

Effect of Recreational Therapy on Level of Wellness among the Schizophrenic Patients

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ABSTRACT: Schizophrenia is a major health problem in the world today. The present study is an attempt to assess the effect of recreational therapy on achieving the wellness among the schizophrenic patients. The objective of the study were to assess the pre interventional level of wellness among schizophrenic patients, to evaluate the effect of recreational therapy on level of wellness and to associate pre interventional level of wellness score with selected socio-demographic variables. The Conceptual frame work for the present study was based on system theory modified by Ludwig von bertalanffy. The study was experimental in nature which was carried out in a group of 50 schizophrenic patients admitted in Sree Balaji Medical College by simple random sampling and a structured observational checklist which was developed after extensive review of literature. Feasibility was established by administering the tool on six schizophrenic patients. The tool was found reliable ($r=0.90$). Data collected was analysed by using descriptive and inferential statistics. Results of the study revealed that level of wellness of schizophrenic patients is poor before administration of recreational therapy. The mean post test wellness score 13.00 was significantly higher than the mean pre test score 20.84. The t value to evaluate the effectiveness of recreation therapy was found to be highly significant (6.91). There is no significant relationship of wellness score with selected demographic variable by chi-square. Therefore need for wellness among schizophrenic patients is highly recognized. The present study concludes that recreational therapy was found to be effective in improving the level of wellness among schizophrenic patients.

KEYWORDS: Recreational therapy, effect, wellness and schizophrenic patients.

I. INTRODUCTION

Mental illness is an age old problem of mankind. It is recorder in the oldest literature of all culture all over the world. Approximately 1% of the population develops schizophrenia, though only half of the group gets treatment. The onset of schizophrenia for males usually happens earlier than for females (Kaplan & Sadock 2000). In India for a population of nearly one billion people, there are an estimated 4 million people with schizophrenia, with different degrees of impact on some 25 million family members, wellness is chiefly a function of enduring personality dispositions, wealth, social class and other makers of the objective quality of the life are virtually unrelated to subjective happiness and process of adaptation quickly return person to their own characteristics baseline of happiness after favourable or unfavourable life events. Recreation is a form of activity therapy mostly used in psychiatric settings. It is a planned therapeutic activity that enable people with limitation to engage in recreational experiences.

Recreation therapy has been accepted as treatment for affective disorder for number of years because recreation therapy encourage social interaction, provide outlet for feelings promote socially accepted behaviour, develop skills, talent, abilities and increase physical confidence and feeling of self worth. This research study attempted to assess the effectiveness of recreational therapy on five dimensions of wellness (physical, psychological, social, intellectual and spiritual wellness) in the schizophrenic patients because people affected with schizophrenia have difficulty in thinking coherently, interacting with others normally, carrying out responsibilities and expressing emotions appropriately. Even simple task like personal hygiene can become unmanageable and neglected. The disease can thus impact every aspects of people affected work, family, social life and Recreation contribute to mental health in reducing stress, reducing depression and contributing to emotional and psychological well-being

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II. MATERIALS AND METHODS

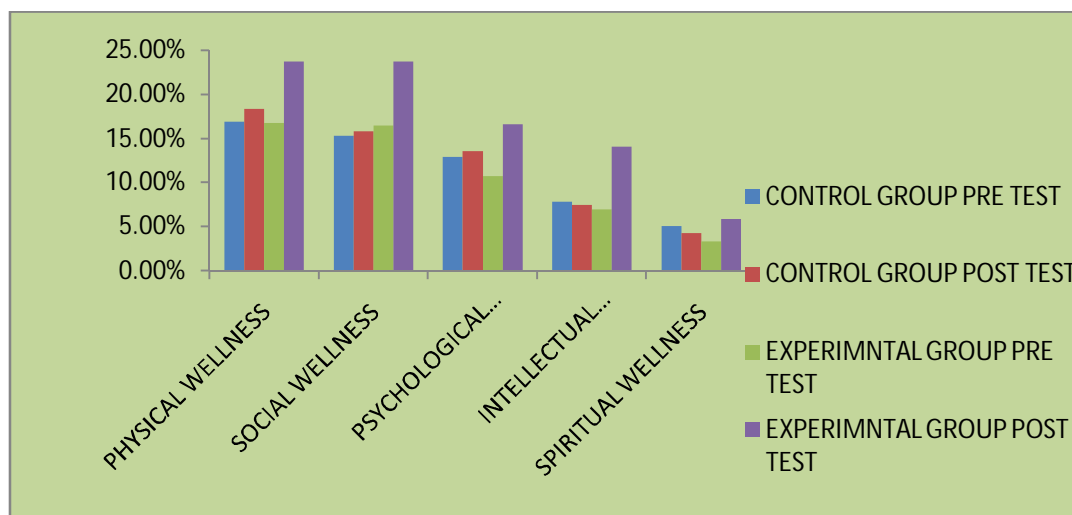
This experimental study was conducted on schizophrenic patients of above 18 years who are admitted in sree balaji medical college. The sample size consist of 100 subjects, out of which 50 for control and 50 were for experiment. A structured wellness scoring observation checklist was developed and used to assess the effect of recreational therapy on level of wellness among schizophrenic patients. Data was collected after getting informed written consent from the subjects. The reliability co-efficient was calculated using karl-pearson’s formula and the value of r was found to be 0.90. After pre test recreational therapy was administered to subjects. A post was conducted on 3 rd week

III. RESULTS

Results of the study revealed that level of wellness of schizophrenic patients is poor before administration of recreational therapy. level of significance was set as $p > 0.05$. The t value to evaluate the effectiveness recreational therapy was found to be highly significant 6.91.

DIMENSIONS	CONTROL GROUP		EXPERIMENTAL GROUP	
	PRE TEST	POST TEST	PRE TEST	POST TEST
PHYSICAL WELLNESS	16.96%	18.4%	16.8%	23.8%
SOCIAL WELLNESS	15.36%	15.84%	16.48%	23.8%
PSYCHOLOGICAL WELLNESS	12.96%	13.6%	10.72%	16.64%
INTELLECTUAL WELLNESS	7.84%	7.52%	7%	14.08%
SPIRITUAL WELLNESS	5.12%	4.32%	3.36%	5.92%

Level of well in different dimensions after recreational therapy



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IV. DISCUSSION

The result of the study indicate that pre test wellness score of schizophrenic patients was analysed by chi-square test. There is association between level of wellness and age of schizophrenic patients were there is no association between their gender, education, marital status and occupation as their chi-square value are respectively at 5% level of significance. In order to achieve the second objective t test was computed to evaluate the effectiveness of recreational therapy. The schizophrenic patient who received recreational therapy had higher mean wellness score (20.84) in post test as compared to pre test score (13.00). Hence it is quite evident that recreation therapy is proved to be effective in improving the level of wellness among schizophrenic patients. The inference t value post test (6.91) is highly significant which reveals the effectiveness of recreational therapy.

In pretest physical wellness experimental group is 16.8%, social wellness of experimental group is 10.72%, intellectual wellness of experimental group is 7%, spiritual wellness of experimental group is 3.36%, were in post test physical wellness of experimental group is 23.8%, social wellness of experimental group is 23.8%, psychological wellness of experimental group is 16.64%, intellectual wellness of control experimental group is 14.08%, spiritual wellness of experimental group is 5.92%. This data reveals that most of schizophrenic patients had good wellness score in all five dimensions after administration of recreational therapy

V. CONCLUSION

The present study shows that schizophrenia is marked by severely impaired thinking, emotions, and behaviours. Schizophrenic patients are unable to filter secondary stimuli and may have enhanced perception of sound, colour, and other features of the environment. Based on the assessment, the researcher prepared recreation therapy programme. This can be useful to all those who have poor wellness score. Thus the post test scores support that there is improvement in the level of wellness after administration of recreation therapy

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