



International Journal of Advanced Psychiatric Nursing

E-ISSN: 2664-1356

P-ISSN: 2664-1348

www.psychiatricjournal.net

IJAPN 2024; 6(1): 01-04

Received: 02-11-2023

Accepted: 03-12-2023

Tamilarasi B

Principal, Madha College of Nursing, Affiliated to the Tamil Nadu Dr. MGR Medical University, Chennai, Tamil Nadu, India

Catherine Baby Suhasini H

Associate Professor, Madha College of Nursing, Affiliated to the Tamil Nadu Dr. MGR Medical University, Chennai, Tamil Nadu, India

Subhashree D

B.Sc Nursing III yr. Students, Madha College of Nursing, Chennai, Affiliated to the Tamil Nadu Dr. MGR Medical University, Chennai, Tamil Nadu, India

Haripriya Ajimon

B.Sc Nursing III yr. Students, Madha College of Nursing, Chennai, Affiliated to the Tamil Nadu Dr. MGR Medical University, Chennai, Tamil Nadu, India

Priyanka D

B.Sc Nursing III yr. Students, Madha College of Nursing, Chennai, Affiliated to the Tamil Nadu Dr. MGR Medical University, Chennai, Tamil Nadu, India

Tamilmozhi K

B.Sc Nursing III yr. Students, Madha College of Nursing, Chennai, Affiliated to the Tamil Nadu Dr. MGR Medical University, Chennai, Tamil Nadu, India

Anand Babu

B.Sc Nursing III yr. Students, Madha College of Nursing, Chennai, Affiliated to the Tamil Nadu Dr. MGR Medical University, Chennai, Tamil Nadu, India

Corresponding Author:

Tamilarasi B

Principal, Madha College of Nursing, Affiliated to the Tamil Nadu Dr. MGR Medical University, Chennai, Tamil Nadu, India

Effectiveness of talking therapy on coping related to prolonged grief disorder among young adult at selected colleges in Chennai

Tamilarasi B, Catherine Baby Suhasini H, Subhashree D, Haripriya Ajimon, Priyanka D, Tamilmozhi K and Anand Babu

DOI: <https://doi.org/10.33545/26641348.2024.v6.i1a.139>

Abstract

Prolonged grief disorder is a mental disorder consisting of a distinct set of symptoms following the death of a family member or a close friend. 7% - 10% of bereavement young adult will experience the persistent symptoms of prolonged grief disorder. The study aimed at finding out young adults' level of coping related to prolonged grief disorder. A study was conducted to assess the effectiveness of talking therapy on coping related to prolonged grief disorder among young adults at selected colleges in Chennai. A pre - experimental one group pretest - posttest research design was adopted for the study and 10 young adults who met inclusion criteria were selected using purposive sampling technique. The level of coping related to prolonged grief disorder was assessed by BRIEF coping scale and talking therapy was given to young adults for three sessions a week about 60 minutes which was followed by the post test. The study findings showed that the pretest mean score was 54.10 with standard deviation of 13.988 and posttest mean score was 77.30 with standard deviation of 15.078. The paired 't' value was 5.858* which revealed that there was a highly statistically significant difference between the pretest and posttest level of knowledge at $p < 0.05$.

Keywords: Talking therapy, prolonged grief disorder, grief, coping, young adults

Introduction

Prolonged grief disorder peoples are preoccupied by the grief and feelings of loss to the point of clinically significant distress and impairment which can manifest in a variety of symptoms including depression, emotional pain, emotional numbness, loneliness, identity disturbance and difficulty in managing interpersonal relationships. In March 2022, the eleventh revision of the "International classification of disease (ICD-11) prolonged grief disorder was added as a Mental disorder in the Diagnostic and statistical manual of Mental Disorders with "Diagnostic code F438".

American Psychiatric Association 2022, states that the typical onset of prolonged grief disorder is in young and middle adulthood. The emotions play a major part in the period of young-adults. Young adults who have experienced trauma are at high risk to develop prolonged grief disorder. Symptoms of prolonged grief disorder include Identity disruption, marked sense of disbelief about the death, Avoidance of reminders that the person is dead, intense emotional pain, Difficulty with reintegration, feeling that life is meaningless. The probable prevalence of PGD was 1.5%, difficulties accepting the loss was the most frequent single symptom (14-25%) and grief related impairment was common (10-16%). Over 60% of participants with a probable PGD diagnosis utilized health care services.

Statement of the Problem

A Study to assess the effectiveness of talking therapy on coping related to prolonged grief disorder among young adult at selected colleges in Chennai.

Objectives

1. To assess the pretest level of coping related to prolonged grief disorder among young adult.
2. To assess the posttest level of coping related to prolonged grief disorder among young adult.

3. To assess the effectiveness of the talking therapy related to prolonged grief disorder among young adult.
4. To determine the association between posttest level of coping related to prolonged grief disorder with their selected demographic variables.

Hypothesis

H₁: There is a significant difference between the pre and posttest level of coping related to prolonged grief disorder among young adult.

H₂: There is no significant association between post-test level of coping related to prolonged grief disorder among young adult with their selected demographic variables.

Methodology

Quantitative research approach was adopted for the study and pre - experimental one group pretest posttest design was selected. The study was conducted in Madha college of Nursing at Chennai.

Totally 10 young adults who fulfill the inclusion criteria was selected by using purposive sampling technique. The instrument used was BRIEF coping scale (carver C S) consists of 28 self-reported questionnaires scored by using four point scale. Data collection was done after obtaining consent from the samples.

The confidentiality on the data and finding were ensured to the subjects and talking therapy was given for 60 minutes as three sessions followed with posttest by using same BRIEF coping scale.

Results and Discussion

Descriptive and inferential statistics were used to analyzed the data. The age distribution revealed that 70.0% of participants were in the age group 20-21, with 20.0% and 10.0% in the 18-19 and 22-24 age groups, respectively. The gender composition showed that all participants were female (100.0%). In terms of academic progression, 60.0% were in the III Year of B.Sc Nursing, while 40.0% were in the II Year. Religiously, the majority identified as Hindu (90.0%). Regarding residence, 60.0% lived in sub-urban areas, with 40.0% in urban areas. Family support was prevalent, as 90.0% reported having support. Most participants lived with their mothers (70.0%), and the majority experienced the loss of a father (80.0%) due to illness (40.0%) or unexpected medical issues (50.0%). Nearly all participants (90.0%) reported the loss as unexpected, and 80.0% had experienced the loss for more than 5 years.

The first objective was to assess the pretest level of coping related to prolonged grief disorder among young adult

Pretest level of coping revealed that 3 (30%) had adaptive coping and 7 (70%) of them had mal adaptive coping regarding coping related to prolonged grief disorder.

The second objective was to assess the posttest level of coping related to prolonged grief disorder among young adult

Posttest level of coping revealed that 8 (80%) had adaptive coping and 2 (20%) of them had mal adaptive coping regarding coping related to prolonged grief disorder.

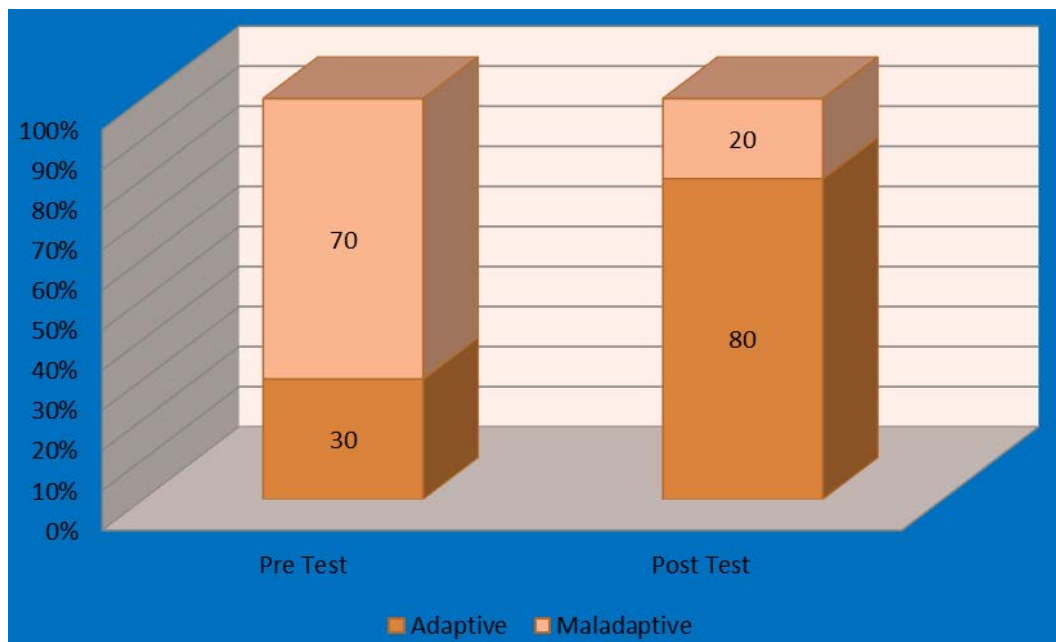


Fig 1: Percentage distribution of pre-test and post-test level of coping related to prolonged grief disorder among young adults.

The third objective was to assess the effectiveness of the talking therapy related to prolonged grief disorder among young adult.

Table 1: Comparison of mean score and standard deviation of pre-test and post-test level of coping related to prolonged grief disorder among young adults.

S. No	Level of coping	Mean	Standard Deviation	Paired 't' test
1	Pre-test	54.10	13.988	5.858 *
2	Post-test	77.30	15.078	

* Significant at $p < 0.05$

In the pre-test, the mean level of coping was 54.10 with a standard deviation of 13.988. After the implementation of talking therapy, a substantial increase was observed in the post-test, where the mean score increased to 77.30, accompanied by a standard deviation of 15.078. The paired t-test revealed a significant t value of 5.858 with 9 degrees of freedom, resulting in a remarkably low p-value of 0.000,

indicating statistical significance at $p < 0.05$. This statistical significance underscores the effectiveness of the talking therapy intervention in significantly improving level of coping related to prolonged grief disorder among young adults. The findings concluded a positive impact of the therapeutic intervention on improving coping associated with prolonged grief disorder in the studied population.

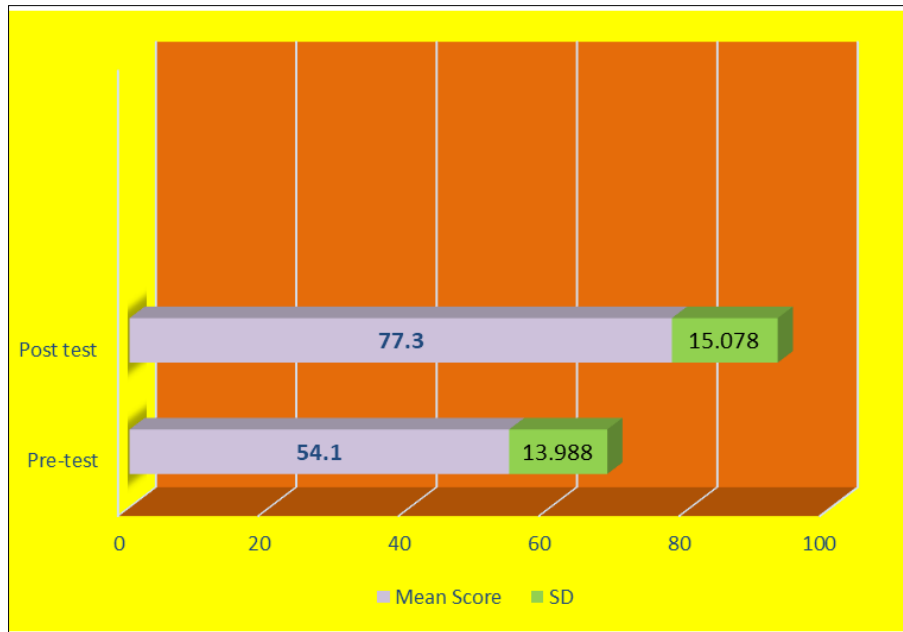


Fig 2: Comparison of mean score and standard deviation of pre-test and post-test level of coping related to prolonged grief disorder among young adults.

The fourth objective was to determine the relationship between posttest level of coping related to prolonged grief disorder with their selected demographic variables

Table 2: Association between post-test level of coping related to prolonged grief disorder with their selected demographic variables among young adults. N=10

S. No	Demographic Variables	Level of Coping		χ^2 value	df	Significant value
		Adaptive	Maladaptive			
1	Age in Years					
	< 20 Years	1	1	1.406	1	0.236
	\geq 20 Years	7	1	NS		
2	Place of Residence					
	Urban	3	1	0.104	1	0.747
	Sub Urban	5	1	NS		
3	Cause of Death					
	Illness	3	1	0.032	1	0.858
	Unexpected medical issue	4	1	NS		
4	Time since loss					
	\leq 5 Years	1	1	1.406	1	0.236
	> 5 Years	7	1	NS		

NS – Not significant at $p < 0.05$ * - Significant at $p < 0.05$

The finding from the table reveals that there was no significant association between the selected demographic characteristics such as age, place of residence, cause of death and time since loss with level of symptomatology related to prolonged grief disorder among adolescents in post test.

Conclusion

The present study was conducted to assess the effectiveness of talking therapy on coping related to prolonged grief disorder among young adults. The study findings showed

that there was increased in the level of coping related to prolonged grief disorder after taking therapy.

Conflict of Interest

Not available

Financial Support

Not available

References

1. Ahuja N. A Short Textbook of Psychiatry. 7th ed:

- Jaypee Brothers publications pvt ltd; c2011
2. Cassey Patricia, Brenden Kelly. Fish's Clinical & symptoms in Psychaitry; 3rd edition RC Psych publications; c2007.
 3. Djelantik A, Smid GE, Kleber RJ, *et al.* Early indicators of problematic grief trajectories following bereavement. *Eur J Psychotraumatol.* 2017;8(Suppl 6):1423825
 4. Prigerson HG, Boelen PA, Xu J, Smith KV, Maciejewski PK. Validation of the new DSM-5-TR criteria for prolonged grief disorder and the PG-13-revised (PG-13-R) scale. *World Psychiatry.* 2021;20(1):96-106. DOI:10.1002/wps.20823
 5. Sreevani R. A guide to Mental Health and Psychiatric Nursing. 4th ed. New Delhi: Jaypee Brothers Medical Publishers (P) Ltd; c2016
 6. The Center for Prolonged Grief; Columbia University School of Social Work. Overview. Accessed December 2021, 28. <https://prolongedgrief.columbia.edu>
 7. Townsend Mary C. Psychiatric Mental health Nursing: Concepts of care in evidence based practice. 8th ed. Philadelphia; F.A. Davis company; c2015. p. 440-68.

How to Cite This Article

Tamilarasi B, Catherine Baby Suhasini H, Subhashree D, Haripriya A, Priyanka D, Tamilmozhi K *et al.* Effectiveness of talking therapy on coping related to prolonged grief disorder among young adult at selected colleges in Chennai. *National Journal of Clinical Orthopaedics.* 2024;6(1):01-04.

Creative Commons (CC) License

This is an open-access journal, and articles are distributed under the terms of the Creative Commons Attribution-Non Commercial-Share Alike 4.0 International (CC BY-NC-SA 4.0) License, which allows others to remix, tweak, and build upon the work non-commercially, as long as appropriate credit is given and the new creations are licensed under the identical terms.