



Post Head Injury Neurobehavioural Sequelae Among Head Injury Patients with or without Alcoholism

Sunil kumar BS¹, Babu Raj PT²

School of Behavioural Sciences, MG University



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Corresponding Author

Sunil kumar BS
School of Behavioural Sciences, MG University

Abstract

Introduction and Rationale

Head injury produce same neurobehavioural sequelae which is in consistent with deficit caused by chronic alcoholism in the field of behavioural disturbances. The neurobehavioural sequelae can be dual function of alcohol and head injury and both etiologies must be considered while interpreting the symptoms in those patients. The studies regarding this subject are very few and having conflicting results.

Objective:

This study is to find out any difference in severity of post head injury neurobehavioral sequelae between chronic alcoholic and other head injured patients.

The research question is that whether brain damage due to chronic alcoholism has any additive effect on neurobehavioural sequelae of head injury.

Materials and Methods

This is a single center descriptive, longitudinal, quasi experimental study among patients with head injury in Neurosurgery outpatient clinic at Government Medical College, Kottayam.

Neurobehavioural sequelae were assessed in 128 post head injury patients between six weeks to one year period using Neurobehavioural Rating Scale (Revised). Out of 128 patients, 51 patients (39.8%) were considered as alcoholics and 77 patients (60.2%) were considered as non alcoholic group. Data collected is of non parametric nature and Mann-Whitney test was primarily used to assess the significant difference between the groups.

Results

Considering the total score of Neurobehavioral Rating Scale Revised, the study proved that there is significant difference in the post head injury neurobehavioral sequelae among alcoholic and other head injured patients.

Conclusion

Considering the research question whether alcohol abuse has any additive effect on neurobehavioural sequelae of head injury; the total Neurobehavioural Rating Score and four of its six domains show increased severity of occurrence in chronic alcoholic patients.

Keywords: Head injury, Neurobehavioural sequelae, Chronic alcoholism.

Study on the Determinants of Divorce Among the Clients Who Attended Family Court, Ettumanoor

Bindhu Vasudevan¹

Community Medicine, Govt. Medical College, Kottayam



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Corresponding Author

Bindhu Vasudevan

Department and Institution: Community Medicine,
Govt. Medical College, Kottayam

Email: bindhuskr@gmail.com

Abstract

Introduction and Rationale

Various reasons like Physical, psychological, & sexual abuse, addictions, adjustment problems have been attributed to increasing incidence of divorce among married couples. Present study aims to analyse the causes of divorce among the couples in Kottayam district

Objective:

To study the factors leading to divorce among couples attending the family court, Ettumanoor, Kottayam district

Materials and Methods

A cross-sectional study was conducted among 60 couples who had filed for divorce & were attending the counseling sessions in the Ettumanoor family court during the period, January to June 2010. Data was collected using a semi-structured questionnaire & analysed using SPSS 16.0 version.

Results

Mean age of males & females was 36.18+/-5.3 & 31.22+/-5.7yrs. Mean duration of marriage was 2.44+/- 1.8 yrs. 79.1% were living in joint families. Majority belonged to middle & upper socioeconomic status. Only 2 couples were

from low SES. 11.6% of couples had love marriage. In 68.2% of cases the, divorce proceedings were initiated by the wife. Males attributed major reasons to wife's lack of adjustment with spouse (22.5%), with his parents (45.2%) while for females the reasons were Alcoholism (48%) & Physical abuse (63.3%). Other major reasons quoted by males & females were neglect by spouse (21% Vs 73.3%), Psychiatric disorders of spouse (20% vs 10%), suspicion (15% vs 33%) & adultery (28.3% Vs 28.3%). Sexual dissatisfaction & increased use of social media were also reported to be the reasons for separation.

Conclusion

Present study revealed, adjustment problems, alcoholism, physical abuse & neglect as the leading cause of divorce among the couples in Kottayam district. Contrary to popular assumptions it was the Female who initiated divorce proceedings in most of the cases.

Keywords: Divorce, Factors, couples

Insight, Death Anxiety and Social Support in Remitted Patients with Schizophrenia and Bipolar Affective Disorder: A Comparative Study

Vijayalal Vijayan

Central Institute Of Psychiatry, Ranchi

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ICRMSW 2013

Corresponding Author

Vijayalal Vijayan,
Central Institute Of Psychiatry, Ranchi

Email: vijayalvijay@gmail.com

Abstract

Introduction and Rationale

The acute stages of psychiatric disorders are characterized by functional abnormalities in prefrontal neural networks and corresponding severe impairments in insight, death anxiety and social support. These three variables are selected for the study because it could find that poor insight, high level of death anxiety and the poor social support are the major concerns in the management of patients with schizophrenia and BAD.

Objective:

The study intends to assess and compare insight, death anxiety and perceived social support in remitted patients with schizophrenia and bipolar affective disorder.

Materials and Methods

Samples of total 60 patients were collected from Central institute of Psychiatry Ranchi, for the study. Among 60 patients 30 patients were remitted schizophrenia and 30 were remitted bipolar affective disorder patients, who fulfilled the inclusion and exclusion criteria were selected for the present study. In present study Brief Psychiatric Rating Scale (BPRS), Positive and Negative Syndrome Scale (PANSS) were used to assess the psychopathology and symptoms severity among patients with schizophrenia

whereas Young Mania Rating Scale (YMRS) and (HAM-D) were used to assess the psychopathology among patients with bipolar affective disorder patients. In order to assess insight, death anxiety and social support, Schedule for Assessment of Insight (SAI), Templer's Death Anxiety Scale (Templer, 1970), Perceived Social Support Scale (PSSS) were applied.

Results

Findings showed that the insight of illness and perceived social support was higher on the remitted patients with bipolar affective disorder than remitted patients with schizophrenia. No significant difference could be find out on the death anxiety between these two groups.

Conclusion

The present study revealed that there is significant difference between insight and perceived social support of remitted patients with schizophrenia and remitted patients with bipolar affective disorder.

Keywords: Insight, Death Anxiety, Social Support, Schizophrenia, Bipolar Affective Disorder

DEPRESSION AS A POSSIBLE RISK FACTOR FOR CANCER: A SYSTEMATIC REVIEW OF PROSPECTIVE STUDIES

Deepa K Damodaran¹, Varghese Paul.K²

¹Research Scholar, Department of Psychology, Bharathiar University, Coimbatore, Tamilnadu.

² Head, Department of Psychology, Prajyoti Niketan College, Pudukad, Thrissur, Kerala



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Corresponding Author

Deepa K Damodaran,
Scholar, Department of Psychology,
Bharathiar University,
Coimbatore, Tamilnadu
Email: kdeepsin@yahoo.co.in

Abstract

Introduction and Rationale

Depression has been proposed as a predisposing factor for cancer as studies reveal a tendency among depressed patients toward cancer. But as the results of previous prospective studies have been inconsistent and inconclusive, the authors evaluated the evidence of depression as a possible risk factor for cancer by reviewing prospective cohort studies.

Objective:

To evaluate the evidence of depression as a possible factor influencing the development of cancer among adults by reviewing prospective cohort studies.

Materials and Methods

Studies were identified by computerized searches of Medline and Embase with a sensitive search strategy using keywords as well as manual searches of reference lists of selected publications. As per the protocol and the PRISMA 2009 recommendations, articles were retrieved. After the relevance screen, further selection was based on inclusion criteria: prospective cohort design, population-based sample, structured measurement of depression, focus on

depression as a predictor of cancer and report of empirical data. Methodological quality was assessed with a validated checklist. Double-data extraction ensured accuracy. Analysis was by narrative synthesis.

Results

Out of 48, 3 studies provided evidence of cancer prediction from depression. This overview suggests a causal relationship between depression and cancer risk. Although chronic and severe depression is found to be associated with elevated cancer risk, association with less severe episodes is not conclusive, but suggestive due partly to methodological heterogeneity.

Conclusion

Having mood disorders been prevalent and disabling, the study provides support to hypotheses about a common biological pathway between depression and cancer, and highlights the need to identify the mechanisms to regulate it. It also emphasizes the deleterious effect that depression can have on lifestyle factors which in turn may lead to cancer.

Keywords: Depression, Cancer, Mood Disorder

A PHENOMENOLOGICAL EXPLORATION OF CLINICAL EXPERIENCE OF STUDENT NURSES

Deepa K Damodaran¹, Kandasamy M²

¹Research Scholar, Department of Psychology, Bharathiar University, Coimbatore, Tamilnadu.

²(Formerly) HOD, Dept. of Community Health Nursing, Jubilee Mission College of Nursing, Kerala

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ICRMSW 2013

Corresponding Author

Deepa K Damodaran,
Scholar, Department of Psychology, Bharathiar
University, Coimbatore, Tamilnadu

Email: kdeepsin@yahoo.co.in

Abstract

Introduction and Rationale

Objective:

To explore the lived experiences of Final year Undergraduate student nurses regarding their clinical experiences.

Materials and Methods

Using phenomenological design, experiences regarding clinical learning were investigated by administering a semi-structured questionnaire to 15 Final year Undergraduate student nurses who were selected through purposive sampling from a selected College of Nursing, Thrissur, Kerala. Data were analyzed using Colaizzi's method through the following steps: Review the collected data; Extract significant statements; Formulate meaning; Organize cluster of themes; Perform member check; Identify fundamental structure; and Make exhaustive description. Two investigators independently analyzed and compared the two interpretations for conflicts and understanding.

Results

All students were unmarried females between 21 and 22 years. Majority expressed that being a student nurse is "stressful" and "risky". All participants perceived clinical practice to be stressful and anxiety producing. Main themes derived included factors related to the "Patient", "Instructor or Staff" and "Practice". Themes under the "most anxiety producing experiences" were "Medication errors", "Vertical violence" and "Challenges at work".

Conclusion

Being a significant part of education, clinical experience needs more attention in order to help student nurses by providing special attention to stress, anxiety and adjustment problems they have for which faculty must first understand the meaning of this experience for them. Thus an intelligent education system that "nurtures" instead of "trains" student nurses can be developed.

Keywords: Student nurse, Clinical experience, Phenomenology

Neuroleptics in Psychiatric Inpatients: A Study from Western Development Region of Nepal

Indrajit Banerjee¹, Bedanta Roy², Brijesh Sathian³, Indraneel Banerjee⁴, Prasanta Kumar, Chakraborty⁵

¹ Chief of Manipal Sanjeevani Clinic, Lecturer, Department of Pharmacology, Manipal College of Medical Sciences, Pokhara, Nepal. Assistant Secretary General, Confederation of Epidemiological Associations, India

² Assistant Professor, Department of Physiology, Manipal College of Medical Sciences, Pokhara, Nepal. Assistant Secretary General, Confederation of Epidemiological Associations, India

³ Assistant Professor, Department of Community Medicine, Manipal College of Medical Sciences, Pokhara, Nepal. President, Confederation of Epidemiological Associations, India

⁴ Post Doctorate Trainee, M.Ch Urology, SMS Medical College, Rajasthan, India

⁵ Professor of Psychiatry, Hospital Director, Manipal Teaching Hospital, Pokhara, Nepal



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Corresponding Author

Dr. Indrajit Banerjee MD,
Lecturer, Department of Pharmacology,
Manipal College of Medical Sciences, Pokhara, Nepal
Email: indrajit18@gmail.com

Abstract

Introduction and Rationale

Information regarding the utilization pattern of neuroleptic drugs is lacking in Nepalese population particularly in Western Nepal. Western Nepal. By means of this study one is expected to acquire an idea concerning clinician's preference to the neuroleptic drugs in actual clinical setup.

Objective:

The main objective of the study was to find the commonest neuroleptics prescribed in a tertiary care centre among hospitalized inpatients.

Materials and Methods

This cross sectional study was carried out between at

Manipal Teaching Hospital, Nepal. The diagnosis of schizophrenia was based on ICD-10 (Tenth revision) Classification of mental and behavioural disorders, Diagnostic Criteria for Research. Prior the study, ethical committee approval was taken from the institutional ethical committee, Manipal Teaching hospital, Pokhara, Nepal. Z test, Chi square test and logistic regression were used for analytical purpose. Odds ratio and Adjusted Odd ratio was calculated by binary logistic regression model. P-value < 0.05 was considered to be statistically significant.

Results

Most of the patients were less than 40 yrs. 78.6%, male 61.9%, unemployed 86.7% and having their monthly income less than NPR 10000 /month 80.5%. As far as religion, 78.1% patients were the Hindus and ethnically schizophrenia was common among the Dalit 26.2%. The study revealed that 46.2% of patients were students followed by 25.2% of housewives. Olanzapine was the commonest neuroleptic drug to be prescribed 34.3%. It was observed that the psychiatrists had a tendency of using neuroleptic drugs by trade names [OR 3.3 (1.407, 8.031)] in male patients as compared to female patients.

Conclusion

Atypical neuroleptics were used relatively more commonly than that of typical neuroleptics. Among the atypical neuroleptic drugs, there is a trend of using Olanzapine



during Schizophrenia as compared to other atypical neuroleptic drugs in Western Nepal.

Keywords: Neuroleptics, Nepal, Psychiatry, Schizophrenia

A Descriptive Study on the Self Concept of Clients with Tuberculosis Attending DOTS Clinic at Selected DOTS Centers at Mangalore

Jenifer D'Souza¹, Radha Aras², Christopher Sudhakar³

¹ PhD Scholar, Yenepoya University, Derakatte, Mangalore, Karnataka.

² Professor, Department of Community Medicine, Yenepoya Medical College, Derlakatte, Mangalore, Karnataka

³ Professor & Dean, Manipal College of Nursing, Bejai, Mangalore



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Corresponding Author

Jenifer D'Souza

PhD Scholar, Yenepoya University, Derakatte, Mangalore, Karnataka

Email: jenyvd@rediffmail.com

Abstract

Introduction and Rationale:

Self concept is the most significant cognitive structure organizing an individual's experience. The self concept organizes all that we think we can, what we think we can do, and how best we think we can do it. The self concept of a client may be damaged due to tuberculosis. An assessment of self concept is thus imperative to plan appropriate intervention so as to enhance mental health of the client.

Objectives:

To determine the self concept of clients with tuberculosis as measured by a self concept rating scale.

To determine the association of mean self concept score of the client with selected baseline variables.

Material and Methods:

A descriptive study was conducted at selected DOTS centers at Mangalore. A convenient sample of 60 tuberculosis clients aged between 20-60 years was interviewed on the

dimensions of self concept using the self concept rating scale. The data was analyzed using SPSS 16.0 statistical software

Results:

The findings revealed that only 36.67% of clients had high level of self concept. 60% had moderate level of self concept. The mean self concept score was 42.5±5.98. Highest mean percentage (74.1%) was obtained in the area of 'concept of oneself'. There was significant association of mean self concept scores with educational level ($\chi^2=9.6, p<0.05$) and type of family ($\chi^2=8.29, p<0.05$).

Conclusion:

Assessment of self concept scores suggests the need of community based interventions like counseling and health education to those affected with tuberculosis so as to enhance their mental health.

Keywords: Self concept, Tuberculosis, DOTS center.

Prevalence of stress among students of a medical college in Central Kerala

Annu Jose, Sruthi S Kumar, Subin S, Swathi VS , Syamlal AS , T Chithra Chandran , Saritha Susan Varghese, Neethu

Department of Community Medicine, Sree Narayana Institute Of Medical Sciences , Ernakulam , Kerala

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Corresponding Author

Dr. Annu Jose

Department of Community Medicine,
Sree Narayana Institute Of Medical Sciences,
Ernakulam , Kerala

Email: dr.sarithasusan@yahoo.in

Abstract

Introduction and rationale:

In today's ultra - competitive environment, students face more stress than ever – be it related to studies, examination, peer, teachers or parent's pressure. Medical education is perceived as being stressful, and a high level of stress may have a negative effect on cognitive functioning and learning of students in a medical school. So this study has been conducted among the medical students to assess their stress and to determine the associated factors.

Objective:

To assess the stress among the medical students

To determine the factors associated with stress

Materials and methods:

A cross – sectional study was done among the medical students of a college in Central Kerala using a pre – tested questionnaire which had questions regarding socio-demographic details and for assessing the stress with prior consent from the subjects. Depression Anxiety Stress scale was used.

Results:

Among the 337 participants, 127 (37.7 %) were having stress. Stress among female medical students was more than that of males. Second year and final year students were experiencing greater level of stress. Students having good academic performance had lower level of stress but statistically it was not significant .Students with good relationship with faculty had lower level of stress than others. Students with family problems had more stress than students without family problem. Medical students with health problems had significant level of stress ($p=0.011$).

Conclusion:

The prevalence of stress was high among the medical students. So this study points to the need for specific and targeted measures to decrease substantially the burden of stress on the students.

Keywords:

Stress, medical students, prevalence, factors



Maternal and Child Health Care Utilization among Tribes in Jharkhand: Facts and Findings from NRHM Concurrent Evaluation

Vipul Vaibhav Pandey¹, Anil Kumar²

¹International Institute for Population Sciences, Mumbai and

²Tata Institute for Social Sciences, Mumbai

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ICRMSW 2013

Corresponding Author

Vipul Vaibhav Pandey,
International Institute for Population Sciences,
Mumbai

Email: vipulvaibhav.pandey@gmail.com

Abstract

Introduction and Rationale

In order to address the problem of mental health of women from a strategic and evidence based perspective it is necessary to have a broad understanding of the issue, particularly the extent of maternal health care utilization taking into account the nature of the target population. In developing evident based research it is important to envisage the contemporary situation of the study population. Therefore, the purpose of this research is two-fold: to provide a detailed rationalization of the existing extent and pattern related to utilization of services and to present a conceptualization as a means of understanding maternal health status of tribal women.

Objective:

This paper aims to explain the differentials and pattern of Maternal and Reproductive health care utilization. The study tries to come up with the situation of Tribal women in Jharkhand state with regard to their Maternal and Reproductive Health.

Materials and Methods

The recent round of National Rural Health Mission data has

been used for the study which has been extracted from concurrent evaluation of NRHM (2010). Bi-variate and multivariate statistical techniques have been operationalized for the estimation of the results.

Results

Forty-four percent of girls in Jharkhand are married below the legal age at marriage, compared to 28 per cent of girls nationally. Those women who are in the age group 20-29 are 1.325 times more likely to receive birth assistance than those who are less than 20 years of age. Tribe women's are reported of having .538 times less likely to take the TT vaccine when compared to other caste group women's.

Conclusion

In order to improve the health status of the tribal women in Jharkhand, the health care delivery system should be designed effectively to cater to the specific needs of the tribal women during pregnancy and at childbirth by ensuring their personal involvement.

Keywords: Maternal health, Reproductive Health, Pregnancy, Tribes , NRHM, Bivariate & Multivariate

Impact of Child Rights Education among School Teachers: an Empirical Study

Vigneshvaran K¹, Kannan M², Suresh Kumar M³, Divya Merciline A³

¹ M.S. Chellamuthu Trust and research foundation, Madurai

² Madurai institute of Social Sciences, Madurai

³ Department of Clinical Psychology, Sri Ramachandra University, Chennai.



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ICRMSW 2013

Corresponding Author

Vigneshvaran K,
M.S.Chellamuthu Trust and research foundation, Madurai

Email: kannanvignesh15@gmail.com

Abstract

Introduction and Rationale

Like all developing countries in India too children with below poverty line are trafficked to cheap laborers, sexual exploitation, child suicide, drug addition, childhood pregnancy, child prostitution etc. Teachers are considered as direct moderating figure for children and child related issues hence the study was carried out to orient the teachers on various aspects of child rights such as right to survival, right to protection, right to development and right to participate.

Objective:

The main objective of the study is to measure the effectiveness of Child Rights education among the school teachers.

Materials and Methods

All the teachers working at Private owned schools in Chennai constitute the Universe among them the study included 360 teachers. They were then administered with a semi structured interview schedule for demographic details and an itemized semi structured statements on the various dimensions of Child Rights was given to the teachers before and after the programme. The Teachers were asked to

attend 12 hour training sessions regarding Child Rights.

Results

The analysis showed a statistically significant difference between the pre and post training on various aspects of child right dimensions as well as total awareness on child rights. The results on Gain Ratio analysis, it is noted that, teachers have gained more knowledge on Rights to Development (75.43%), followed by Rights to Protection (74.01%) and Rights to Participation (70.13%). However the teachers not gained expected level of awareness in the aspect of Rights to Survival. (Since the gain ration is less than 60%). Also obtained significant positive and negative correlation on various pre and post tests variables related to child right.

Conclusion

Thus the training programme was effective and explains the need for professionals to teach about child rights to the community.

Keywords: Child rights, Rights to protection, Rights to development and Rights to Participation

Mixed Methods Research on Assessment of Stress and Coping Strategies of Nursing Students

Tarsis Henita HJ

Associate Professor, Department of Obstetrics and Gynaecological Nursing, CSI College of Nursing, Dr. SMCSI Medical College, Karakonam, Thiruvananthapuram

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Corresponding Author

Tarsis Henita HJ

Associate Professor, Department of Obstetrics and Gynaecological Nursing, CSI College of Nursing, Dr. SMCSI Medical College, Karakonam, Thiruvananthapuram

Email: henitat@yahoo.co.in

Abstract

Introduction and Rationale

Stress is an inevitable consequence in the life of all human beings. It is prevalent among individuals of all age group. Students are prone to stress due to increased burden placed on them to meet the academic requirements.

Many students burn out during stress as they don't follow healthier coping strategies. This is very common among nursing students which ultimately led to deterioration in mental and physical health and college drop outs. So it's decided by the investigator to assess stress and coping strategies of nursing students.

Objective:

Assess level of nursing students' stress.

Assess stress coping strategies of nursing students.

Associate level of nursing students' stress with selected demographic variables.

Identify stressful circumstances in college life of nursing students.

Materials and Methods

Hundred B.Sc (N) nursing students were selected randomly, stress was assessed using 'Inventory of College Students' Recent Life Experiences' and coping strategies were assessed using 'Inventory of Stress Coping Strategies'. Personal in-depth self-narration was obtained from participants and thematic analysis was done. Whole study was done by Sequential Explanatory Design [Descriptive survey design and Personal in-depth self- narration].

Results

Majority (63%) had moderate level of stress.

Majority (94%) followed 'talking with a friend' as stress coping strategy.

No statistical significance was found between level of stress and demographic variables.

"More requirements in college life" is the stressful circumstance in the college life of majority (32%) of samples

Conclusion

Nursing students are victims of stress and are in-need of some stress coping strategies.

Keywords: Stress, Coping Strategies, Nursing Students.

Socio-demographic correlates of depression among elderly slum dwellers of North India

Goel PK¹, Muzammil K², Kumar S³, Singh JV⁴, Raghav SK⁵

¹ Associate Professor & Head, Department of Community Medicine, SHKM Govt. Medical College, Nalhar, Mewat, Haryana, India.

² Associate Professor, Department of Community Medicine, Muzaffarnagar Medical College, Muzaffarnagar, U.P., India.

³ Associate Professor, Department of Community Medicine, Muzaffarnagar Medical College, Muzaffarnagar, U.P., India.

⁴ Professor & Head, Department of Community Medicine, Muzaffarnagar Medical College, Muzaffarnagar, U.P., India.

⁵ Lecture cum-statistician, Department of Community Medicine, Muzaffarnagar Medical College, Muzaffarnagar, U.P., India.



ICRMSW 2013

Corresponding Author

Dr. Khursheed Muzammil,
Associate Professor, Department of Community
Medicine, Muzaffarnagar Medical College,
Muzaffarnagar, U.P., India

Email: drkmb5@yahoo.com

Abstract

Introduction and Rationale

Ageing is an inevitable process which begins before birth and continues throughout the life. Though depression is the commonest psychiatric disorder in the elderly, it is commonly misdiagnosed and under treated. The objective of the current study is to know the socio-demographic correlates of depressive disorders amongst elderly.

Materials and Methods

A cross-sectional community based study was designed and conducted in an urban slum of Muzaffarnagar city, of North India, comprising of 403 elderly aged 60 years and above for a period of 6 months. First of all, the listing of elderly in the study area was done then study was started with the randomly selected name entered in list as the first one and

thereafter every second elderly was interviewed alternatively with the help of predesigned proforma. The collected data was subjected to suitable statistical analysis.

Results

As the age advances the depressive disorders also increase. The prevalence of depressive disorders has been observed to double with advancement of one decade of years in the age.

Conclusion

A holistic approach to underlying causes of problems of elderly should be undertaken. There is need of strengthening the existing "package" of services for elderly in various initiatives and programmes.

Keywords: Elderly, geriatric depression scale, depressive disorders.

Emotional and behavioral Problems among Orphanages in Kerala

Rajeev Kumar N* & Manoj Anand**

*Associate Professor, School of Behavioural Sciences, Mahatma Gandhi University, Kottayam

** School of Behavioural Sciences, Mahatma Gandhi University, Kottayam.

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ICRMSW 2013

Corresponding Author

Dr. Rajeev Kumar N,
Associate Professor, School of Behavioural Sciences,
Mahatma Gandhi University, Kottayam

Email: rajeevkumarn@mgu.ac.in

Abstract

Introduction and Rationale

Children in Orphanages consists of Street abandoned, destitute, single parent child, children of poor family, etc. Usually orphanages are understaffed. These children pose various difficulties to the care givers. The care givers manage them with coercive method to manage discipline. Being orphans, they lack parental care, proper care giver support and warmth which usually culminate the emotional and behavioral problems among children of orphanages.

Objective:

To study the emotional and behavioral problems among children in orphanages of kerala.

Materials and Methods

120 children (Boys 60 and Girls 60) of orphanages from kottayam, Idukki and Ernakulam districts of Kerala state in the age group of 7-18 years randomly selected constitute the sample. Achenbach System of Empirically based Assessment, Child Behavioural Check List (CBCL) for ages 6-18. The scale measures emotional and behavioural problems in nine domains viz. Anxious/depressed, withdrawn/depressed, somatic complaints, social problems, thought problems, attention problems, rule breaking

behavior, aggressive behavior, and other problems.

The children of orphanages were initially interviewed focused on emotional and behavioural problems and about the adjustment and later care takers of the children were interviewed and administered the CBCL.

Results

Symptoms of somatic complaints are mostly evident among the orphan children. About 67 percentage children have this problem. About 47 percentages shows problems of Anxious/Depressed. 37 percentages reported having problems of withdrawn depressed. Aggressive behavior found to be among 25 percentages of children and rule breaking behavior seen in a group of 23 percentages of children.

Conclusion

Emotional and Behavioural problems are widely seen among children in orphanages.

Keywords:

Emotional and Behavioural problems, Orphans, Fosterage.
