

## STUDY ON THE RELEVANCE OF FAMILY CARE AND SUPPORT TO THE PERSON WITH SCHIZOPHRENIA

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### ABSTRACT

#### Background

Schizophrenia not only influences the lives of those affected but also those around them, especially the caregivers. This study examines the different determinants that are relevant to the effective care and support to the person with schizophrenia.

#### AIM

The goals for this study were, to describe the Socio economic profile of the Persons with Schizophrenia and family caregivers, to examine the relationship between stigmatization of the illness and family caregivers' perception in defining the quality of care giving, to investigate into the problems experienced by the family caregivers of the Persons with Schizophrenia, to identify the coping strategies adopted by the care givers of the Persons with Schizophrenia, to design a model to suggest social work interventions to enhance the effectiveness of care giving.

#### MATERIALS AND METHODS

The study was conducted at Department of Psychiatry, Govt. General Hospital, Thiruvananthapuram, Kerala State after obtaining the necessary approval. 225 patients with schizophrenia and their caregivers attended the clinic during the year 2011 and 2012 were chosen for the present study by using the Census method. The data were collected with the help of a well-structured Interview Schedule and it was analysed by using the analytical software 'Statistical Package for Social Science' (SPSS) (Version 16). Pearson's chi-square ( $X^2$ ) test, t-test and One-way ANOVA test was used to prove hypothesis

#### RESULTS

The care givers are having stigma which is leading to the poor care and support. The patient those whose are living with their spouse are getting more care and support than any other person in the family. The care givers are more worried about their children's future due the illness of the patient. Both the male and female patient is affected by schizophrenia. The patients, care givers and mental health professionals are given psycho education on time will helps in improving the standard of living of the patient and their family. The social worker is one of the important people in helping the caregivers and the patients in prevention of the illness and promotion of the health.

**CONCLUSIONS**

*Intensified family and community based care improve the quality of life of the person with schizophrenia.*

**KEYWORDS:** *Debilitating Psychological Disorder, Financial, Family Structure*