The mean score of stress level of other family members or relatives was respectively wife 11.25, father 10.75, brother 10.5, aunty 10.5, sister 10.33, nephew 10 and niece 10.

Conclusion:

The caregiver is a person who provides care to their ill family members and relatives. The caregiver of people with schizophrenia plays a vital role to carry out the treatment and rehabilitation process. The caregiver of people with schizophrenia also can ensure the better prognosis for their family members or relatives with schizophrenia by giving quality care. But the caregiver of people with schizophrenia perceived high level of stress that explored by the researcher from this study. So, the caregiver could not provide best effort for the wellbeing of people with schizophrenia. Because its depend on the wellbeing of caregivers of people with schizophrenia. For this, all health care

professionals should be concern about this issue and take steps to minimize the level of stress of caregiver. The results of this research project will help the health care professionals to be concern about this issue and make a plan for managing this problem of caregiver of people with schizophrenia.

Key words of the study:

Schizophrenia, Caregiver and Stress.