



De La Salle University - Dasmariñas

**Psychosocial Problems and Adjustments of Former Mental Patients
in
Cavite Center for Mental Health, Trece Martires, City**

**A Research Presented to
De La Salle University – Dasmariñas
College of Liberal Arts
Behavioral Sciences Department**

**In Partial Fulfillment
of the Requirement for the degree
Bachelor of Arts in Psychology**

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Abstract

Name of Institution: De La Salle University – Dasmariñas

Address: Bagong Bayan, Dasmariñas City, Cavite

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Scope and Coverage: The study determined the problems encountered and psychosocial adjustments of the discharged mental patients. This study focused on 10 discharged mental patients in Cavite Center for Mental Health in Trece Martires, City. The study revolved around measuring the subject's psychosocial adjustments and problems with the use of descriptive method in the form of interview. This study primarily focused on the problems and psychosocial adjustments of eight (8) former mental patients after being in the institution. This study did not tackle the



entire medication process of the respondent's inside the mental institution. Furthermore, it described the patients in terms of several variables such as age, status, residence, diagnosis of the clients, number of years institutionalized, employment status at present. They were selected based on the purpose of the study regardless of their current location.

Methodology: Purposive Sampling was used to select the respondents of the study. The researchers used qualitative type of interview as research design and structured interview was used to gather data for the study, the interview was tape-recorded and transcribed. From the transcribed data, the respondents' answers were tabulated and identified. Finally, summary and conclusions were made to address the objective of the study.

Major findings:

1. Based on the demographic profile of the respondents, the mean age of the possible individual who could experience mental illness is in their early 30's. Most of the respondents are single and does not have their own family which indicates less affection coming. Furthermore, most of the respondents have a record at Cavite Center for Mental Health and most of them are diagnosed with depression which causes them to experience mental illness. The data gathered showed that the respondents were confined for 2 years and above which showed that a mentally ill individual cannot recover for a short span of time.
2. Based on the study, the respondents experienced different psychosocial problems in 3 different areas after being discharged from the mental institution. In Cognition, the respondents experienced hallucination, failure, attempted suicide and social changes. The researchers found out that the respondents have



more problems in affect area and these are the feeling of losing hope, passing of interest, depression, downheartedness, worthlessness, loneliness and anxiety. And lastly, on the behavior area, the respondents felt restless, numb, irritated, annoyed, and aggressive as they went outside the mental institution.

3. With regards to the respondents' adjustment, according to the respondents, it was not easy for them to adjust after being discharged from the institution. Others would think finally the storm had passed on because they had survived the medication, but the main problems just started once they were discharged. Most of the respondents depend on the support from their families, some have still stable relationships with their friends, and some are fortunate to be employed. Currently, the respondents are maintaining the intakes of prescribed medicines to avoid relapses, and still undergoing medical check – ups in the institution.

Recommendation:

1. Conduct seminars for the patients including their families so that they may be aware of the possible problems and adjustments that they may encounter once they have been discharged from the institution.