

## Expressed Emotions of Care Givers of Schizophrenia Persons from Kerala

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### **Abstract**

*Expressed emotion (EE) is a measure of the family environment that is based on how the relatives of a psychiatric patient spontaneously talk about the patient – Butzlaff & Hooley (1998). It is a psychological term specifically applied to a person with mental illness. For the purpose of understanding expressed emotions of care givers of persons with schizophrenia, the researcher selected 250 care givers of persons with schizophrenia from various hospital of Kerala through simple random sampling. The study followed explanatory sequential research design. This study describes the reasons for expressed emotions as well. The result shows that There is no difference between care givers' age, gender, marital status, income, or job with the care giver's expressed emotions. Caregiving difficulties and warmth are different among various categories. Warmth is high in care givers with no difficulty in the caregiving category and low in care givers with difficulties in the daily routine category.*

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**Key words:** *Expressed Emotions, Care Giver, Schizophrenia, Care Giving Difficulties, Criticism*

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### **Introduction**

Expressed emotion (EE) is a measure of the family environment that is based on how the relatives of a psychiatric patient spontaneously talk about the patient – Butzlaff R. L., Hooley J. M, (1998). It is a psychological term specifically applied to a person with mental illness. The concept of expressed emotion was developed by George Brown and his colleagues in the Institute of Psychiatry in London in the 1950s. The original concept of EE includes a set of positive and negative emotions, among which the three major negative components are criticism, hostility, and emotional over-involvement. The positive conditions include warmth and positive regards. The families expressed emotion has been shown to be predictive of outcomes in mental and physical illness in a variety of cultural settings (B. P. Nirmal, N. M. Vranda and Reddy, 2010). The hostile attitudes of expressed emotion are negative toward the person with the disorder. The family members put the blame on this because of the disorder. The family perceives the person as the one who is in control of the course of illness. The relatives feel that the family member is selfish by choosing not to get better since the illness is an internal conflict. They have a hard time problem solving within the family because the answer to most problems is settled, with the disorder being the cause. Brewin, MacCarthy, Duda and Vaughn, 1991). The critical attitudes of expressed emotion are the combinations of hostile and emotional over-involvement. These attitudes are more open-minded than the

previous because they view more than one cause of the disorder (Brewin et al, 1991). Critical expressed emotion from siblings and parents are the cause of future and increasing problems for the patient. Bullock, Bank, and Buraston (2002).

The family members blame themselves for everything instead of the patient. They feel everything is their fault and become over-involved with the one who has the illness. Emotional over-involvement demonstrates a different side than hostile and critical attitudes but is still similar to the negative effect that causes a prolapse. The relative becomes so overbearing that the patient can no longer live with this kind of stress from pity and falls back into their illness as a way to cope. (Lopez et al, 2004). It is assessed based on kindness, concern, and empathy expressed by the caregiver while talking about the patient. It depends greatly on vocal qualities with smiling being a common accompaniment, which often conveys an empathic attitude by the relative. Warmth is a significant characteristic of the low EE family. (Anekal 2012). Positive regard comprises statements that express appreciation or support for the patient's behavior and verbal/nonverbal reinforcement by the caregiver. (Anekal, 2012)

### **Significance of the study**

Schizophrenia is a major mental disorder it affects the thought and behavior of an individual. It is characterized by hallucinations, delusions, and negative symptoms. Eugene Blueler coined the term schizophrenia in 1908. Delusions, Hallucinations, Disorganized speech (e.g. Frequent derailment or incoherence), Grossly disorganized or catatonic behaviour, Negative symptoms (i.e., diminished emotional expression or avolition) are the symptoms of schizophrenia. Continuous signs of the disturbance persist for at least six months. This 6-month period must include at least one month of symptoms. Care givers of schizophrenia patients expressed both positive and negative emotions towards the patients.

Positive expressed emotions mean those emotions, which contribute to the wellbeing and prosperous living of the persons with schizophrenia. Warmth and positive regard add meaning to the lives and it brings happiness in their life. Warmth and positive regards include Care, concern, love, affection, good words, towards one self and towards his or her +disorder also. The negative expressed emotions mean criticism, anger, avoidance, torture, bad words from the care giver that harm the wellbeing of the person with schizophrenia. These negative emotions have negative impact on their life and it may worsen their recovery and treatment outcome. Emotional over involvement is the over protection from the part of caregiver, the care giver does all things for the person without considering his/ her health in relief that their over help will help the person to recover from illness. But this will harm the victim and make them

more dependent on care giver. A care givers expressed emotion has crucial role in sound life of person with schizophrenia, as they spent most of their time with their caregiver. Due to strain and stress in care giving the care giver may outburst emotionally and shows expressed emotion.

### **Objectives**

The objective of the study to find out expressed emotions such as criticism, hostility, emotional over involvement, positive regard and warmth and also explore the reasons for expressed emotions of care givers

### **Research Questions**

What are the emotions expressed by the care givers of schizophrenia patients at most and what is the least expressed emotion of care givers?

What are the contextual frame work in which the care givers of schizophrenia patients exhibit expressed emotions?

### **Methodology**

The population of the research is the primary care givers of schizophrenia patients who are undergoing treatment for the last one year. For the purpose of understanding expressed emotions of care givers the researcher selected 250 care givers of persons with schizophrenia from various hospital of Kerala through simple random sampling. The researcher developed a Likert scale for data collection and its validity and reliability has been checked and administered for the research. The Cronbach's reliability value of the tool is 0.857 and the KMO and Bartlett's test value is 0.788. The study followed explanatory sequential research design. This study describes the reasons for expressed emotions as well. This research also throws light on the relapse in persons with schizophrenia. The study obtained ethical clearance from University of Kerala Ethical committee.

### **Hypothesis**

There is significant relation between gender and expressed emotions of caregiver

### **Ethical clearance**

Ethical clearance is obtained from concerned authority. Data collection started after getting consent from the participants. The research is conducted with University of Kerala PHD Fellowship

### **Conflict**

None.

### **Data Analysis**

Care givers expressed emotions such as criticism, emotional over involvement, hostility, warmth, positive regard and theses expressed emotions association or difference with various

socio-demographic variables have been studied in this chapter. These emotions were grouped into two categories; Positive emotions and negative expressed emotions. Positive expressed emotions include Warmth, Positive regard. Negative expressed emotions include, Criticism, Hostility, Emotional over involvement. The statistical techniques used for data analysis are percentage analysis, for comparing means t' test is used and ANOVA is also used.

About 30 percent expressed emotional over-involvement, sometimes with their family members. Around 50 percent of caregivers do everything for their family member without realizing they are endangering their loved one's life. They become overly protective and concerned about the personal affairs of family members suffering from schizophrenia. This emotional involvement occurs in all matters of a diseased one's life, from brushing and bathing to making decisions for them.

Husband of 55-year-old woman said that,

*“She is very lazy in her personal matters as well as family matters, but I never made a complaint to anybody or criticize her. I am afraid that my criticism makes her angry and our relationship becomes worse. So I never criticized her. So, I manage cooking, washing, and cleaning my house along with my auto driving. As our children are married and are living separately in their own homes, no other responsibility we have. Children sometimes visit as and return back to theirs.”*

The caregiver of a 45-year-old woman told that,

*“I become critical towards her when I remember her rejection of three PSC appointments. She has cleared 3 Public Service Commission exams and completed the verification process also, but she couldn't join any of the jobs by telling silly reasons. When I thought about her future after my death, I became nervous and anxious. Her only brother is married and has his own family. How can she depend on him always?”*

Caregivers who are critical of their caregivers also have hostile attitudes toward their family members with illnesses. A hostile attitude is avoidance and a less critical state toward the patients, it has a negative impact on the patient's life. It may result in their hesitation to make medicines sometimes. Sometimes these negative emotions come without deliberately from care giver due to certain family circumstances. Almost 65. 2 percent of caregivers not expressed hostility toward their family member with schizophrenia. Only 10.2 percent of care giver show hostility sometimes and 20.8 percent show occasionally. Only 8.4 percent (21) of

caregivers do not have warmth toward their care giver. 38. 4 percent care givers expressed warmth occasionally and 36. 4 percent of them expressed warmth always. It is clear that 80 percent of caregivers are passionate about caregiving and have concern for their family members with the disorder

Daughter in law of a 64-year-old man said that,

*"I have no positive regard or warmth for my father-in-law, I have been fed up with caring for him, he uses abusive words so that my son is afraid of him and not go to his besides. He never does brush or bathing. It's been very difficult to care for him. I would like to send him to some rehabilitating centers. But no center is admitting him concerning his physical health".*

Sister of a 50 year old man said that,

*"My life is become void because of my brother. as he is ill my marriage was not happened. Now he is creating trouble to me by passing his urine and feces in front of the house. I have to clean all these all the time. He never uses bathroom. He destroys household items. He never goes for work. I have to give money for his cigarettes and alcohol. My mother is bedridden. So it is burden for me to look both of them".*

Wife of a 55-year-old man said that,

*"I have no difficult in caring my husband during this difficult time, as he cared well my family when he was well and good. He never criticized me during his good time. He gave all his earnings on my hand. He cared my children well. Then how can I be critical towards him now. I know that recovery from illness is difficult but doctor said that proper medicine will avoid the returning of his symptoms back".*

Sister of a caregiver said that,

*"I have been taking care of my brother after my mother's death. He is living with my family. As I am ill my daughter in law is cleaning his dress and giving him medicines. My other sisters often visit us and help by giving money. I am doing all these for god's love and blessings. otherwise, I will be answerable to god after my death.*

There is no significant difference in criticism expressed by caregivers of persons with schizophrenia among male and female caregivers. The negative expressed emotion hostility expressed by the male and female caregivers is the same in its means (0. 88) t value, 049, and the significant value is 0.961. So, in this case is and the total negative expressed emotion score (male sig 0.595 and female 0.596) has no significance. The positive emotions (warmth and positive regard) are also not significant among male and female caregivers (0.706,0.722 males and 0.711,0.725 females).

**Hypothesis: There is significant relation between gender and expressed emotions of caregiver** The 't' value shows that caregivers' gender has no difference in caregivers' expressed emotion. Male and female caregivers show criticism, hostility, emotional over-involvement, warmth, and positive regard equally. So, the hypothesis is rejected. Both male and female care giver shows expressed emotions.

One of the caregivers said that,

*"I have been taking care of my husband from the very first day of our marriage." It was a trap for me. But I didn't go for a divorce.*  
*I have sacrificed my whole life for my husband and daughter. My daughter is now 27 years old. My health is also weak and I am not able to go to work. My family's income is my husband's pension from the government. That is insufficient to meet our requirements. I don't have any complaints; I only need God's blessing in my life".*

One-way ANOVA is used to analyze the caregiver's health and expressed emotions. F value obtained is not statistically significant and the results show that there is no difference between criticism, positive regard, hostility, emotional over-involvement, and warmth between healthy and unhealthy care givers. Healthy care givers express emotional over involvement than unhealthy care givers

## **Discussion**

Expressed emotions are the factors affecting the recovery process of those diagnosed with psychological illness. The three attitudes pertaining to expressed emotion are known as hostile, critical, and emotional over involvement. These attitudes of the relatives determine the duration of the psychiatric illness after treatment. Ana Carolina Guidorizzi Zanetti found that, the levels of expressed emotion as 68 percent of care givers presented elevated levels of expressed emotion. In this study result shows that the negative expressed emotions like criticism, emotional over involvement, hostility are shown by almost 45 percent of care givers and the

positive expressed emotions like warmth and positive regard are shown by 92 percent of care givers. It is indicated that the people of Kerala show concerns, care, affections, love and empathy for their family member with schizophrenia more than criticism and hostility.

Aisha Ikram (2011) conducted studies on cross-cultural variations in rates of expressed emotion (EE) in relatives of patients with schizophrenia in Pakistani relatives, they showed higher levels of emotional over-involvement and hostility as compared to many other cultures. In this research about 44 percent of care givers never showed any emotional over involvement with their family member with schizophrenia. Only 2 percent of caregivers showed EOI always and 20.3 percent of them occasionally expressed emotional over involvement. 30 percent expressed emotional over-involvement, sometimes with their family members. 50 percent of caregivers do everything for their family member without realizing they are endangering their loved one's life

## **Results**

There is no difference between care givers' age, gender, marital status, income, or job with the care giver's expressed emotions. Caregiving difficulties, marital status health condition of the care giver are related to care givers expressed emotions. Warmth and positive regard are high in married caregivers. Healthy care givers express emotional over involvement than unhealthy care givers. Warmth is low in caregivers who experience difficulty in making daily routines for the patient. Warmth is high in caregivers who have no difficulties

## **Conclusion**

By considering the result, care givers expressed more positive emotions than negative emotions. The majority of them show concern, care, love, and affection toward their family members with schizophrenia. Only about half of respondents are very critical or very hostile towards the patient. Care givers are very understanding of the symptoms and situations that their loved ones undergo. Only a few caregivers were reluctant or rude towards the person with schizophrenia. The majority of caregivers are committed to the patient's well-being and are content with their role as caregivers.

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