

Effectiveness of Recreational Therapy on State Of Well-Being among Depressive Patients

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Abstract: *BACK GROUND OF THE STUDY* Depression is a serious medical illness which affect a person thoughts, behaviour, feelings and sense of well-being.Recreation therapy enable all individuals to achieve quality of life.

Objectives: *To assess the pre-test state of well-being among depressive patient. To assess the post-test state of well-being among depressive patient.To compare the pre-test and post-test level of well-being among depressive patients after administration of recreational therapy.To find out the association between the state of well-being and selected demographic variable.*

Methodology: *Research design was pre experimental design one group pre test, post test design was adopted for the study in SreeBalaji Medical College Chennai. Sample size of 100 depressive clients were selected by purposive sampling technique.*

Result: *The state of well-being of depressive patients was increased after administration of recreational therapy.*

Conclusion: *the study reveals that recreational therapy was effective in increasing the state of well-being among depressive patients. The difference was found to be statistically significant $p < 0.05$ level which indicate the effectiveness of recreational therapy on state of well-being among depressive patients.*

Keywords: *Effectiveness, Recreational Therapy, Well-Being, Depressive Patients.*

I. Introduction

National health and medical research states that depression is a world wide major problem. Lalitha (2008) states that change of affect is the central feature of depression. AhujaNiraj (2004) evaluated that depressive patients if untreated gradually withdraw interactions from others. American therapeutic recreation association (2009) states that recreational therapy is a treatment service for the well-being of the individual. Baider (2004) states well-being as state characterized by health, happiness and prosperity. Best.w.jhondetect various methods and instruments for recreational therapy.Boyd A.Mary states that recreational therapy is a well established therapeutic approach for working with psychiatric patients and families. Dalipkumar (2008) examined the use of recreational therapy for developing moral reasoning. Danskey, evaluated the integration of recreation in to games provides an innovative therapeutic tool. Carson B V revealed that recreation therapy encourages patients to express symbolically feelings. Shreevani (2004) /determine the therapeutic activity enable people in recreational experiences.

II. Materials And Methods

Research design was pre experimental design one group pre-test,post-test design was adopted for the study in SreeBalaji Medical College Chennai. Sample size of 100 depressive clients were selected by purposive sampling technique, out of which 50 for control group, 50 for experimental group. A structured well-being scoring observation checklist was developed and used to assess the effect of recreational therapy on depressive patients, with dimensions like physical state, psychological state, social state, spiritual state, intellectual state. Data was collected, the reliability co-efficient was calculated using karl-pearson's formula. After pre-test, recreational therapy was administered to the clients, the post test was conducted.

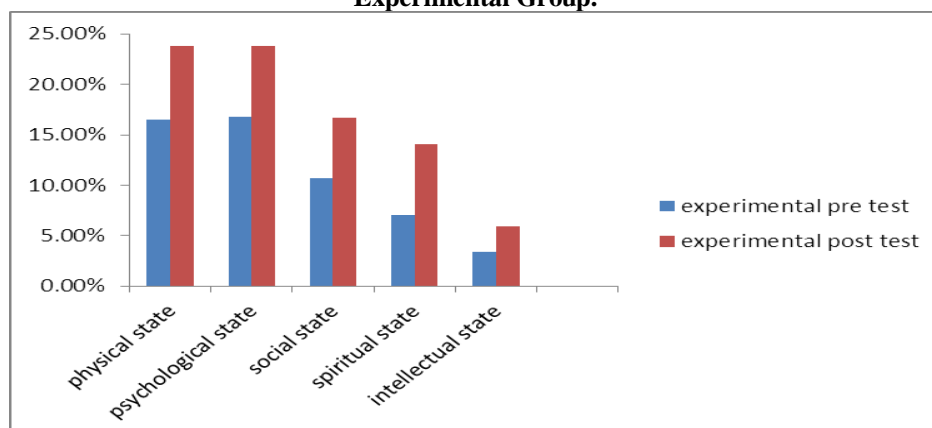
III. Results

Results of the stud revealed that state of well-being of depressive patients is low before administration of recreational therapy.Level of signifiacnce was set as $p > 0.05$. The t' vale was found to be 6.92 which is highly significant

Comparison of state of well-being in different aspects after recreational therapy in control and experimental group

DIMENSIONS	CONTROL GROUP		EXPERIMENTAL GROUP	
	PRE-TEST	POST-TEST	PRE-TEST	POST-TEST
PHYSICAL STATE	15.36%	15.84%	16.48%	23.8%
PSYCHOLOGICAL STATE	16.96%	18.4%	16.8%	23.8%
SOCIALSTATE	12.96%	13.6%	10.72%	16.64%
SPIRITUAL STATE	7.84%	7.52%	7%	14.08%
INTELLECTUAL STATE	5.12%	4.32%	3.36%	5.92%

State Of Well Being In Different Dimensions Before And After Recreational Therapy In The Experimental Group.



IV. Discussion

The pre-test score of the depressed patients was analysed using chi square. There is no association between their age, gender, education, marital state, occupation as their chi square values are respectively at 5% level of significance. The 't' test was evaluated to determine the effectiveness of recreational therapy. The depressive patient who received the recreational therapy had higher state of well-being (20.84) in post-test when compare to pre-test score(13.0). The inference 't' value post-test (6.91%) is highly significant which reveals the effectiveness of recreational therapy. In pre-test of experimental group the dimensions of physical state is 16.48%. Psychological state of experimental group is 16.8%. Social state of experimental group is 10.72%. Spiritual state of experimental group is 7%. Intellectual state of experimental group is 3.36%. In post-test the Physical state of experimental group is 23.8%. Psychological state of experimental group is 23.8%. In post-test the social state of experimental group is 16.64%. Spiritual state of experimental group is 14.08%. Intellectual state of experimental group is 5.92%. This data reveals that most of the depressive patients had good state of well-being after administration of recreational therapy

V. Conclusion

The present study states that depression is marked by gradual, progressive, chronic deterioration of intellectual, judgement, orientation, memory, affect, or emotional stability, they lack the state of well-being. Thus the post-test score supports that there is improvement in the state of well-being after administration of recreation therapy. This can be useful to all those who have poor state of well-being. Thus recreational therapy can be useful for Mental Health Nurses to improve the quality of care

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