

## Supportive Psychotherapy can be effective in reducing negative emotionality in spouses of mentally ill

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**ABSTRACT:** The psycho supportive therapy can be effective in reducing negative emotionality in spouses of mentally ill patient has been focused in the study. People who came with their spouses who are suffering from chronic mental illness are evaluated for their negative emotionality especially focusing on anxiety, inferiority and unhappiness. They were agreed to come for psycho supportive therapy as a part of rehabilitative program which will help them to reduce negative emotions. The main objective of the study was therefore using psycho supportive as a part of rehabilitative program for the spouses of mentally ill to stabilize their emotionality thus they can cope better with the stress in the management of their patient partners. Further psycho education, creating supporting environment and psychotherapies thus it can increase emotional stability in the spouse who are selected as a sample population in the present study. The subjects selected for the study were 60 spouses from 'Nitte Rural Psychiatry Clinic' Nitte Mangalore Karnataka, India. They were selected by random sampling technique. Medico – Psychological questionnaire for general neuroticism was administered to find out the emotionality's i.e. anxiety, inferiority unhappiness before and after psycho supportive therapy provided in the rehabilitation program. To find the difference between this emotionality before and after psycho supportive therapy Carl Pearson's Correlation coefficient method was carried out.

The results reveal that a non-significant difference between age groups with extent of negative emotions with regard to gender of spouses before and after supportive psychotherapy ( $p > 0.05$ ) at 5% level of significance and ( $p > 0.05$ ) at 5% level of significance respectively. Further the Comparison of extent of depression before and after supportive psychotherapy in male and female groups and as a total by Wilcoxon matched pairs test has been administered and the result reveal that significant difference between extent of negative emotions before and after supportive psychotherapy in the male group ( $p < 0.05$ ) at 5% level of significance, the female group ( $p < 0.05$ ) at 5% level of significance. It means that, the significant of 15.7%, 10.5% negative emotions was decreased before and after supportive psychotherapy respectively. A significant difference was observed extent in negative emotions between before and after supportive psychotherapy in female of age group ( $p < 0.05$ ) at 5% level of significance. It means that, the significant of 13.0% negative emotions was decreased after supportive psychotherapy. The implication of this study was to develop insight and understanding among the clinicians that importance and fruitfulness supportive psychotherapy in the rehabilitation of mentally ill patients.

**KEY WORDS:** Supportive Psychotherapy, Negative emotionality, Spouses of mentally ill patients

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### I. INTRODUCTION:

Negative emotionality as a part of personality has an own profile which includes inferiority: characterized by low self-esteem lowered perception of self and self-efficacy. Unhappiness: characteristically pessimistic, gloomy and depressed. Anxiety: characterized by easily upset by things that go wrong and are inclined to worry unnecessarily about unpleasant things that may or may not happen. Dependence: lacking self-reliance, think of them as helpless pawns of fate are pushed round by other people and events, the unquestioned obedience to the power of institution. Hypochondria: characteristically imagine they are ill and likely to acquire psychosomatic symptoms. Guilt: characteristically self-blaming, self-abasing, and troubled by their conscience regardless of whether or not their behavior is really morally reprehensible. Obsessiveness: characteristically careful, conscientious, overly disciplined, staid, finicky and easily irritated by things that are unclean, untidy and out of place.

These negative emotions in the spouses of mentally ill are seen frequently which come on the way to the fruitfulness of rehabilitative management of mentally ill patient. In one of the study article 50 in-depth interviews, were conducted on patient family this article considers how caregivers to a spouse, parent, child, or sibling suffering from depression, manic-depression, or schizophrenia manage their own emotions over time. This study considers the turning points in the joint career of caregivers and ill family members that link their emotions to particular incidences, momentary encounters, or discreet events.<sup>1</sup>

Research on family caregivers of mentally ill relatives has historically focused on negative aspects of caregiving, often described as caregiver burden. The authors document caregivers' perspectives on both the negative and positive aspects of caregiving. A qualitative approach was used. Data collection involved 20 in-depth, audiotaped, semi structured interviews focusing on caregivers' positive and negative personal experiences with caregiving to a relative with mental illness. Caregivers reported common negative impacts but also beneficial effects, such as feelings of gratification, love, and pride. Main themes included stigma, systems issues, life lessons learned, and love and caring for the ill relative. This study counterbalances the predominantly negative consequences previously reported and adds to the emerging literature on positive aspects of caregiving. Mental health professionals need to help caregiving families make choices to improve their challenging situations and identify the rewards of caregiving, and to advocate for increased systemic supports to ease caregiver burden.<sup>2</sup>

Focusing on patient's spouses and caregivers emotions in ongoing stress and coping with their existing unavoidable situations supporting them psychologically and systemizing the possible supports to make their life more easy and live with more emotional stability. In the present study research focuses on how supportive therapy helps the spouses of mentally ill.

### Assessment Tool

#### Medico –Psychological Questionnaire for professionals:

The fifty items of the questionnaire are awarded two scores for positive response, one score for doubtful response and no score for negative response. The scale measures stable, unstable and neurotic emotionality of an individual. The items of the questionnaire were further statistically treated with sub scale are treated separately.

Interview schedule which has 20 questions gives information on demographic data.

## II. METHODOLOGY:

### Aim

- To find out the extent of negative emotions present in the spouses of mentally ill.
- To find out the impact of supportive psychotherapy in in the spouses of mentally ill in reduced negative emotions.

### Procedure

The chosen participants for the this study in the psychiatry rehabilitation were tested for three negative emotions anxiety, inferiority and unhappiness further these participants were provided with moral, economic and recreational support. Group psychotherapy and psycho education was part of their rehabilitation program. These participants were re tested after six months duration and their scores were found with reduced negative emotions.

### Hypothesis:

Supportive psychotherapy for the spouses of patient with mentally ill is effective in reducing their negative emotions.

### Sample:

- The sample for the present study includes 60 patients who are chosen from 'Nitte Rural Psychiatry clinic' Nitte, Mangalore Karnataka India. The age of the sample group was between 50 to 60 years.

## III. STATISTICAL ANALYSIS AND TABLE DISCUSSION:

**Table No.1:** Showing extent of negative emotions in male and female spouses of mentally ill patients

Gender	Anxiety	%	Inferiority	%	Unhappiness	%	Total
Male	20	66.67	11	36.67	5	16.67	30
Female	14	46.67	15	50.00	6	20.00	30
Total	34	113.33	26	86.67	11	36.67	60

Chi-square=1.7913 P = 0.4083

A non-significant difference between gender groups with extent of negative emotions (Chi-square=1.7913, p>0.05) at 5% level of significance. There is no difference found between gender groups with extent of emotions in different of in the participants before supportive psychotherapy.

**Table No.2:** Showing extent of negative emotions in male and female spouses of mentally ill patients after supportive psychotherapy

Gender	Anxiety	%	Inferiority	%	Unhappiness	%	Total
Male	14	46.67	7	23.33	3	10.00	30
female	9	30.00	11	36.67	5	16.67	30
Total	33	76.67	18	60.00	8	26.67	60

Chi-square=2.4485, P = 0.2946

A non-significant difference between gender groups with extent of negative emotions in different in the participant after supportive psychotherapy (Chi-square=2.4485, p>0.05) at 5% level of significance.

There is no difference found between gender groups with extent negative emotions in different of participants after psychotherapy. It is normal to have negative emotions in the spouses of mentally ill.

Because of various stress factors accompanied in their life style give leads to negative emotions in the spouses. These negative emotions can be managed better with supportive psychotherapy which indeed helps rehabilitation mentally ill. Present study supports this fact.

**Table 3:** Comparison of extent of negative emotions before and after supportive psychotherapy in male and female groups of spouses among mentally ill and as a total by Wilcoxon matched pairs test

Age groups	Depression	Mean	Std.Dv.	Mean diff	SD diff	% of change	Z-value	P-value
Male	Before supportive psychotherapy	1.7	0.7	0.3	0.4	15.7	2.5205	0.0117*
	After supportive psychotherapy	1.4	0.7					
Female	Before supportive psychotherapy	1.9	0.7	0.2	0.4	10.5	2.2014	0.0277*
	After supportive psychotherapy	1.7	0.7					
Total	Before supportive psychotherapy	1.8	0.7	0.2	0.4	13.0	3.2958	0.0010*
	After supportive psychotherapy	1.6	0.7					

\*p<0.05

The data in the table significant difference was observed between extent negative emotions before and after supportive psychotherapy in male of age group ( $Z=2.5205$ ,  $p<0.05$ ) at 5% level of significance. It means that, the significant of 15.7% negative emotions was decreased after supportive psychotherapy. Further

A significant difference was observed between extent of depression before and after supportive psychotherapy in female ( $Z=2.2014$ ,  $p<0.05$ ) at 5% level of significance. It means that, the significant of 10.5% negative emotions was decreased after supportive psychotherapy. Thus it has been learned that a significant difference was observed between extent of negative emotions before and after supportive psychotherapy in male of age group ( $Z=3.2958$ ,  $p<0.05$ ) at 5% level of significance. It means that, the significant of 13.0% negative emotions was decreased after supportive psychotherapy. Which shows the incidence impact of supportive psychotherapy is effective in reducing negative emotionality in spouses of mentally ill has been focused in the study.

#### IV. SUMMARY:

*Negative emotions are common in any kind of distressing situation common in human beings. In the rehabilitation program mentally ill patients the spouses are distressed since they need to cope with the more complex demands of situations of their life. Extent of negative emotions decreases with supportive environment and therapies provided to these participants in the rehabilitation program. Negative emotions are different in this study three prominent negative emotions are assessed and compared them before and after the supportive Thus focusing on supportive psychotherapy to the successful rehabilitation of mentally ill patients should be emphasized repeated researches in this area help to conceptualizing this fact in different prospective in the rehabilitation and reformation of mentally ill patients.*

*In the present study patients who are not willing to take medication are treated with psychotherapy alone in the cases of minor depression and in early senescence and found free from depression.*

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