

DEGREE OF ANXIETY AND AGGRESSION MANIFESTATION, IN CORRELATION WITH PHYSICAL, SEXUAL, AND EMOTIONAL ABUSE AT PATIENTS WITH CHRONIC PSYCHIATRIC DISEASES

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ABSTRACT

This study aims realization of the assessment of particular components of inclusion of the level of anxiety and aggression of psychiatric patients with chronic illnesses, who receive services at the Mental Health Center in Prishtina

In this study are used descriptive and correlative methods where as for the collection of data are used measuring instruments - for anxiety the Aeron Back test composed of in total 21 items, for measuring the scale of aggressiveness is used Buss & Perry test (1992) composed of in total 29 items which conducts the measuring of aggression in four dimensions: physical aggression, verbal aggression, anger and hostility with others. To understand better the abuse, we have used the test extracted from the internet and modified by researches which measures the abuse in three dimensions such as physical abuse, sexual abuse and emotional abuse. To understand item consistency we used Alpha Crombach's.

The population which was in focus are psychiatric patients with chronic illnesses who receive services at the Mental Health Center in Pristina while the selected sample was composed of 103 subjects, the sample-selection was conducted by default.

From obtained results we understood an average dispersion of the level of anxiety and aggression of the psychiatric patients with chronic illnesses but as far as patients who receive services through home visits, they have showed higher level of aggressiveness and anxiety comparing to patients who are daily residing in the center, and females have expressed higher level of anxiety and aggression in comparison to males. Regarding the abuse, the results have shown that psychiatric patients with chronic illnesses are mostly abused physically and emotionally while sexual abuse was indicated in a smaller number involving females and none involving males. The results showed strong correlations of aggression and anxiety, and a weak correlation of aggression with physical and emotional abuse, also showed strong links of anxiety and emotional abuse.

Keywords: Anxiety, Aggression, Physical, Sexual and Emotional Abuse, Psychiatric Patients

INTRODUCTION

In the framework of this paper are addressed issues of the degree of manifestation and display of the level of aggression and anxiety in patients with chronic psychiatric illness. On the topic of this paper, are analyzed and viewed from a psychological perspective, levels of access and forms of cooperation of family members, during the treatment work with these patients. Since abuse is considered a key factor that can promote antisocial and aggressive behavior, then the

focus of this study has been to understand the abuse of patients with chronic psychiatric illness by others, especially their family members and relatives.

The motivation for conducting this study was to potentially improve the behaviors of family members towards mentally ill patients, trying to inform them through family psychoeducation (which usually takes place at the mental health center) that abuse and bad behavior to this illness is accompanied by marked anxiety and aggression. So this problem has been the motivating stimulus to conduct this study.

According to the WHO mental health is understood as a state of emotional, psychological and social well-being evidenced by satisfactory interpersonal relationships, effective behaviors, adaptation, positive self-concept and emotional stability.

In terms of mental illness, the American Psychiatric Association (APA 2000) defines it as clinically significant behavior or psychological syndrome, a pattern that occurs in an individual and is associated with a concern, a symptom of pain, or disability (e.g., impairment in one or more important areas of functioning), or significant risk to an increase leading to death, pain, or a significant loss of liberty (Laurello, Juan, Bustillo & Keith, 2013).

The research contains: Research methodology, theoretical part related to mental illness, aggression, anxiety, physical, sexual and emotional abuse, analysis and interpretation of the results and at the very end of the paper is attached the appendix which contains measuring instruments by The research was carried out, the literature used during the work and the sources obtained from the Internet, in order for this work to be as rich as possible with relevant information on the topic. , which helped in the empirical part of the paper.

The idea of this study was to address the issue of anxiety and aggression, which are considered quite complex phenomena, especially if they appear in people with chronic psychiatric illness. Abuse is also considered as an antisocial phenomenon whose consequences can be quite serious, so we have tried to find as much information from the wide range of relevant literature and relevant research that has been done about this phenomenon, but the focus of this study is have been in physical, sexual and emotional abuse and their presence in patients with chronic psychiatric illness, considering that the psychological study of people with mental illness, plays an important role in detecting signs of illness and helps determine the diagnosis and correct treatment.

The research of this phenomenon from the psychological point of view regarding the manifestation of anxiety and aggression in people with mental illness, includes one of the immediate problems of the time that requires a very disciplinary, professional and scientific treatment. The association of abuse with the level of anxiety and aggression was a stimulus that stimulated the commitment to study this problem, from this we can say that it was the mentally ill patients themselves who had declared violence by family members, therefore it gave us space and opportunities for this study.

In the study methodology we have presented the research problem that has to do with the degree of manifestation of anxiety and aggression in patients with chronic psychiatric illness, where the aim was to detect the degree of manifestation of anxiety and aggression and their relationship with physical sexual and emotional abuse, as well as finding differences in sociodemographic factors.

In this research are also presented the research hypotheses where through analysis and statistical methods they were tried to be verified, taking into account the degree of manifestation of the variables and their correlation between themselves. Also in the research methodology were analyzed the analysis of the results obtained from the data collection, where the analyzes were performed through the statistical method SPSS 22, within which, in the correlation between the phenomena Pearson correlation and for the comparison of the mean distributions t-test method .

In the research work we have conducted the discussion by drawing conclusions regarding the problems of the type of anxiety and aggression that occur in patients with chronic psychiatric illnesses and giving recommendations aimed at improving their life system. It is also worth noting that this research is focused on the expression of aggression and act in general, in the forms of expression of the risk posed by this behavior of people with mental illness in society. The topic of this paper also focuses on the prevention of aggressive behaviors of these patients, on recognizing the problems of their behaviors and forms of action, but we should not ignore the cooperation with family. The paper also analyzed the factors associated with the manifestation of these actions such as environmental factors and psychological factors.

THEORETICAL CONCEPTS

MENTAL ILLNESS

Both psychological and psychiatric disorders are characterized by several groups of characteristic symptoms, which last for a certain period of time. These disorders do not appear as a result of any medical illness and significantly impair the individual, family, profession and society.

ANXIETY

Is not an abnormal phenomenon, but a basic emotion, expressed by the activism of the organism, anxiety is a conscious mental state, manifested when an individual has a feeling of preoccupation, or intense and prolonged fear, associated with a specific stimulus clear

AGGRESSION

Aggression is considered as an action that is caused by the previous intention to harm or or insult another person, the basic elements of the definition are: action, purpose and harm

ABUSE

Abuse or ill-treatment of a person / patient includes all forms of physical and / or emotional abuse, sexual abuse, neglect or neglectful treatment, commercial exploitation or any other form that causes actual or potential harm to health, survival, development or dignity in the context of a relationship of responsibility, Any harm, injury, ill-treatment, obligation to do things against the will of the individual is abuse

In this chapter, the existing literature in the field of mental illness and the persons affected by this illnesses are reviewed and analyzed, then the literature on aggression, anxiety and physical, sexual and emotional abuse are reviewed. To better understand the issues we have

selected for study, a wide range of books, studies and various articles have been used to present the theoretical and empirical framework of the findings to date regarding the relationship between anxiety, aggression, physical abuse, emotional abuse and, sexual abuse.

Mental Health Center – Prishtina									
Number	Sex	Age				Residence		Services Provided	Total
		18=28	29=39	40=50	50+	Village	City		
1	F	6	16	23	7	19	33	13	39
									52
2	M	8	10	21	12	21	30	32	19
									51

In Total :103

METHODOLOGY

This study was conducted with the intention of determining the inclusion of anxiety and aggression and their relationship with physical, sexual and emotional abuse in patients with chronic psychiatric illness, who are treated and receive adequate services at the Mental Health Center in Prishtina, as subjective variables of which have preceded all research work.

Research Methods and Measuring Instruments

This research has an empirical character and for its realization descriptive and predictive methods have been used that have intended to describe the presence of phenomena such as aggression and anxiety, as well as their relationship with physical, sexual and emotional abuse in patients with chronic psychiatric illness.

Population and Samples

Meanwhile, the selected part that represents the population and at the same time constitutes the research sample are patients with chronic psychiatric diseases who receive services at the Mental Health Center in Prishtina and have all the characteristics of the population that simultaneously implies that it is representative and meets the criteria of representation.

The respondents who underwent this study were from Prishtina and Podujeva as well as the surrounding villages, namely the patients with psychiatric illnesses who were treated in the MHC (Mental Health Care), they belonged to different ages and genders.

Table 1. Presents the relative and cumulative frequencies on the number of participants in the research

RESULTS

In this research the focus has been on finding the arithmetic mean for the degree of manifestation of anxiety and aggression in patients with chronic psychiatric illness. On the other hand, the degree of physical, sexual and emotional abuse of these patients was also requested.

It is hypothesized that people with mental illness have high levels of anxiety and aggression. Regarding the degree of manifestation of aggression in patients with chronic psychiatric illness, the arrhythmic mean resulted in $M = 49.75$, which means a moderate degree of aggression with standard deviation $\sigma = 23.11$ and measurement error $\delta = 0.04$.

Regarding the degree of manifestation for anxiety in psychiatric patients with chronic diseases, the data have resulted in a moderate mean scale, where the arithmetic mean is $M = 28.96$, standard deviation $\sigma = 16.90$ and measurement error $\delta D = 1.66$.

One of the key points of this study was to detect the presence of abuse in general, where from the answers obtained it became clear and understandable that abuse is present in this population and from the overall values for abuse we have 79% of responses stated with YES, and 21% declared NO.

Numerical variables used: arithmetic mean, standard deviation, measurement error, their decomposition. For categorical variables and calculations absolute values and corresponding percentages. Comparing the mean values of the two groups and categories between the T - test, the correlation of the variables was performed using Pearson Chi-Square. For all values and accounts the mean values and corresponding confidence intervals 95%. In all cases considered statistically marked a value of $p \leq 0.05$. All statistical analysis was performed in SPSS v.22

The veracity of the hypotheses was tested through correlational and differential statistical methods, where for the correlation between the variables Pearson correlation was tested, while for the differences between the mean distributions the T-test method was tested.

Based on the results obtained, where the processing was done by Pearson correlation method, it is claimed that we have a positive correlation and this is evidenced by the results obtained, where it is claimed that there is a high correlation ratio, and a correlation of aggressiveness with abuse in general $r = 0.77$; $p < 0.01$, which indicates a high correlation and the significance $Sig = 0.000$ which indicates that it has high statistical significance.

Referring to the correlative relationship of the variables that in this case are about aggression, anxiety level and abuse in general, it is stated that: There is a relationship between anxiety and aggression with physical, sexual and emotional abuse in patients with chronic psychiatric illness.

To give an answer to this hypothesis we conducted correlative analysis and from the results obtained we understood that the level of anxiety with abuse in general has shown high correlation evidenced by the results obtained such as: $r = 75$; $p < 0.01$, and anxiety with aggressiveness $r = 0.77$; $p < 0.01$. From the obtained results it can be stated that the alternative hypothesis is approved, which confirms the presence of correlation between variables such as the level of anxiety, aggressiveness and abuse.

Through differential analysis, gender differences were found in the degree of manifestation of aggression, which states that men have a lower degree of aggression than women, where we have the arithmetic mean for women $M = 57.35$, standard deviation 23.42 and standard error 3.25. while for men we have the arithmetic mean 42.0, the standard deviation 20.40 and the standard error 2.9. Here it is seen that there is a significant difference between the groups and the result of the significance $p = 0.000$ shows that there is a statistically significant difference between the average male and female.

It was pointed out that patients who come for daily stay at the Mental Health Center have a lower degree of anxiety in contrast to patients who receive services through home visits and according to the results of the analysis, the average degree of manifestation of anxiety of patients from 45 participants, who receive services during the daily stay in the mental health center, is 14.15, standard deviation 10.57 and measurement error 1.59, while the average of patients from 58 participants, who receive services through home visits is 40.37, standard deviation 11.11 and standard error 1.45.0

From the gain of the averages it is seen that there is a significant difference between the groups and the significance result is $\text{sig} = 0.000$ which indicates the existence of differences, so the value of the significance is less than 0.05 within the 95% confidence interval.

DISCUSSION

Anxiety and aggression were considered as phenomena that can display many problems in everyone's life, but when these phenomena are accompanied by abuse then it leads to an increase in the degree of their manifestation, which can also result in antisocial anxiety and behavior.

In Michael Mufson (2004) research on gender differences in the degree of anxiety manifestation and abuse they experience, the results show that women suffer almost twice as much from anxiety as men. The reasons may be from the differences themselves in terms of hormonal movement and brain chemistry.

Based on research by the National Institute of Mental Health, it is considered that anxiety affects women more than men, e.g. If a lifelong trajectory is taken, the prevalence of anxiety in women is 6.6 while in men 3.6.

Meanwhile, in terms of gender differences from relevant research conducted by the authors Izci, Camkurt, Tuncel & Şahin (2016), it is shown that women are more prone to passive aggression and according to the general analysis of the results of this research it was found that aggression affects quality of the life of each individual.

Regarding patients with psychiatric illnesses, a research by the authors Nawka, Kalisova, Raboch, Giacco, Cihal, Onchev, Karastergiou, etc., which was conducted in 2013, based on the results of this study which speaks of aggression in the population non-psychiatric it is emphasized that there are no gender differences, but when talking about a psychiatric patient with different difficulties it has been proven that female patients show poorer social functioning, and aggressive behavior is more pronounced in women manifesting aggression in various forms,

In terms of psychiatric and psychological services, from the results of Varghese research, Volvaka & George G. conducted in 2017 with patients with mental illness, it was found that patients with chronic psychiatric illness who are constantly aggressive show less improvement in psychopathology, and their violent behavior interferes with community integration (Volvaka, 2004).

Research shows that mentally ill patients admitted to the healthcare environment and who receive psychiatric and psychological services, who have a standard control over the risk of violence and aggressive behaviors have less aggressive behaviors.

Communication between patient, staff and caregivers plays a vital role in preventing aggression between patients. Open communication with patients should always be done as it can resolve misunderstandings before it becomes an issue that may concern the patient.

These relevant researches support our hypotheses which claim an average degree of manifestation of anxiety and aggression, then that women are more aggressive than men, but expressed in different forms, as well as psychiatric and psychological services provided by psychiatric hospital centers, have been correlated with the degree of manifestation of anxiety and aggression, where patients who have been treated continuously have resulted in lower rates of anxiety and aggression, as well as similar results we have found in our research.

CONCLUSION

The data obtained from the research give us information about the extent of anxiety and aggression in patients with chronic psychiatric illness, as well as the presence of physical, sexual, and emotional abuse. From this data which we obtained through statistical analysis we can conclude that patients with mental illness do not have high rates of manifestation of anxiety and aggression, but we can conclude that patients with mental illnesses are abused and neglected by their family and relatives, we say that this makes their lives difficult and is related to the aggravation or agitation of the illness

So according to the obtained data aggression and anxiety are closely related to each other and correlated with abuse in a positive way, where it can be concluded that abuse is associated with aggression and anxiety, so the more abused in all three forms of abuse the higher degree of manifestation of anxiety and aggression.

Based on the results obtained, we can state that residence does not matter in the degree of manifestation of anxiety and aggression, as we had moderately approximate results that did not show statistical significance.

In terms of services provided we found higher differences, this made us realize that patients who receive services at the Mental Health Care in Pristina, are regular in therapy as they are permanently under the supervision of a psychiatrist, psychologist and the whole team, where any change is observed and immediate care is offered. The psychotherapeutic sessions are key factors that help improve their condition, various activities that take place within the mental health center are also important factors that help in their rehabilitation and re-socialization.

RECOMMENDATION

Based on the research results regarding the degree of manifestation of anxiety and aggression, as well as their relationship with physical, sexual and emotional abuse, it is thought that the family is a major factor that directly affects everyone's life, and being given the fact that in people with mental illness, physiological and hormonal changes cause problems of psycho-physical balance, it is recommended that parents or family members in general should understand them and understanding the nature of their illness and be gentle, interested and worried about their problems.

They should be encouraged to talk about their problems and to help solve their problems, to help and support them, as long as family and relatives are aware of their situation they should

not behave in a way that using violence against them, so as not to incite or provoke aggressive behavior on the part of patients, as the results of this research have proven that abuse, whether physical, sexual or emotional abuse, is associated with the degree of manifestation of anxiety and aggressiveness.

In order to have more information about the nature of mental illness and the stages of exacerbation of the illness, it is recommended that in meetings with family members at the Mental Health Care, topics be discussed about the phenomenon of abuse and its relationship with anxiety and aggression, as psychoeducation with family is held once a year and the presence of family members is quite low, to find ways for them to show more interest and join other family members who have had an interest since the first beginnings of psychoeducation with family.

Also, the results showed that patients who come to the mental health center every day, have shown a much lower rate than patients who receive services through home visits, then it is recommended to create conditions for the development of activities and services provided in the mental health center, to expand the network of mental health services, to increase the number of patients with chronic psychiatric illnesses in the mental health center, in this case to create conditions for those patients who can not come for daily stay.

It is also important to inform the general public through the media and social networks about the nature of mental illness and mental health in order to raise awareness and combat stigma and discrimination of people with mental illness.

And in conclusion it can be said that it takes a lot of patience, to help people affected by mental illness, to be close to them at any time in any possible problem, to take care of them, to always show love and readiness to help to overcome any crisis they are experiencing.

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