

Effects of Health promotion program using laughing on interpersonal relationship and self-esteem of mental patients

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Abstract. This study was conducted on a health promotion program, which consisted of "Laughing, Health Education and rhythm for the total of 24 weeks from Aug to Dec of 2014 subject on 16 mental patients who were registered and cared by a mental health promotion center. This study was looked into how the health promotion program is to affect on the interpersonal relationship, self-esteem of the mental patients. After the program was done; the results of the mental patients' interpersonal relationship and building self-esteem were improved. It could prevent its patients' lifestyle disease as well.

Keywords: Mental illness, Health promotion, Interpersonal relationship, Self-esteem

1 Introduction

According to an epidemiological survey on mental disorders conducted in year 2011, 27.6% of a normal population would go through more than one mental disorder in their whole lives. Men were more likely to experience a mental disorder and the number of chronic mental patients except for these patients suffering from other mental illnesses caused by uses of alcohol and nicotine has been on a constant rise from 59,223 in 2005 to 95,821 in 2011 [1].

In South Korea, the government understood that 1,173 won of socio-economic costs were spent on mental illnesses every year, and they were even surprised to know how the total socio-economic costs used for mental disorders rose from 1,4913 won in 2001 to 2,1156 trillion won in 2005, and the increase in the costs was almost doubled [2]. In case of chronic mental patients, they suffered from chronic symptoms of their disorders for two years or more and eventually, a psychological, physical and social function of such patients was damaged. In the end that would decrease how the chronic mental patients deal with their self-regulation [3]. Since over 80% of the chronic mental patients are currently residing in local communities [1], if we would like to continuously keep an eye on healths of the chronic mental patients, we do need a special rehabilitation program targeting these patients for steadily caring chronic

mental patients based on local communities.

In year 2010, the mental health act was revised and since then, the government of South Korea has been building and operating several mental health promotion centers, and as of right December in 2013, two hundreds in-service mental health promotion centers are operation all over the country [4]. There were daytime rehabilitation programs for chronic mental patients, also there were diverse integration programs for preventing recurrence of illness, returning to society, and adapting in the society[5].

In the light of that, this study aims to develop a program to improve the healths of the mentally-suffered patients by discussing effects of the program on the interpersonal relationships and the self-esteem.

2 Method

2.1 Design

In order to prove how much the health promotion program would help the conditions of the mental patients, the study first conducted the program targeting the mental patients. As a next step, the study used this one-group pretest-posttest design to measure the patients' interpersonal relationship and self-esteem before and after the program.

2.2 Subjects

Among 151 mental patients living in a community society of N-gun, 16 patients who were registered in the mental health promotion center of the community health center were selected as research subjects after they had heard the purposes and details of the study which was advertised through local news, internet, and broadcast.

2.3 Tool

Interpersonal relationship

Regarding to the interpersonal relationship, the study used this measuring tool was modified by Moon [6]. The higher the points are, the better the subjects's interpersonal relationship goes up.

Self-esteem

A self-esteem scale is modified by Jon which Rosenberg invented [7].

2.4 Health Promotion Program for mental Patients

Description on the health promotion program

The program for the mentally-disordered was divided such as improvements in the interpersonal relationship (two sessions) and the self-esteem (two sessions). It was composed of laughing, health education and dancing. First, laughing was developed by a nurse referred to data and other materials that were providing many information on laughing based on health education that she dealt with. Second, as for health education, the research subjects were guided to understand not only necessity of the health behaviors such as individual hygiene, drinking, smoking, exercise, sex, sleeping and others but also how to improve such behaviors. Last, the subjects were also invited to do physical activity dancing to the rhythm of the music.

How to operate the program targeting the mental patients

The health promotion program targeting the mentally-disordered was conducted for six months from August to December of 2014, and the patients were asked to attend a total of 24 sessions of the program once a week for 90 minutes (40 minutes for laughing, 30 minutes for education and 20 minutes for dancing). A nurse certified as an expert laughter instructor took full responsibility for the operation of the program.

2.5. Data analysis

The study used SPSS Win 21 program for analyzing. General characteristics were analyzed in frequency, percentage, average and standard deviation, and in terms of differences in the interpersonal relationship and the self-esteem to prove effects of this laugh-based mental rehabilitation program, the study looked into the differences by conducting a Wilcoxon signed rank test.

3 Results

Before the health promotion program, the interpersonal relationship scored 71.63 points, but after the program, the number increased up to 98.91 ($z=-2.94, p=.003$). A significant increase was also observed in the self-esteem, and the points went up to 34.62 from 25.08 ($z=-3.18, p=.001$)[table 1].

Table 1. Effects of the Health Promotion Program Targeting the mental Patients

| Variables | Mean±SD | Mean±SD | <i>z</i> | <i>p</i> |
|----------------------------|-------------|-------------|----------|----------|
| Interpersonal relationship | 71.63±18.84 | 98.91±12.18 | -2.938 | .003 |
| Self-esteem | 25.08±6.70 | 34.62±3.48 | -3.182 | .001 |

4 Discussion

The research subjects' interpersonal relationships turned out to be significantly improved compared to how the subjects had been like in connection with the relationships before the program. Since there were not any researches which had offered either identical or similar programs before the study, this study compared its results to these other ones gained from different advanced researches that had applied music therapies or humor interventions. Of the advanced researches, this study which conducted 15 sessions of a group music therapy for 50 minutes per each subject schizophrenic patients presented a small rise in the interpersonal relationship and yet, it was never significant. That was what separated this very study right here from the advanced research [8]. However, another advanced research with video-used humor intervention applied confirmed an increase in the interpersonal relationship skills of a control group, and that was similar to what this study has come up with. This very study and the video humor intervention-based research achieved the similar results because, as far as this study believes, both of them had combined interpersonal relationships to help the research subjects accept others and empathize with them [9]. Moreover, as a way to enhance the subjects' interpersonal relationship, this study encouraged the subjects to laugh, and the laugh was a chance for them to actually give others a massage which made all of them burst out laughing. The research subjects here finally opened up themselves to others who are different from themselves as if flowers bloom, and as enjoying laughter which would shape how the subjects interact with others, the subjects were given time to introduce themselves to others listening to what others would say. As for dancing, the study inspired the research subjects to express any feelings through these dances that would go well with music. The research turned out to be very positive. The research subjects had an opportunity to dance with others, it came to observe even more significant increases in the interpersonal relationship points compared to the other advanced researches did.

The participants in this research presented an improvement in the self-esteem after the health promotion program. This study result was very similar to another study [10] which had reported an increase in self-esteem after it had conducted a general self-esteem promotion program three times a week targeting mental patients hospitalized in a mental hospital. Each session of the program in the other study continued for 60 minutes, and the program was made up of ten sessions in total. The finding of this study was again similar to that of another research [11], and the latter announced an improvement in the self-esteem after it had carried out a music program, and singing program which held twice a week. Each of ten sessions in the program lasted for 60 minutes. The researches which conducted previously aimed to improve the self-esteem through the audio-visual materials, games and singing. However, as for this study, it invited the research subjects to games in which the subjects would use even more complex materials such as mirrors, and balloons, that was what had helped the subjects with the self-esteem. After all, the study led the research subjects both to realize the value of oneself and to find their sense of self-confidence back. The study also asked the subjects to sing songs in order to strengthen the self-esteem and as singing, the subjects had a chance to express their feelings through physical activities. That was how the program of this study successfully enhanced the self-esteem of the subjects.

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