



## RESEARCH ARTICLE

### AN INTERVENTIONAL STUDY: RECREATIONAL THERAPY ON SCHIZOPHRENIC PATIENTS

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#### ABSTRACT

The Present study tries to explore the effect of Recreational Therapy on Mental Status of Schizophrenics. Anxiety is an emotion characterized by an unpleasant state of inner turmoil, often accompanied by nervous behavior, such as pacing back and forth, somatic complaints and rumination. The present study aims to investigate the effectiveness of Recreational Therapy on Mental Status of Schizophrenics. For this data was collected randomly from Chaitanya Rehabilitation center, Pune on 60 schizophrenic patients. "Brief Psychiatric Assessment Scale" was used to assess the mental status of Schizophrenics. Initially Mental status of the patients was assessed using the scale followed by 20 days of Recreation therapy and again posttest was taken using the same scale. The result of the present study revealed some significant findings indicating that Recreation therapy was significantly effective.

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## INTRODUCTION

Mental illness is an age old problem of mankind. It is documented in the oldest literature of all culture all over the world. Worldwide prevalence estimates range between 0.5% and 1%. Age of first episode is typically younger among men (about 21 years of age) than women (27 years). Of persons with schizophrenia, by age 30, 9 out of 10 men, but only 2 out of 10 women, will manifest the illness. Persons with schizophrenia pose a high risk for suicide. Approximately one-third will attempt suicide and, eventually, about 1 out of 10 will take their own lives. A study was conducted in Canada which found that the direct health care and non-health care costs of schizophrenia were estimated to be 2.02 billion Canadian dollars in 2004. This, combined with a high unemployment rate due to schizophrenia and an added productivity and morbidity and mortality loss of 4.83 billion Canadian dollars, yielded a total cost estimate of 6.85 billion in U.S. and Canadian dollars. The economic burden of schizophrenia is particularly great during the first year following the index episode, relative to the third year onwards. This finding suggests the need for improved monitoring of persons with schizophrenia upon initial diagnosis.

In India for a population of closely one billion people, there are an estimated 4 million people with schizophrenia, with different degrees of impact on some 25 million family members. Recreation is a form of activity therapy mostly used in psychiatric settings. It is a planned therapeutic activity that assists 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 behavior, develop skills, talent, abilities and increase physical confidence and feeling of self-worth. The present study aims to investigate the effectiveness of Recreational Therapy on Mental Status of Schizophrenics.

## MATERIALS AND METHODS

### Objectives

- To assess the effect of Recreational therapy on the mental status of patients with Schizophrenia.

### Hypotheses

- Recreational therapy will have a significant effect on the mental status of patients with Schizophrenia.

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- Recreational therapy will not have a significant effect on the mental status of patients with Schizophrenia.

**Sample**

A Sample of 60 Schizophrenic patient from Chaitanya Rehabilitation Center, Pune, Maharashtra were chosen through simple random sampling method.

**Research Design**

The design which is used to intellectualize the study and analyzed the data is “one group Pre-test Post – test” research design in which scores of the subjects before and after therapy are compared using t-test.

**Tool Used**

For this data was collected randomly from Chaitanya Rehabilitation center, Pune on 60 schizophrenic patients through “Brief Psychiatric Assessment Scale.”The Brief Psychiatric Rating Scale (BPRS) is a widely used instrument for assessing the positive, negative, and affective symptoms of individuals who have psychotic disorders, especially schizophrenia.

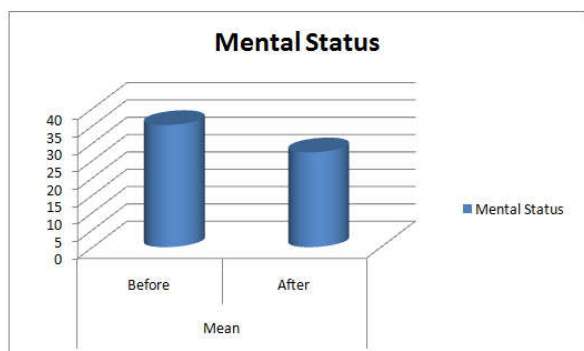
It has proven particularly valuable for documenting the efficacy of treatment in patients who have moderate to severe disease. The Brief Psychiatric Rating Scale (BPRS) is a widely used instrument for assessing the positive, negative, and affective symptoms of individuals who have psychotic disorders, especially schizophrenia. It has proven particularly valuable for documenting the efficacy of treatment in patients who have moderate to severe disease.

**RESULTS**

The obtained data was analyzed using Mean, SD and t-test. The results of analyses are presented in the Tables.

**Table 1. Mean, SD and t value on changes Mental Status of Schizophrenic patients**

Variable	Mean		SD		t value
	Before	After	Before	After	
Mental Status	35.25	27.36	11.12	8.08	-6.423312



**Figure 1. Showing significance of difference between means in relation to Mental status**

Difference Scores Calculations

Mean: -7.88  
 $\mu = 0$   
 $S^2 = SS/df = 5332.18/(60-1) = 90.38$   
 $S^2_M = S^2/N = 90.38/60 = 1.51$   
 $S_M = \sqrt{S^2_M} = \sqrt{1.51} = 1.23$

T-value Calculation

$t = (M - \mu) / S_M = (-7.88 - 0) / 1.23 = -6.42$

**Table 2. Showing the Difference Scores Calculations and T-value Calculation**

The value of t is -6.423312. The value of p is < 0.00001. The result is significant at  $p \leq 0.05$ .

**DISCUSSION**

As it is evident from the inspection of table-1 that the t- value for pre and post score of Brief psychiatric rating scale is found to be significant. These results support that the first hypothesis of the study suggesting that “Recreational therapy will have a significant effect on the mental status of patients with Schizophrenia” was accepted. This clearly shows that Recreation Therapy leads to significant changes in Mental Health status of Schizophrenics. This result of the present study supported by the findings of R. Ajitha Nancy Rani *et al.* who found that recreation therapy is proved to be effective in improving the level of wellness among schizophrenic patients.

Corrigan *et al.* (1993) reviewed the effects of behavior management and recreation therapy on 10 severely mentally ill patients with psychotic symptoms. Symptoms studied included stereotypic self-talk, visuo-motor ruminations, hallucinatory mumbling and laughter, and posturing and grimacing. All symptoms described affect appropriate social behavior and independent functioning. The author of the studies found patients with psychotic behavior who participated in RT decreased the frequency in inappropriate behaviors and increased the frequency of pro-social behaviors (Corrigan *et al.*, 1993).

In this study, behavioral management effects of recreation activities were described as mediated by the following two mechanisms: “a) recreational activities are intrinsically reinforcing and thereby displace bizarre and antisocial behaviors which are incompatible with sustained engagement in the activities, and b) the instructions, cues, and prompts imbedded within recreational activities, especially when provided by a salient therapist, exert stimulus control over patients’ attentiveness to the activities”

**Conclusion**

In this way on the basis of the result of the present study it can be concluded that Recreational therapy will have a significant effect on the mental status of patients with Schizophrenia. It is also evident from the result of the present study that Recreation Therapy is also effective in relieving the Somatic concern and tension, so it is suggested that Recreation therapy should be used one of the key therapy for Schizophrenics.

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