Chapter-II

Methodology
The main thrust of the present research was to study the mental health of the kith and kin of patients with chronic disorders in relation to worries and alienation. By and large studies on kith and kin of the fatal disease are generally ignored. It is therefore, important to study the behaviour of the kith and kin of patients suffering from cancer, Bronchial Asthma, Coronary Heart Disease, Diabetes, Arthritis, Hypertension, Tuberculosis.

SAMPLE: A sample of 300 kith and kins was drawn from the various wards of Jawaharlal Nehru Medical College (JNMC), A.M.U. Aligarh. The sample include 168 males and 132 females kith and kin. They were further categorized in two groups of age: (Younger: 21-35) and (Older: 41-60) years.

\[ N = 300 \]

<table>
<thead>
<tr>
<th>Male</th>
<th>Female</th>
<th>Younger</th>
<th>Older</th>
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<td>168</td>
<td>132</td>
<td>215</td>
<td>85</td>
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TOOLS: The following tools were used in the present investigation.

i) Mental Health Inventory

ii) Worry Scale

iii) Alienation Scale.

Mental Health Inventory (MHI)

Mental Health Inventory developed by Jagdish and Srivastva (1983) was used to measure mental health of individuals.
There are six Dimensions of Mental Health which are as follows:

1) Positive self - Evaluation (PSE)
2) Perception of Reality (PR)
3) Integration of Personality (IP)
4) Autonomy (AUTNY)
5) Group Oriented Attitudes (GOA)
6) Environmental Mastery (EM)

The reliability of the inventory was determined by 'split - half method' using odd even procedure. Reliability coefficients of different dimensions of mental health are as follows: PE (.75) PR (.71) IP (.72) AUTNY (.72) GOA (.74) EM (.17) and over all (.73).

Construct validity of the inventory was determined by finding coefficient of correlation between scores on Mental Health Inventory and General Health Questionnaire (Goldberg, 1978), it was found to be .54.

**SCORING**: In the present scale, 4 alternative responses have been given to each statement i.e. 4 score to 'Always', 3 score to 'often', 2 score to 'Rarely' and 1 score to 'Never' marked responses as to be assigned for true keyed (positive) statements these are 19, 27, 32, 38, 45, 51, 6, 8, 41, 52, 20, 29, 54, 4, 26, 39, 43, 12, 31, 34, 37, 44, 50, 56. In case of false keyed (negative) statements 1 score to 'Always', 2 score to 'often', 3 score to 'Rarely' and 4 score to 'Never'. Negatively keyed statements are as follows: 1, 7, 13, 23, 14, 24, 35, 46, 2, 9, 15, 18, 25,
WORRY SCALE

Development of worry scale 33 items relating to 'worry' were given to the judges for their comments and observations regarding the appropriateness of items. Of the 33 items, 28 items represented 100% agreement amongst the judges were selected to form the initial scale for study.

Factor Analysis of Scale The factor analysis was done on data of 300 kith and kin. The 4 factors emerged after the application of varimax rotation factors are: family, caring, environment, life worries. Items no. 1, 2, 6, 5, 9, 10, 11, 13, 21, 24, 28, 33 represented to the family 'factor'. Item numbers 16, 17, 18, 19, 20, 23, 30, 31, 32, represented to the 'caring' factor. Item numbers 3, 25, 26, 27, 29 represented to the 'environmental' factor. Item numbers 7 and 8 represented to 'life' factor.

Scoring Worry scale consists of 28 items with the three point rating format. Numerical value was assigned to 'Not at all worried,' 2 was assigned to 'Somewhat worried', 3 was assigned to 'Extremely worried'.

Reliability of scale Cronbach's coefficient alpha was applied and the value was found to be .97.

ALIENATION SCALE

Development of Alienation Scales - 30 items relating to alienation were judged by three judges. They were asked to assess the appropriateness of the items for the Alienation scale. Of these, 30 items, 23 items
represented 100% agreement amongst the judges were selected to form the initial scale for study.

**FACTOR ANALYSIS OF SCALE**

The factor analysis was done on data of 300 kith and kin of the chronic disorders patients for the Alienation scale. The 3 factors emerged after the application of varimax Rotation factors are: caring, self and others.

Alienation relating to caring factor represented items number: 1, 2, 5, 10, 11, 13, 19, 30. Alienation relating to self measured by items number: 3, 17, 21, 22, 23, 26, 27, 28, 29. Alienation relating to others measured by items number: 8, 9, 12, 14, 24, 25.

**Scoring** The Alienation scale consists of 23 items with the 4 point rating format. A numerical, value of 4 was assigned to 'always', 3 score to 'sometimes', 2 score to 'often' and 1 score to 'never' response categories given against each item.

**Reliability of scale** Cronbach's coefficient alpha was applied and the value was found to be .91.

**PROCEDURE**

The data were collected from the various wards of J.N.M.C., Aligarh through face to face interview method. The investigator informed to the subjects that their information would be kept confidential. Subjects generally took one hour time to complete all the scales.
DATA ANALYSIS

The data were analysed by means of Pearson Product Moment Correlation, Z test, Partial Correlation and Multiple Correlation.