Effect of Structured Activity Program on subjective wellbeing of patients with chronic mental illness

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Abstract
Objectives: The present study aimed to determine the effect of structured activity program (SAP) on subjective well-being (SWB) of patients with chronic mental illness and its association with selected variables. Methods: One group pre-test post-test experimental design was used. Sixty patients with mental illness between the age group of 31-60 years were selected using purposive sampling technique. Tools used were semi structured interview schedule on socio demographic datasheet, Mini Mental Status Examination (MMSE) to screen the mentally ill patients and to exclude those with cognitive impairment and a modified subjective well-being inventory to assess the SWB of selected patients. Initially pre-test assessment was done and next day onwards the group was subjected to SAP for two hours in the evening for a period of 28 days followed by first and second post-test done using the same tool on 30th and 44th day respectively. Data were tabulated and analyzed using descriptive and inferential statistics. Results: Findings revealed that SAP given to mentally ill patients resulted in an improvement in SWB (p < .001). There was a significant difference in mean SWB score before and after the SAP. Conclusion: A present study finding suggests that SAP can be used as an effective intervention program to improve the SWB of mentally ill individuals. Nurses can act as vehicle by promoting the SAP and enabling people to have better control over their behaviour and improve their SWB.

Key words: Structured activity program (SAP), subjective well-being (SWB), chronic mental illness, Mini Mental Status Examination (MMSE)