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A study to evaluate the Effectiveness of Motivational Enhancement Therapy on Level of Self-Esteem among leprosy clients at selected rehabilitation clinic at Meerut & NCR”

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RESEARCH ABSTRACT

A study to evaluate the Effectiveness of Motivational Enhancement Therapy on Level of Self-Esteem among leprosy clients at selected rehabilitation clinic at Meerut & NCR”

Background of the study : Leprosy is a chronic granulomatous disease caused by Mycobacterium leprae.. World Health Organization’s annual statistics on leprosy (2017) 10000 new cases were reported,

Methods; a quasi-experimental study was done on 60 leprosy clients .30 in both control and experimental group selected by purposive sampling technique .Data was collected by using demographic variables and standardized Rosenberg Self-esteem scale. Pretest and posttest was taken to both experimental and control group.

Major findings of the study; The finding shows after giving Motivational enhancement therapy in experimental post – test 7 (23.33%) of leprosy clients were having normal self-esteem, 22 (73.33%) were having moderate self-esteem. Where in control group posttest as 6(20%) of leprosy clients having normal self-esteem, 18(60%) were having moderate self-esteem, and 6(20%) were having low self-esteem .This shows that the motivational enhancement therapy helps to improve the self-esteem of leprosy clients. Finding also shows that, there is association of posttest self-esteem score of experimental group with selected demographic variables of leprosy clients i.e. level of education, marital status.

Conclusion; The present study revealed that the motivational enhancement therapy provided for clients suffering from leprosy has impact on level of self-esteem

Keywords; Effectiveness. Self-esteem, Motivational enhancement therapy, Leprosy clients, Rehabilitation center.

INTRODUCTION

Self-esteem plays a significant role in living a flourishing life. Self-esteem is a personal belief of worthiness in oneself. It is regarding humans self-value and in especially self-image has important on leprosy clients. Believing and accepting ourselves for who we are is an important factor in success, relationships, and happiness. The leprosy patients become afraid of being isolated because of poor understanding and unaware about the disease conditions. In India knowledge regarding the leprosy disease condition was low which leads to the fear of leprosy and it also increases the myth regarding the leprosy. This might be the reason where number of untreated leprosy cases was increasing in our country. Many Studies have concluded that stigma might affect many aspects of leprosy people's life which include "mobility, interpersonal relationships, marriage, employment, leisure activities, and attendance at social and religious functions".

According to William Miller (2000) Motivational Enhancement Therapy (MET) is a systematic intervention approach for evoking change in clients. This therapy was mainly focused on motivating the human being's confidence and self-respect. This therapy used specially those human beings who were in self-destructive attitudes.

OBJECTIVES OF THE PROBLEM

1. To assess the level of self-esteem among leprosy client.
2. To assess and evaluate the effectiveness of motivational Enhancement Therapy on level of self-esteem in experimental group among leprosy client.
3. To compare the level of self-esteem between experimental and control group.
4. To find out the association between the post level of self-esteem with selected demographic variables among leprosy clients.

RESEARCH HYPOTHESIS

The hypothesis mentioned below will be tested at level 0.05 level of significance.

H. The mean post – test self-esteem score is those clients who all are suffering leprosy in the experimental group will be significantly higher than the mean post intervention score of self-esteem in control group.

H1 There will be significant association of level of self-esteem post test score with selected Socio demographic variables.

Materials and Method

Study Design

Sampling technique

Purposive Sampling technique

Sample size;-

Sample size included in the study was 60 (30 in experimental group & 30 in control group)
Sample size included in the study was 60 (30 in experimental group & 30 in control group) from Meerut & NCR

Control Group :- Kasthoorbha kushettashram Thahirpoor Dilshad Garden NCR **Experimental Group :-** Smarpon NGO Thahirpoor Dilshad Garden NCR

Study Area

The study was conducted in various Rehabilitation clinic NCR & MRT attended by leprosy client during 1st May to 31st May 2019.

Selection Criteria of Clients

INCLUSION CRITERIA

1. Patient suffering with leprosy who can understand Hindi .
2. Patient suffering with leprosy who are not attending any other psychotherapy.

EXCLUSION CRITERIA

1. Leprosy Clients who are not willing to participate in the study.
2. Leprosy Clients who are mentally ill.

The tools used in present study

1: Demographic variables contain Age, gender, education, marital status, source of income, marital status, no of children, duration of illness

2: Standardized Rosenberg self-esteem scale (1965)

A 10-item scale that measures self-esteem by measuring both positive and negative feelings about the self. The scale is believed to be uni-dimensional. All items are answered using a 4-point Likert scale format ranging from strongly agree to strongly disagree.

Methodology

.A total number of 60 (experimental group 30& control group 30) participated in the study .A written consent from the patient was obtained after explaining the study to the clients .The Rosenberg Self-esteem scale was administered on the leprosy affected patients to evaluate the level of self-esteem.

On 1st day pre-test level of self-esteem assessed by using Rosenberg self-esteem scale in both experimental and control group and second day onwards Motivational Enhancement therapy administered individually for a duration of 45 mints with 6 session for one client in experimental group .Where in control group clients were doing their usual activities of rehabilitation clinic On 7th Day post-test level of self-esteem was assessed in both experimental and control group .

Result

Table.1 shows that maximum of the sample (46.6%) in the experimental group belong to the age group of 31-40 yrs and in control group(56.6%) were in age 41 to 50 yrs. In both experimental and control group the majority of samples are male (33.33%)& control (60%) .The majority were Hindu in both experimental (83.33%)& in control group(60%), majority of samples were married in experimental28(93.33%) &control group(93.33%) In

experimental (83.3%) and control group (53.33%) majority of samples having no formal education . majority of samples were unemployed in experimental group(63%) and control group (60%). The data shows that in experimental group the majority of samples having two children (53.33%), and also in control group majority samples have no child (43.33%) Both experimental and control group all participants are from nuclear family only (100). Based on duration of illness (73.33%) of samples found to be of 11 to 15yrs in experimental group and in control group 66.66%of samples found in 4 to 10yrs .The participants in both experimental and control group were not having awareness about motivational enhancement therapy (100%).

Table -1 Frequency and percentage distribution of socio demographic variables in experimental &control group of Leprosy clients

Socio-demographic variables		Control group		Experimental group	
		F	%	F	%
Age	a)20 to 30 yrs	1	3.33%	5	16.6%
	b)31 to 40 yrs	12	40%	14	46.6%
	c)41 to 50 yrs	17	56.66%	11	36.6%
Gender	a)Male	18	60%	10	33.3%
	b)Female	12	40%	20	66.6%
Education	a)No Formal Education	16	53.33%	5	16.6%
	b)Primary	14	46.6%	25	83.3%
Religion	a)Hindu	27	90%	25	83.33%
	b)Muslim	3	10%	5	16.6%
Marital status	a)Single	8	26.66%	2	6.66%
	b)Married	22	73.33%	28	93.33%
Source of income	a)Self employed	19	63.33%	12	40%
	b)Unemployed	11	36.66%	18	60%
7)Number of children	a)No child	13	43.33%	4	13.30%
	b)One child	11	36.66%	10	33.3%
	c)Two child	6	20%	16	53.33%
	d)3 or more	0	0%	0	0%
8)Type of family	a)Nuclear family	30	100%	30	100%
Duration of illness	a) 4 to 10yrs	20	66.66%	8	26.66%
	b) 10-15yrs	10	33.33%	22	73.33%

Table 2: Chi square value showing association between post test score of experimental group with selected demographic variables

n= 30

s. no	Selected demographic variable	Sample	Rosenberg self-esteem Scale			Chi sqr value		Df	P Va.	S/ NS
			normal	Moderate	low	Cal. V	Table v.			
1	Education	no formal education	0	16	0	12.468	5.99	2	0.0020	S
		primary education	7	6	1					
2	Marital status	Single	0	1	1	14.659	5.99	2	0.0007	S
		Married	7	21	0					

- At 0.05 level of significance.

The data presented in table – shows that it is evident that there was some significant association between post-test of experimental group among leprosy clients with socio demographic variables like education and marital status.

Discussion

This study revealed that the motivational enhancement therapy was helpful to improve the self-esteem of leprosy patient, the mean pretest self-esteem score 22.97 and the mean post-test score after receiving motivational enhancement therapy was 27.07 t val. 2.0554 and the p val. 0.004 so the findings revealed that motivational enhancement therapy helps to improve the self- esteem of leprosy clients and a same study was conducted by Alizadeh Saber et.al (2015) to improve self-efficacy and improving self-concept in undergraduate students by motivation interview, the findings revealed that motivational interview method helps to improve the self-efficacy and self-concept thus the motivational enhancement therapy also effective to improve the self-esteem. The present study revealed that there was some significant association between post-test experimental groups with socio demographic variables like education and marital status. ,there was study conducted by Zyouidi (2005) in this study researcher investigated whether there were differences in self- esteem among adolescents

with low vision due to gender... The results of the study showed that there were some differences in the adolescent self-esteem and self-behavior due to gender. Female students scored lower on social self-esteem, family self- behavior, and moral self-behavior dimensions than male students, but higher on physical self-esteem”.

Recommendation

Based on the findings of the study the following recommendation are offered for future research;

- A same study can be conducted by involving students to increase self-esteem.
- The same study can be carried out substance abuse clients in different settings.
- A similar study can be conducted with chronic disease conditions.
- A similar study can be conducted to improve self-satisfaction, self-actualization and self-image.

Conclusion

Self esteem is a cornerstone of positive attitude towards living. It refers to an overall evaluation of one's worth or value as person. Leprosy or Hansen's disease (HD) is an ancient bacterial disease. The social stigma associated with disease remains an obstacle to self-reporting and early treatment. Patient still hesitate to come forward to diagnosis and treatment at any health facilities because of their poor self-esteem, hence there is need to implement motivational enhancement therapy to improve their self-esteem there by it helps to reduce the phase of social stigma. Hence a better coordination between health care partners like Leprologist, Dermatologist, Psychiatrist, Health care workers and Student nurses to implement non -pharmacological therapies to achieve the goal. In experimental group the pre-test score of leprosy clients are low, or moderate self-esteem after receiving Motivational Enhancement Therapy the post-test score of self-esteem improve to moderate and normal , There was statistically significant difference between the pre and post -test level of self -esteem. The findings were consistent with the literature and was concluded that Motivational enhancement therapy was effective on improving the self -esteem of Leprosy Clients.

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