

# A study on Personality Type and its association with socio demographic profile of the caregivers of Schizophrenic patients

<sup>1</sup>Mrs.Savitha, <sup>2</sup>Dr.Janet Parameshwar

<sup>1</sup>Research Scholar, <sup>2</sup>Head of Department  
Bharathiar University, Coimbatore

## Abstract:

**Objective:** The objective of this study is to analyze the association between personality type and socio demographic profile of the caregivers of Schizophrenic patients.

**Method:** The study sample consists of care-givers of 289 patients diagnosed with schizophrenia according to the ICD – 10 Diagnostic criteria, WHO 1992 and 289 healthy voluntary subjects that are demographically matched. The Type A/B Behavioural Pattern Scale by Upinder Dhair, Manisha Jain(1983) scale was applied to the subjects.

**Results :** Majority of the male and female caregivers who belong to 38-48 years belong to both, which means a caregiver is likely to behave typically like a Type A or Type B on different occasions.

**Conclusion:** There is a need for addressing the stress levels of the caregivers in order to balance their personality and also enhance their well-being which will help them to manage the difficult situation while taking care of their ill relative.

**Keywords:** Schizophrenia; Caregivers; Personality; Socio- Demographic profile

**Introduction:** Schizophrenia is a chronic psychiatric disorder causing common disability. The disorder seriously affects caregivers as well as patients. Besides living with and experiencing psychiatric symptoms of the patient, both physical and psychiatric burdens of the disorder psychologically affect caregivers. Most of the patients live with their families, and families undertake the role of providing care without getting any external professional support.

Care giving not only causes financial loss, but also requires energy and time consumption as they notice that the person has problems in understanding reality and thinking clearly, talks to them self or appears to be listening something else, has problems in communicating effectively, restless, irritable or tense and anxious, avoids other people, is aggressive or violent and the violence is usually directed at family and tends to take place at home. As a result caregivers may feel burden and neglect the patient because of these, symptoms gets still worse.

In order to identify the behaviors of individuals, it is important to understand the personality of the caregivers as its playing a essential role in subjective and objective burden of the caregivers of patients with Schizophrenia. However, there are a limited number of studies in the literature related with the role of personality traits of caregivers. This study considers the contributions of caregivers in diagnosis and treatment process as well as ensuring the adaptation of patients to the environment. The present studies focus on the personality traits of the caregivers and its association with socio demographic profile of the caregivers of Schizophrenic patients.

## Materials and Methods

This study is conducted as a part of the research to better comprehend the burden of patient relatives of psychiatric disorders with chronic progression. The sample group participating in the study is composed of caregivers of 289 patients diagnosed with schizophrenia according to the ICD- 10 criteria under treatment at the psychiatry clinic and 289 voluntary subjects that demographically matched with patient relatives. Necessary permissions were obtained. Written informed consent was received from all subjects.

## Materials

1. Self-prepared interview schedule to elicit socio-demographic data of the caregivers
- 2.Type A/B Behavioural Pattern Scale by Upinder Dhair, Manisha Jain(1983)

## Statistical analysis

The chi-square test was performed for the comparison of personality type and socio demographic profile of the caregivers of Schizophrenic patients.

## Results

Table no: 1: Behaviour pattern Scale vs age

ABBPS	Age					Total
	18 -27	28- 37	38 - 47	48 -57	>=58	
Type A	2 10.5%	8 9.6%	5 7.2%	4 5.4%	2 4.5%	21 7.3%
Type B	6 31.6%	23 27.7%	18 26.1%	23 31.1%	14 31.8%	84 29.1%
Both	11 57.9%	52 62.7%	46 66.7%	47 63.5%	28 63.6%	184 63.7%
Total	19 100.0%	83 100.0%	69 100.0%	74 100.0%	44 100.0%	289 100.0%

$\chi^2=2.455$   $p=0.964$  ns

The above table shows that 63.7% of the caregivers belong to both, which means a caregiver is likely to behave typically like a Type A or Type B on different occasions. When ABBPS compared with the age of the caregiver, least percentage ( 4.5%) of them belongs to Type A category who fall under  $\geq 58$  years, whereas the majority ( 66.7%) of them belongs to both the category who fall under the age group of 38- 47 years which means they behave typically like a Type A( tense, impatient, restless, achievement oriented, Domineering and workaholic) or Type B( complement, easygoing, non-assertive, relaxed and patient) on different occasions. While associating these two variables, it is found that it is not significantly associated with the P value 0.964.

Table no : 2 : Behaviour pattern Scale vs Gender

ABBPS	Sex		Total
	Male	Female	
Type A	14 7.7%	7 6.5%	21 7.3%
Type B	53 29.1%	31 29.0%	84 29.1%
Both	115 63.2%	69 64.5%	184 63.7%
Total	182 100.0%	107 100.0%	289 100.0%

$\chi^2=0.141$   $p=0.932$  ns

29% of the Male and Female caregivers are fall under Type B whereas least percentage of Male and female caregivers fall under the category of Type A i.e, 7.7%, 6.5% respectively. and majority of both the sexes fall under Both which are Type A and Type B where the caregivers inspite of their difficulties on the care of the patient they feel relax, show a general sense of harmony with people, events and life circumstances ( type B),and sometime they feel worry and apprehension which disrupt personal equilibrium( white dive,2009) (Type A) . While associating these variables it is found that it is not significantly associated with the P value 0.932.

Further the religion was related with personality type of the caregivers of Schizophrenic patients. The results are shown in the Table No 3, 64.8% of the caregivers fall under the category of Both Type A and Type B who are belongs to Hindu religion, whereas, 9.8% of the Muslim caregivers fall under the category of Type A.and 34.5 percent of the Christian caregivers fall under Type B and it is found other religion comparatively scored less in Type B. The variables, religion and Type of personality do not show any significant association with the P Value is 0.702.

**Table No 3 : Behaviour pattern Scale vs Religion**

ABBPS	Religion			Total
	Hindu	Christian	Muslim	
Type A	12 6.0%	3 10.3%	6 9.8%	21 7.3%
Type B	58 29.1%	10 34.5%	16 26.2%	84 29.1%
Both	129 64.8%	16 55.2%	39 63.9%	184 63.7%
Total	199 100.0%	29 100.0%	61 100.0%	289 100.0%

a  $\chi^2=2.184$  p=0.702 ns

**Table No 4 : Behaviour pattern Scale vs Marital status**

ABBPS	Marital Status			Total
	Married	Unmarried	Other	
Type A	15 6.5%	5 10.9%	1 7.7%	21 7.3%
Type B	66 28.7%	12 26.1%	6 46.2%	84 29.1%
Both	149 64.8%	29 63.0%	6 46.2%	184 63.7%
Total	230 100.0%	46 100.0%	13 100.0%	289 100.0%

a  $\chi^2=3.132$  p=0.536 ns

Out of 100%, 64.8% of the married caregivers fall under the category of Type A and Type B, 28.7% Type B and remaining 6.5% of them Type A. But 46.2% of the Widowed divorced and separated from their spouses they fall under the category of Type B and Both respectively. And only one of the widowed caregiver falls under the category of Type A. While associating these variables it is found that it is not significantly associated with the P value 0.536.

Further occupation was related with the personality of the caregivers where 70.7% of the unemployed caregivers fall under both the category, 26.8% type B and 2.4% of them Type A. Similarly majority of them fall under Both Type A and B and least percentage of them fall under type A. While comparing these variables it is found that it is not significantly associated with the P value 0.124.

**Table No 5 : Behaviour pattern Scale vs Income**

ABBPS	Income					Total
	<5000	5000 - 10000	10000 - 15000	15000 - 20000	>20000	
Type A	4 9.5%	9 9.9%	3 6.3%	2 4.0%	3 5.2%	21 7.3%
Type B	12 28.6%	24 26.4%	14 29.2%	17 34.0%	17 29.3%	84 29.1%
Both	26 61.9%	58 63.7%	31 64.6%	31 62.0%	38 65.5%	184 63.7%
Total	42 100.0%	91 100.0%	48 100.0%	50 100.0%	58 100.0%	289 100.0%

a  $\chi^2=3.04$  p=0.932 ns

65.5% of the caregivers who are having > 20,000 monthly income fall under the category of Both whereas, 9.5% and 9.9% of them fall under Type A where there are <5,000 and 5,000- 10,000 monthly income respectively. While associating these variables it is found that it is not significantly associated with the P value 0.932.

**Table No 6: Behaviour pattern Scale vs Family type**

ABBPS	Family type		Total
	Nuclear	Joint	
Type A	18 7.2%	3 7.7%	21 7.3%
Type B	67 26.8%	17 43.6%	84 29.1%
Both	165 66.0%	19 48.7%	184 63.7%
Total	250 100.0%	39 100.0%	289 100.0%

a  $\chi^2=4.906$  p=0.087 ns

66% of them who were belongs to nuclear family fall under Both the category, least percentage i.e., 7.2 % of them are type A. But the caregivers who were belongs to joint family fall under the category of type B is 43.6 % and 48.7% of them both. And only 7.7% of them here fall under Type A. While associating these variables it is found that it is not significantly associated with the P value 0.087.

### Conclusion

In the present study it is seen that the caregivers belongs to both the category of Type A and Type B where sometimes they feel tense, restless etc. whereas they also feel relax and easy going in different occasions. There is a need for addressing the stress levels of the caregivers in order to balance their personality and also enhance their well-being which will help them to manage the difficult situation while taking care of their ill relative.

### References

- [1] Ali, Navidian & Bahari, Farshad. 2008. Burden experienced by Family Caregivers of Patients with Mental Disorders in *Pakistan Journal of Psychological Research*, Vol.23 Nos.1-2, 9-28.
- [2] Atagün Mİ, Balaban ÖD, Atagün Z, Elagöz M, Özpolat AY (2011) Caregiver Burden in Chronic Diseases. *Current Approaches in Psychiatry* 3: 513-552.
- [3] Asli, Ozlu, Mustafa Yildiz, Tamer, Aker. 2015. Burden and Burden-related Features Caregivers of Schizophrenia Patients in *The Journal of Psychiatry and Neurological Sciences*, 28:147-153.
- [4] Award, AG and Voruganti, LN. 2008. The burden of Schizophrenia on Caregivers: a Review. *Pharmacoeconomics*, 26:149-62.
- [5] Burns, T, Patrick, D. 2007. Social functioning as an outcome measure in schizophrenia studies. *Acta Psychiatr Scand*, 116:403-418.
- [6] Chakrabarti, S, and Raju, L, Kulhara, P et al. 1995. Comparison of the Extent and Pattern of Family Burden in Affective Disorders and Schizophrenia. *Indian journal psychiatry* 137:105-112.
- [7] Schizophrenia. *Indian journal psychiatry* 137:105-112.
- [8] Chytanya, D et al. 2014. Caregiver Burden in Patients with Schizophrenia. *AP J Psychological Medicine* Vol. 15 (1).
- [9] Creado, DA, Parkar, S, and Kamath, RM. 2006. A comparison of the level of functioning in Chronic Schizophrenia with Coping and Burden in caregivers. *Indian journal psychiatry* 2006;10:48- 50.
- [10] Duman ZÇ, Bademli K (2013) Families of Chronic Psychiatric Patients: A Systematic Review *Current Approaches in Psychiatry* 5: 78-94.
- [11] Yilmaz ED, et al. (2014) Correlation between Anxiety and Personality in Caregivers for Patients with Schizophrenia. *J Psychiatry* 17: 130. doi:10.4172/Psychiatry.1000130.

**Biographic Sketch:** Mrs. Savitha is research scholar in Bharathiar University, Coimbatore and Assistant Professor, Department of P.G. Studies in Social Work, Alva's College, Moodbidri.

**Mailing Address:** Department of P.G. Studies in Social Work, Alvals College, Moodbidri.

**Biographic Sketch:** Dr. Janet Parameshwar, HOD, Department of Social Welfare Kidwai Memorial Institute of Oncology, M.H. Marigowda Road, Bangalore.

**Mailing Address:** Department of Social Welfare Kidwai Memorial Institute of Oncology, M.H. Marigowda Road, Bangalore.