Mental health and depression among BP patients of district Kulgam

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ABSTRACT: *Depression and high blood pressure are the persistent feelings of sadness and loss of interest. These are also called major clinical disorders, as it affects your feelings, thinking and behaviors well as physical problems. In this study we investigated number of individuals in three variables i.e. age, sex with respect to blood pressure in district Kulgam of Jammu Kashmir.*

Key Words:

I. INTRODUCTION

Mental health is the state of psychological wellbeing that includes both subjective comfort and the capacity to function effectively with others[1]. Definition of mental health invariably include some value statement about how an individual should live his or her life, thus there are almost as many psychological theories,mental health means more than the absence of unidentifiable disorder of mental illness, positive mental health include the ability to experience joy or to have peek experience" attempts have been made to relate mental health, not only to specific acts which are dependent on cultural norms but to patterns or styles of acting such as flexibility in meeting new situations , ability to perceive reality without distortion based on individual need and the capacity to understand someone else's point of view, some of psychologist such R.D Laing and Thomas SZASZ argue that the terms mental health and mental illness should be dropped altogether because issues regarding how people are to live are moral and legal rather than psychotically or scientific[2, 3].

II. METHODOLOGY AND DESIGN

2.1 Experimental Design

The design of this study is 'randomized group design' whose elements have been selected on the basis of randomization. In the present study, a 2×2×2 factorial design consisting of three independent variables is employed. The first variable age, has two levels i.e. 25 yrs and 40 yrs old B.P patients. The second independent variable-sex has been studied by using males and females. Degree of B.P, third independent variable has also two levels i.e. high B.P and Low B.P.

Specific symbols have been assigned to each independent variable and their levels for the sake of convenience, the symbols uses are as follows.

Varible	Symbol
Age	A
1. 25 yrs	A_1
2. 40 yrs	A_2
Sex	B
1. Male	B_1
2. Female	B_2
Degree of Blood Presuure	C
1. High B.P	C1
2. Low B.P	C2

2.2 Dependent Variables

The following two dependent variables have been the subject for investigation.
1. Mental health or scores on mental health
2. depression or
Depression score

2.3 Sample

A sample of 120 B.P patients (60 having H.B.P and 60 having L.B.P) with an equal number of males and females and further equally divided with 25 yrs and 40 yrs in each category of male and female has been employed in the present context.

2.4 Measuring Tools
In the present investigation, the two measuring tools have been employed.

2.5 Mental Health Scale
The detailed description is given below

1. Name of the scale	-PGI health questionnaire N-1
2. Author	-S.K. Verma, N.N wig and D. Pershad
3. Nature	-Individual
4. Structure	- 38 Items.
5. Age range	- Adult
6.Duration	- 30 minutes
7. Reliability	-86
8. Validity	-High
9. Availability	-department of Psychology
	-Meewar university

2.6 Depression Scale
Depression scale has also been used in the study to obtain scores on depression. Following is the detained description

1. Name of the scale	Depression Scale
2. Author	-ShaminKarim and RanaTiwari
3. Nature	-individual
4. Structure	-96 items
5. Age range	-Adult
6. Duration	-About 30 minutes
7. Reliability	-86
8. Validity	-High
9. Availability	- Department of Psychology
	-Mewar University

III. INSTRUCTIONS FOR MENTAL HEAL TH
After forming the 'rapport', the patient was instructed in individual session to sit on the chair comfortably. Here, you read out this test carefully in a free mood. If the item matches with your temperament in positive way you tick right the same and if you feel that any particular item is not matching with your temperament, than you can place [x] in the block made against the item. There- fore, you have to finish this task in about 20 minutes. However, if you face/feel any trouble during this work you can ask immediately so that this task be performed in normal course.

3.1 SCORING
The scoring was done by following the point given in manual. The number of ticks on section A and B indicate the respective scores, which can be added up to give a total scores also. If a person ticks more than 10 items (Questions), chances are high that he has got marked neurotic and abnormal pattern or trend.

IV. INSTRUCTIONS FOR DEPRESSION
Some statements are given on the following pages. Please read then carefully. You will get one answer sheet along with the test in which, in front of every statement followed by five types of responses 'Not at all', 'A Little bit!, 'Moderately', 'Quite a bit! and 'Extremely' . If a given statement is 'not at all' applicable on you, tick mark in the space provided below the column 'Not at all' and if it is not applicable on you only a little tick [V] mark in the space provided below the column 'A little bit', If it is moderately applicable on you, tick mark below the column 'Moderately'. It is 'Quite applicable' on you, tick mark in the space provided below the column 'Quite a bit' and if it is totally applicable on you, tick [v] mark in the space below the column 'Extremely'. Thus tick mark to only one response which describe the best how much the statement in applicable on you. Please do not leave any statement. Try your best to respond to all the statement. In case you change your mind. Cross your last mark completely and do not mark any extra mark on the sheet. There is no time limit to complete the test but still try your best to finish it, at the earliest"[1].

4.1 SCORING

For scoring the test, O mark should be given to 'Not at all' response, 1 mark to "A little bit" response, 2 marks to "Moderately", 3 mark to "Quite a bit" and 4 mark to "Extremely", response. For getting the total score, each response mark of a given statement should be added together to form total raw scores of an individual depression obtained through the test[4].

4.2 DATA COLLECTION

The work of data collection for this present study was done on the 120 B.P. patients. First of all, the proper environment was created for obtaining the scores related to mental health and depression. The 'rapport' was established with subject. The subject asked to sit on the chair comfortably and he or she was provided mental health questionnaire. The subject was also told to read out the instructions on the front page of the scale, and the subject was asked to face any problem or difficulty regarding thescale. The subject filled the scale in about 20 to 25 minutes and returned the same. The researcher paid thanks to the subjects for their kind co-operation. Thus, the responses from all the 120 subjects were obtained by following same procedure of [4].

Since, this study was planned to obtained the scores on depression among B.P. patients, the depression scale was also administered to the subject. By following the method of administration, instructions and scoring, the whole data were collected from all 120 B.P. patients in the present study.

V. ANALYSIS OF DATA

Three way analysis of variance 1s applied to analyses data. Duncan's new multiple range test is also employed to find out to mean group comparisons or significant inter group differences.

VI.RESULTS

Since, this research was designed to find out the effects of some independent variables on mental health and depression. Therefore, this chapter deals×× with the two parts of the results.
A. Results Related to Mental Health
B. Results Related to Depression

VII. RESULTS RELATED TO MENTAL HEALTH

As per research plan, the three variables namely age, sex and degree of blood pressure are selected to find out their effects on mental health. The first variable-age has been varied at two levels i.e. 25 yrs and 40 yrs. The second variable sex of the subject is also taken up by employing made and female subjects in the study and the third variable degree of blood pressure has been used by taking the patients of low B.P (L.B.P) and high B.P (H.B.P). the new data are obtained from all 120 B.P patients by using mental health questionnaire. The entire data are arranged in table for statistical treatment.

The present study showed that the individuals with age group of 40 years (A2) were females with high BP fallowed by the number of individuals with LBP of the same age group (Fig. 2). The lowest numbers of individuals are with age group A1 with HBP were recorded in A1C2 group (Fig. 1 a, and b).

The interaction between all three variables i.e age, sex and degree of blood pressure in shown in (Fig. 2) the results showed that females with high age group have HBP as compared to other age groups and sex (Fig. 2). Secondly the individuals of A2B2C1 are females with high BP when compared to A2B1C1 groups.

Summary Table of Analysis of Variance

Sources of Variation	S.S	Df	M S	'F'
A (Age)	3203.33	1	3203.33	7.943**
B (SEX)	20803.33	1	20803.33	51.58**
C (D.O. B.P)	15869.99	1	1869.99	39.35**
A×B (Age × Sex)	1470	1	1470	3.65
A×C (Age × D.O.B.P)	120.34	1	120.34	2.98
B× C (Sex × D.O B.P)	13230.34	1	13230.34	32.81**
A×B× C (Age × Sex × D.O B.P	12.571	1	12.571	12.57**
Within error	45166.7	112	403.27	-

*   Denote .05 level of confidence.
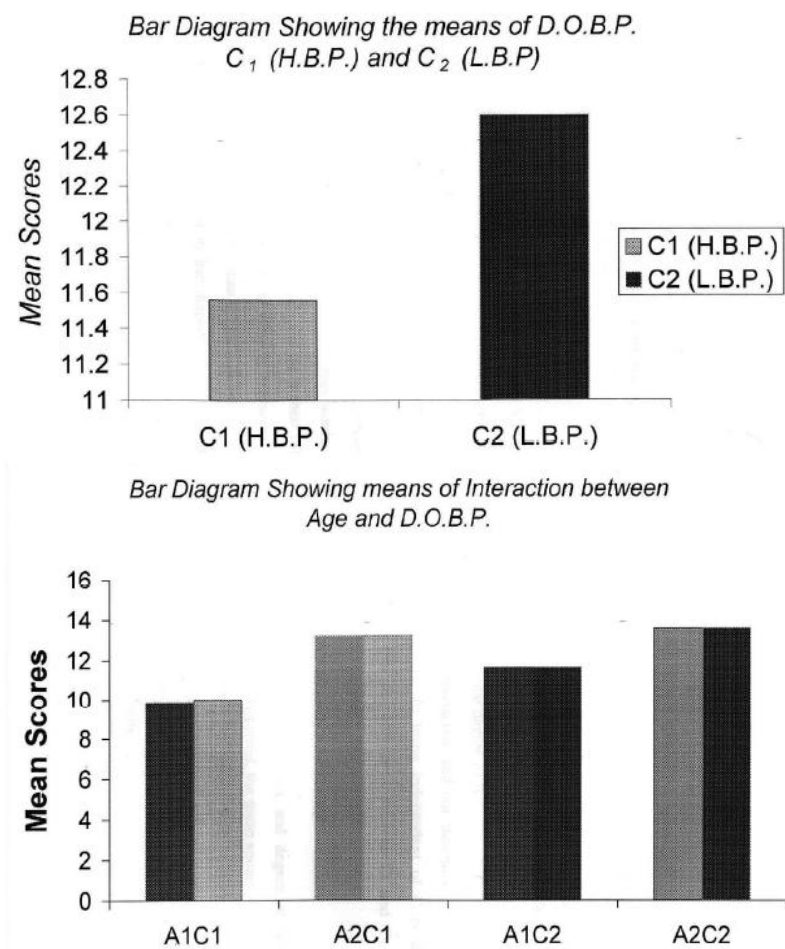**   Denotes .01 level of confidence.

Figure 1.(a) Number of individuals with HBP, and LBP (b) interaction between age and Blood pressure.
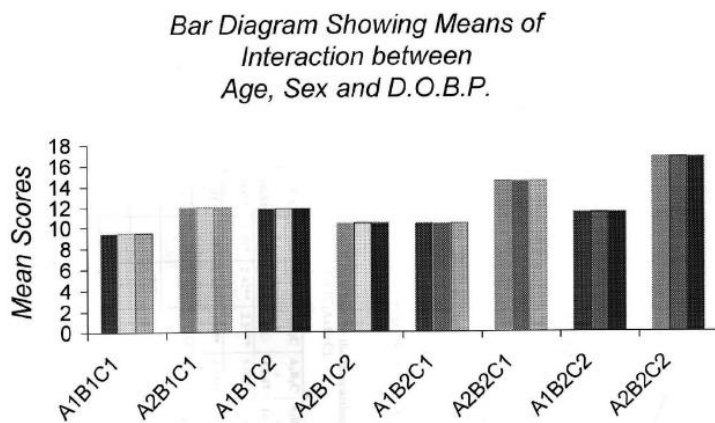

Figure 2. interacrtion between age , sex and blood pressure.

VIII. DISCUSSION

As per research plan, the three variables namely age, sex and degree of blood pressure are selected to find out their effects on mental health. The results showed in present study revealed that there are significant differences in blood pressure in all three variables. The females with high age group have high blood pressures as compare to less age group individuals. These results are in consistent with the findings of[2, 5]. Also there are many differences among depressed high blood pressure and normal groups with regard to the sustained attention. This finding is inconsistent with the study carried out by[6]. They showed that high BP individuals mental health was worse than that of healthy ones I.e.C2.

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The interaction between all three variables i.e age, sex and degree of blood pressure in shown in (Fig. 2) the results showed that females with high age group have HBP as compared to other age groups and sex (Fig. 2). Secondly the individuals of A2B2C1 are females with high BP when compared to A2B1C1 groups. These results are inconsistent with [7]who reported that the blood pressure if highly affected with sex and age groups[1].

IX. REFERENCES

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