

Physical Health Hazardas of Schizophrenia Patients

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ABSTRACT

The people of today's civilization have many psychiatric disorders. Schizophrenia is a significant psychiatric illness in such a situation. It affects the thinking, feeling, and actions of people. People with schizophrenia tend to have lost their reality. Although not as much as other psychiatric illnesses, indications can be very disabling. Physical wellbeing is important for schizophrenia patients because mental health is also impaired by poor physical health. Patients with schizophrenia have numerous physical issues, including an rise in the rate of weight gain, abdomen obesity, diabetes, metabolic and cardiovascular syndrome, absence of movement and support for remedies. For this analysis, the researcher has used descriptive research design and used a simple random method for this study. This research described the physical difficulties that people with schizophrenia.

Keywords: Physical Health, Schizophrenia, well-being, Mental illness

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INTRODUCTION

Schizophrenia is a significant mental disorder in which individuals view reality abnormally. Schizophrenia can lead to hallucinations, delusions and highly unjustified thinking and actions that can impair and disable the daily work (NIMH, n.d). Physical health is the condition of person free from illness or injury. It covers a large range of areas include healthy diet, healthy weight, dental health, personal hygiene and sleep and it is also vital for overall well-being (NHS, 2019). In other word it is a mental disorder characterized by abnormal behaviour, strange speech, and a decreased ability to understand reality. Additional symptoms include false beliefs, unclear or confused thinking, hearing voices that do not exist, reduced social engagement and emotional expression, and lack of motivation. Symptoms of schizophrenia generally begin between age of 16 and 30 (Gogtay, Vyas, Testa, J, & Pantelis, 2011). In peculiar cases, kids also have schizophrenia. The symptoms of schizophrenia drop into three categories: positive, negative, and cognitive. Scientists' assumption that many different genes might increase the risk of schizophrenia, but no genetic material alone causes the condition. To date, genetic information can not be used to determine who would widen schizophrenia. Scientists also agree that understanding of genes and aspects of the human situation are important for the development of schizophrenia. Ecological factors such as familiarity with viruses, undernourishment, birth defects, psychosocial aspects may be involved. They also agree that an imbalance in nuanced, interconnected chemical brain responses to neurotransmitters (substances that brain categories apply to speak to one another) is essential for dopamine and glutamate, and possibly for others, in schizophrenia. "Physical health as contrasting to mental or emotional health is the overall physical condition of a living organism at a prearranged time. It is the soundness of the body, freedom from disease or abnormality, and the condition of optimal well-being. It is when the body is functioning as it was calculated to function" (NIMH, n.d). There are many causes that stimulate the disorder to takes place. Many confirmations says that the disorder is somewhat inherited appears as of studies of twins. Identical twins contribute to the similar genes. In identical twins, if single twin build ups schizophrenia, the other twin also has a one in two possibility of build upping it, as well. This is

factual yet if they're elevated individually. But In non-identical twins, who have diverse hereditary make-ups, when single twin build ups schizophrenia, the additional only has a one in seven possibility of developing the circumstance. Pregnancy and birth complications such as low down birth weight, early delivery, deficient in of oxygen (asphyxia) during birth causes poor brain development. A drug doesn't directly cause schizophrenia, but researches have exposed drug abuse enhance the danger of increasing schizophrenia or a related ill health.

REVIEW OF LITERATURE

Schizophrenia is a psychological mess characterized by strange behaviour, strange verbal communication, and a decreased capacity to be awake of certainty. It normally appears in late teenage or early old age. Characterized by delusions, hallucinations, and further cognitive disturbances, it be capable of normally be a permanent struggle (Connolly, 2005) It is a kind of disorder that causes the person to become confused in his / her life reality. Symptoms such as misconduct, ambiguous or puzzled thought, unreal voices, diminished societal participation and emotional expression and loss of motivation (Lonergan, 2017). In medical terms, schizophrenia is a disorder that is defined by changes in thinking (such as delusions), vision (such as hallucinations), and behavior (such as unorganized expression or catatonic behavior), a lack of emotional reactivity and a significant decrease of daily functions (American Psychiatric Association, 1994). Persons with complex health circumstances is generally come into therapeutic treatment procedure. Obesity is the major bodily health challenges troubling individual with schizophrenia. It brings a complete group of additional never-ending problems with severe implications for life probability and quality of living (Bradshaw & Mairs, 2014). Heart disease and stroke is similarly general along with individual existing with schizophrenia. Bereavement from heart illness is in relation to double as general in person with schizophrenia as in general people. And most of the people were having physical problems like sexual dysfunction, constipation, hearing impairment, viral diseases, heart diseases and inactive life style. (Foley & Morley, 2011). Cognitive behaviour therapy, art therapy, family therapy can make the persons to come up with proper reduction of problem (Antony, 2004). Person

with schizophrenia has in need of early interventions so that the psychological as well the physical problems can be reduced.

“People with schizophrenia have a higher risk of medical illness than does the general population. They also have an increased (by two- to fourfold) relative risk of premature death, dying at least 10years earlier than age-matched contemporaries” (Brown, 1997; Joukamaa, Heliovaara, & Knekt, 2001). “The biggest risk factor for emergent diabetes in schizophrenia is weight gain caused by anti-psychotics. This has been evidently described for conventional antipsychotics and has become a focus of much investigation for the atypical agents” (Sussman, 2001). Brown, et al (1999) and McCreddie (2003) found that “people with schizophrenia tended to take only small amounts of exercise. The reason for this has not been demonstrated, but factors such as features of the illness, sedative medication and lack of opportunity and universal motivation may be relevant”.

METHODOLOGY

The contemporary time most of the people were not aware of schizophrenia. Schizophrenia is a severe mental disorder which gives symptoms as hallucinations, delusions and false belief. It cannot be cured by medicines but it can be controlled through proper health care and proper medications. This problem is mostly found with people in the stage of adolescence and early adulthood. Psychiatrists should guarantee that they place the suitable assessment and exploration of patients at risk of developing important physical well being. Most of the time we are not giving importance to mental well being in such case schizophrenia plays a vital role. This disorder can reduce the life expectancy and activeness of the person. It not only affects the well being of the individual and it also affects the family situation. So the researcher desires to study about these problems faced by person with schizophrenia. In this chapter, the researcher has discussed about how schizophrenia affects the physical health as well the life span of the individual with schizophrenia.

This research tries to find out the physical problems faced by person with schizophrenia. The study was conducted in “Shant Manas”, Madurai. “Shant Manas (‘Shant Manas’ meaning ‘peaceful mind’ in Indian vernacular) is a not-for-profit organization, based in the Tamil Nadu region, South India. Shant Manas was begun in 2007 by Dr Cahn Vasudevan, a retired Consultant Psychiatrist and Psychotherapist from the UK. Shant Manas began as a small clinical project in 4 villages. Since its inception it has expanded its field of care to 14 villages, with a combined estimated population of about 80,000. As well as the treatment of psychiatric disorders, Shant Manas aims to provide education on mental health to the local population, reducing stigma and myths surrounding mental health. Due to its success the service continues to expand as demand and awareness of mental health increases”. The universe consists of 60 persons with schizophrenia. In those 60 persons with schizophrenia the researcher has excluded the moderate and chronic level of persons. And the researcher has taken the mild level of persons for the study. The researcher has taken 50% persons with schizophrenia of the total population as samples were selected by using simple random sampling. Data was collected with the help of interview schedule from the respondents.

RESULT AND DISCUSSION

In keeping with several recent reports, this study highlights that multiple physical-health co morbidity is a major problem for person with schizophrenia. Person with schizophrenia include higher prevalence of HIV disease and hepatitis, asthma problems, hearing loss, strokes, distorted pain feeling, sexual dysfunction, cardiovascular illness, obesity, diabetes, dental troubles, Parkinson disease etc. The study analysed that 76.7 percent of the respondents were in the age of above 29, 60 percent of the respondents are male and all the respondents were form rural area. 49.8 percent of the respondents were completed their primary education and 67 percent of the respondent are not working.

Table : 1 Health Hazards of Schizophrenia Patients

| Health Hazards | Yes (%) | No(%) |
|------------------|---------|-------|
| Parkison Disease | - | 100 |
| Diabetes | 73.3 | 26.7 |
| Eye Problem | - | 100 |
| Thyroid Problem | 76.7 | 23.3 |
| Asthma Disease | 17.3 | 82.7 |
| Heart Failure | 16.6 | 83.4 |
| Hearing Loss | - | 100 |
| Stroke | 9.7 | 90.3 |
| Obesity | 73.3 | 26.7 |
| Viral Diseses | 90.4 | 9.6 |
| Osteoporosis | - | 100 |

The study revealed that, the respondents doest have any of sysptom of Parkinson’s disease and 73.3 percent have diabetes. The study revealed that, they don’t have eye problem, but 76.7 percent of the respondent have thyroid disease. Most of the reposndetns (82.7 percent) suffered due to asthma disease by 83.4 percent of respondent does not have any heat failure till. The study evidenced that, they do not have any syptom of hearing loss and stroke diseases. 73.3 percent of the respondent faced obesity disease and 90.4 percent have viral disease frequently. The study discovered that, the schizophrenic patients of “Shant Manas” dose not have any syptoms of osteoporosis.

The study further reveled that, Majotiy (90 percent) of the respondent does not have any sexual problems, but 70 percent of the respondent living inactive life style. The data evidenced that, schizophrenia patients of “shant manas” were getting regular check uo by physicians. Majority (76.7 percent) of the respondent opined that, they were getting proper treatment and they can control their weight with support of care takers. Shant manas is providing nuirtitious foor to the patiants which based on the opinion of 76.7percent of the respondent. 63.3 percent of the respondent not having adequate amount of sleep, and 80 percent of the patiants not able to involving sports or physical activities, but 66.7 percent of patients can abel to daily activities by themselves.

CONCLUSION

Thus the disorder is having a broad choice of co morbid and numerous physical-health conditions. Physical wellbeing is also significant since if it is compromise, a number of benefits of enhanced psychological health will be present as equalize. Correlated with the general people, schizophrenia patients are at enlarged threat obesity, abdominal pains, diabetes, metabolic disease, and cardiovascular dysfunction. These bodily health

troubles can add to the decreased quality of living, lower self-respect and reduced life expectancy generally accounted in schizophrenia. The majority people with schizophrenia are treated by community mental health teams. This team provides access to social workers, pharmacists, occupational therapists, psychologists and psychiatrists and counselors. For these reasons the researcher has given some suggestions to improve their physical health. Most of the people have their own social stigma on schizophrenia. Because of that person with schizophrenia were unable to live their life happily. The respondents should be treated with proper care and treatment. They should have adequate amount of sleep, they should have more fruits and vegetables, they should follow proper food schedules, they should go for regular health checkups and proper medications should be taken by the respondents. The researcher suggested the person with schizophrenia to have a good self care and the researcher revealed that there should be proper care and proper medications can make better life for person with schizophrenia and also proper treatment representation incorporates medicine, psychosocial treatments, case administration, family contribution, and sustained education and employment, each and every one intended at decreasing signs and developing quality of life.

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