

Activity Based Group Therapy on Interpersonal Relationship Among the Mentally Ill Clients in Selected Halfway Home, Coimbatore

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ABSTRACT

Introduction: The activities that we do every day provide a foundation for our lives. Psychiatric illness often interferes with a person's ability to perform the activities that are part of everyday living.

Objectives: To assess the effectiveness of Activity based group therapy promoting the interpersonal relationship among the mentally ill clients in selected setting, Coimbatore.

Methodology: Pre experimental one group pretest – posttest design was adopted. Convenient sampling technique was used and 15 mentally ill clients were selected at Cheshire home, Peelamedu, Coimbatore. The data was collected, organized and analyzed in terms of both descriptive and inferential statistics.

Result: The analysis revealed that the mean value of pretest was 24.47 and was increased in posttest to 63.20. The 't' value was 11.7, which had high statistical significance at $p < 0.05$ level and which confirms that there was a statistically significant difference between pretest and posttest interpersonal relationship.

Conclusion: This study proves that "Activity based group therapy was effective in improving interpersonal relationship", who resides in halfway home.

Keywords: Activity based group therapy, Interpersonal Relationship, Mentally ill clients, Halfway home.

INTRODUCTION

The activities that we do every day provide a foundation for our lives. Psychiatric illness often interferes with a person's ability to perform the activities that are part of everyday living. When one considers the kinds of symptoms that psychiatric patients exhibit (e.g., disturbances in thinking, judgment, reality testing, and communication; social withdrawal, anhedonia, and dysphoria), problems in daily functioning are not surprising. Functional difficulties are most severe

when symptoms are exacerbated to the extent that hospitalization is required.¹

Need for the Study: A survey was conducted on physical activity patterns in adults with severe mental illness. The sample were surveyed outpatients with schizophrenia and affective disorders at two psychiatric centers in Maryland and compared physical activity patterns to an age-gender-race-matched national sample (National Health and Nutrition Examination Survey III) of the general population. The major finding of the study was that people with severe mental illness are overall less physically active than the general population, although the proportion with recommended physical activity levels was equal. The participants with severe mental illness were more likely to walk as their sole form of physical activity. Within the severe mental illness group, those without regular social contact and women had higher odds of being inactive.²

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Social support is important for people experiencing serious mental illness and is also important during the initiation and maintenance of exercise. The sample of the study was 11 men with serious mental illness. The findings of the study was informational, tangible, esteem, and emotional support were both provided for and given by participants through exercise. The conclusion of study were experiences of both receiving and giving diverse forms of support in this way are significant for some people living with and recovering from serious mental illness.³

A systematic review and was used on social Participation Interventions for Adults with Mental Health Problems. Sixteen articles reporting 14 unique interventions met the inclusion criteria, and findings across the studies were categorized by delivery mode and intervention strategy. Positive outcomes were found in asset-based approaches, social skills development, building trusting relationships between workers and service users, and resource finding to enhance community participation. However, only four studies were found to have a low overall risk of bias. The findings of this review suggest further evidence-informed interventions, and robust evaluations, are needed as current evidence is limited to inform mental health social work practice.⁴

REVIEW OF LITERATURE

A longitudinal study investigates the relationship between social participation in associations and self-rated psychological health. The paper uses five waves of the British Household Panel Survey (BHPS) from 1991 to 1995 (unbalanced panel N=45,761). Ordered logit fixed effect methods were used to study the longitudinal link between structural social capital (being a member, active, and both a member and active in associations) and self-rated psychological health assessed by single items of the General Health Questionnaire (GHQ-12) controlling for age, marital status, household size, number of children, education, income, economic status, number of visits to the GP and health problems. The result of the study shows that being only a member and only active in associations has no statistical relationship with almost all the items of the GHQ-12. Instead, being both a member and active in associations is linked to all “positive” items of self-rated psychological health and to two main “negative” items of psychological wellbeing. These findings highlight the protective role of being both a member and active in associations against poor psychological health outcomes.⁵

A meta-analysis was conducted to estimate the effectiveness of theory-based occupational therapy interventions in improving occupational performance and well-being among people with a mental health diagnosis. It included 11 randomized controlled trials with a total of 520 adult participants with a mental health diagnosis. Outcomes were occupational performance, well-being, or both. The results indicated a medium effect of intervention on improving occupational performance (mean Hedge’s g 5 0.50, Z 5 4.05, $p < .001$) and a small effect on well-being (mean Hedge’s g 5 0.46, Z 5 4.96, $p < .001$). The study concluded that theory-based occupational therapy interventions may be effective in improving occupational performance and well-being among people with a mental health diagnosis and should be an integral part of rehabilitation services in mental health.⁶

The observational study investigated the outcomes of a community-based rehabilitation program that was designed to enhance social functioning, social inclusion, and well-being of people with mental illness who were considered treatment failures by psychiatric professionals in Italy. Of the 144 patients who entered the program, 131 started the program and 109 completed either 12 or 18 months of treatment. Illness severity was assessed by the Health of the Nation Outcome Scales (HoNOS) and social functioning by the Social and Occupational Functioning Assessment Scale (SOFAS). On the HoNOS, 33% of patients showed reliable change. On the SOFAS, 27% showed reliable change, although the change was substantial for few patients. The findings of the study were warrant further research based on controlled studies.⁷

STATEMENT OF THE PROBLEM

Effectiveness of activity based group therapy promoting the interpersonal relationship among the mentally ill clients in halfway home, Coimbatore.

OBJECTIVES

1. To assess the interpersonal relationship among the mentally ill clients.
2. To evaluate the effectiveness of activity based group therapy among the mentally ill clients.
3. To associate the mentally ill clients with selected demographic variables.

ASSUMPTIONS

1. Clients may have impaired communication with others.
2. Administration of activity based group therapy may increase the social interaction of the mentally ill clients.

Hypothesis

H₁: There will be a significant difference in the pre and post test level of interpersonal relationship of mentally ill clients.

H₂: There will be a significant association of the post test level of interpersonal relationship with selected demographic variables among the care givers of mentally ill clients.

RESEARCH DESIGN

The research design selected for this study is pre experimental design, one group pre test–post test design. Here the test acts as a measurement tool for the evaluation effect on post test.⁸

Variables:

Independent Variable: Activity based group therapy

Dependant Variable: Level of interpersonal relationship among the mentally ill clients.

Setting: The study was conducted in Cheshire home, Peelamedu, Coimbatore.

Population: The study population comprises of mentally ill clients Cheshire home, Peelamedu, Coimbatore.

Samples: Mentally ill clients who stayed in Cheshire home, who fulfills the inclusive criteria.

Sample Size: Sample size of the study is 15 mentally ill clients

Sampling Technique: Non probability convenient sampling technique.

Sampling Criteria

Inclusive Criteria

1. Mentally ill clients who are willing to participate in the study.
2. The clients who can understand Tamil and English.

Exclusive Criteria: The clients who are deaf and dumb and handicapped

Score interpretation

Good	-	>75%
Satisfactory	-	50-75%
Poor	-	<50%

Development and Description of the Tool: The tool constructed in this study consists of 2 parts.

Section A: Demographic data

Section B: Interpersonal Relationship Communication scale. The tool has 4 sections with thirteen items, which is converted into 4 dimensions. It covers almost all dimension of interpersonal relationship communication.

1. Establishing rapport (3)
2. Effective communication (3)
3. Critical thinking (3)
4. Problem solving (4)

Each item is scored as below:

Positive Items	Negative Items
Poor-1	Poor-5
Fair-2	Fair-4
Good-3	Good-3
Very Good-4	Very Good-2
Excellent-5	Excellent-1

The total score for Section B is 65. To interpret the interpersonal relationship communication, the scores were interpreted as follows:

Score Interpretation:

Good = >75%, Satisfactory = 50-75%, Poor = <50

Intervention:

Activity Based Group Therapy: Activity Based Group Therapy involves the clients in group games wind-up games, group session and wind-down games. Wind-up games are musical chair, ball throw. Main games are those which can be completed in 60 seconds which includes tower building and marble games. Wind-down games are clapping and obtaining feedback.

FINDINGS

Table 1: Frequency and percentage distribution of level of pre and post test level of interpersonal relationship communication

n = 15

Interpersonal relationship communication	Pre test			Post test		
	Poor <50%	Satisfactory 50-75%	Good >75%	Poor <50%	Satisfactory 50-75%	Good >75%
Establishing rapport	5	9	1	0	5	10
Effective communication	12	3	0	0	9	6
Critical thinking	10	5	0	0	9	6
Problem solving	8	7	0	0	11	4

Table 2: Comparison of level of interpersonal relationship communication

(n = 15)

Interpersonal Relationship Communication	Pre Test		Post Test		t test
	Mean	SD	Mean	SD	
Establishing rapport	11.8	4.68	20.8	4.81	5.19*
Effective communication	3.8	1.37	12.53	1.77	15.1*
Critical thinking	3.8	1.37	4.63	0.88	11.7*
Problem solving	12.67	4.58	17.07	3.53	11.7*
Overall	24.27	7.44	63.2	10.82	11.4*

*p<0.05level significant

CONCLUSION

The study findings conclude that the post-test interpersonal relationship of mentally ill client score was higher than the pre-test score after administration of activity based therapy. Thus this study proves that “Activity based therapy was effective in improving interpersonal relationship of mentally ill client”.

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