The Development of Daily Activities Schedule for Depressive Patients

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ABSTRACT

The purpose of this test development was to check the effects of daily activities schedule of depressive patients. The hospitalized psychological patients mostly remained undisciplined and disturbed all the day. These patients should be engaged in different tasks on daily basis in which they can put their efforts to complete the tasks. In this way, these patients may improve their survival skills. 500 patients were asked to complete all the tasks mentioned in the worksheet on given time and day accordingly. Majority of the patients showed positive response to all tasks such as about 88% patients got higher score where they fulfilled their all tasks and 12% patients were appeared with lesser score than other patients. Although the patients with lower score were also had not very low scores. The study showed significant result for this work schedule. Psychological patient can manage their routine accordingly in an effective way.

Keywords: depression, Daily life schedule, social interaction, social behavior, survival skills.

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Introduction

Depression is the neurotic disorder in which person's mood seems to be very low. The individual got lack of interest in his daily tasks and lack of energy as well. With these three core symptoms of depression the individual got impairment with his relationships and daily life activities (American Psychiatric Association & American Psychiatric Association, 2013). A daily Page | 297 activity schedule is a list of tasks and plan that are important to do in our daily life. The individual has responsibility to perform each task properly. These task includes home related tasks, job related or even some personal tasks as well (Adeli & Karim, 2001). Predictably, experts stated that daily activity routine is most useful hack to maintain mental and physical wellbeing. The individuals may get opportunity to learn new skills and tasks. It is not necessary to do all same tasks on same time according to the schedule but the individual should perform their task proper to maintain their routine. Daily activity schedules helps to control over the sense of responsibility and it also create positive outcomes (Clarke et al., 1999).

The individual may be unable to get out of bed but making daily life schedule will be beneficial. The CDC reported that almost 5% adults whose age range is 18 are more depressed. They need to spend quality time for normal life. Ultimately by dedicating yourself to daily routine, you can provide yourself a motivation to stay active instead of depressed (Riebe et al., 2012). Although many individuals fid it challenging to muster motivation and get moving in the morning and these difficulties can be exacerbated by symptoms of depression. Rabecca, (2023) reported that people with depression often struggle with low energy I the morning and making it difficult to accomplish essential tasks (Karg & Kirsch, 2014).

Literature Review

A study revealed that the 71% of young people who are suffering from depression, got sleep disturbed sleep and diet which cause lack of concentration and attention towards daily life activities. Due to the major reason, the youngsters became diminished from their daily life activities (Orchard et al., 2017). Additionally, establishing daily activity routine is very influential to maintain an effective lifestyle that makes to feel easy. It makes our mental and physical wellbeing better and makes the other things stable in life like relationships, friendships and other formalities. If the individual stuck with the daily plan than he can make significant adjustment (Brenner, 2020). Similarly, an activity routine is good to setup a stress free life. As the individual can divert his mind from all stressors when the individual indulge in daily tasks that he has to perform must. It decreases anxiety and depression otherwise a person feels low energy and low mood. It makes a person physically active and also cease the negative thinking (de Zarate et al., 2024). According to the research, there is another factor which cause diminished daily life activity that is socioeconomic status which has the association with depression. As it will be low it will increase the level of depression that effects the daily life activities. The study results showed that 95.9% of people showed distraction in daily life activities due to lower socioeconomic statuses (Lai et al., 2022).

Moreover, during the pandemic phase of lockdown. Everybody remained as stay at homes. This thing deducted enough tendency of physical activity of motor movements. People started to take rests at homes. They cut off traveling and daily schedule tasks as well. These things made them depressive to some extent. People stopped to take interest to do task. People became unable to sustain their habits (Edition, 2013)

Objectives

- To develop effective daily activity schedule for depressive patients.
- To understand the attributes of daily activity schedule.
- To develop worksheet and to ensure responses of individuals.
- To check the association between depression and daily activities.

Hypotheses

H1: Depression will be positively correlated with daily activities schedule.

H2: There will be a positive association between depression and daily activities.

H3: Daily activity schedule will predict low depression.

Methodology

The study employed a descriptive research methodology as it is most suitable for accurately and systematically describing a population, case, or phenomenon. This approach can answer questions such as what, where, when, and how, but it is not suited for answering why questions. The design of descriptive research allows for the use of a wide range of research methods to investigate one or more variables.

Researchers do not manipulate or control any variables; rather, they simply observe and measure them.

Sample Descriptive methodology

There are 500 participants in the survey whose age ranged from 18 to 30 years (M= 1.63, SD= .653). Of this sample 35% were married, 15% were married students and 50% were unmarried. The sample was convenient as recruited by different hospitals. Participations were compensated. Data was collected from participants belongs to Islamabad and Wah Cantt. The data was collected from only depressive patients. Two number of instruments were administered in this study (1) Beck depression inventory (BDI) and (2) Daily Activity Schedule

Beck depression inventory (BDI)

Beck depression inventory is relevant for measuring depression. Its shows high reliability between depressive and non-depressive individuals. Its reliability is .90 and validity is .96. It is MCQues type questionnaire.

Daily Activity Schedule (DAS):

This schedule list has been developed for hospitalized patients. It contains 11 task from morning 6.00 am to night 10.00pm. All task has been designed according to the flexibility of the patients that they can perform all task easily. These tasks divided in to self-care tasks, walking, eating, playing, reading, family time etc. some of the tasks has been repeated for the physical health.

Procedure

Participants were given a set of questionnaire having a inform consent form that described their rights as research participants, like their all of information will be kept confidential. If they agreed to participate then they were asked to fill the further form having demographic sheet and daily activity schedule chart to follow on weekly basis. Patients were remained under observation while fulfilling all the tasks and their schedule chart was marked separately and after a week all charts were collected from the patients and analyzed their progress. The survey began with the questions regarding to some personal information in demographic variables and regarding to depression and daily activity schedule.

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Findings

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After collecting and analyzing the data using the aforementioned tools, the study arrived at a set of results as follows:

Table 1

Reliability of Daily Activity Schedule (DAS) and Beck depression inventory (BDI) (N=500).

Scales	item-coefficient	Cronbach's reliability coefficient
BDI	21	.86
DAS	11	.72

The results in table 1 indicates that these two measures have significant Cronbach's reliability co-efficient.

The reliability for DAS is .72 and BDI is .86.

Table 2

Mean, Standard Deviation, Reliability Coefficient of Daily activity scale (DAS) and beck depression inventory (BDI).

Scales	N	M	SD	No. of items	Alpha coefficient
DAS	500	9.37	2.0	11	.72
BDI	500	46.0	3.7	21	.86

Table 2 shows alpha coefficient of (DAS) for 500 patients is .72 and (BDI) for 500 patients is .86.

Table 3

Pearson product moment correlation table between Daily activity schedule (DAS) and Beck Depression Inventory (BDI)

	(DAS)	
	r	*Sig.*
(BDI)	-.078	.82

Note=p<0.01**

Table 3 indicates the non-significant correlation between Daily activity schedule (DAS) and Beck depression inventory (BDI) is not (**$p<0.01$). There is negative correlation between (DAS) and (BDI) as the (BDI) is increase the (DAS) will decrease.

Table 4

Factor analysis total variance explained of Daily activity schedule (DAS).

			Cumulative % Total	%variance	Cumulative % Total	%variance	Cumulative %
1	3.05	27.79	27.79	3.05 27.79	27.79	3.71 8.64	8.64
2	11.13	10.29	38.08	1.13 10.29	38.08	2.60 6.05	14.69
3	1.06	9.63	47.72	1.06 9.63	47.72	2.57 5.98	20.67
4	1.01	9.24	56.97	1.01 9.24	5697	2.45 4.88	16.45
5	.902	8.19	65.17				
6	.821	7.46	72.63				
7	.728	6.62	79.25				
8	.661	6.00	86.26				
9	.606	5.50	90.77				

| 10 | .529 | 4.80 | 95.57 |
| 11 | .486 | 4.42 | 100.0 |

Table 4 that statistical analysis extracted the 4 factors that have largest values and placed on the top of the list. Statistical analysis has identified 11 values within the data set. The eigenvalues associated with each factor represent the variance explained by that particular factor. The analysis also displayed the eigenvalues in the term of percentage of variance explained. As factor 1 explains 27.79%, factor 2 explains 10.29, factor 3 explains 9.63% and factor 4 explains 9.24% of total variance explained. It is clear that extracted factor shows relatively large amount of variance and subsequent factors explains small amount of variance. Statistical analysis extracted 4 factors with eigenvalues greater than 1. The values in the part the Extraction Sum of Squared Loading are the same before extraction hence the table is blank after the 4 factor. In the final part of the Rotation Sum of Squared Loadings, the eigenvalues after rotation are displayed

Table 5

Component matrix of factor analysis of Daily Activity Schedule (DAS).

| | *Components* | | | |
	1	*2*	*3*	*4*
DAS1	.151	.702	-.106	.529
DAS2	.467	.333	.534	-.381
DAS3	.554	.157	.036	.366
DAS4	.688	.126	-.270	-.109
DAS5	.384	-.433	.247	.307
DAS6	.601	.087	-.289	-.058
DAS7	.606	-.364	.053	.066
DAS8	.560	-.284	.127	.140
DAS9	.560	-.179	-.393	-.303
DAS10	.589	.180	.487	-.234
DAS11	.432	.124	-.367	-.174

Table 5 shows the 4 extracted factor and score loadings on them. It shows factor matrix before rotation. This matrix contains the loadings of each variable onto each factor. By default SPSS displays all loadings however there are blank spaces for many of the loadings.

Table 6

KMO and Bartlett's test of Daily activity schedule (DAS).

Kasier-Meyer-Olkin	Measure	of	.500
Sampling Adequacy			

Bartlett's test of	Approx Chi-Square	3.03
Sphericity		
	df	1
	sig	.082

Sig.>.000

Table 6 shows the KMO and Barlett's test values as it indicates the sampling adequacy and Bartlett's test sphericity. The KMO statistic varies 0 to 1. This value indicates that the sum of partial correlation is large relative to the sum of correlation indicating diffusion in the pattern of correlation. It shows that patterns of correlation are relatively compact and so factor analysis yield a reliable factor.

Discussion

The present study was conducted to develop a schedule for daily activities for psychological patients. One of the foremost reasons to develop a schedule on this particular construct was that, this phenomenon is experienced almost everywhere and there are many patient who lazy and unstable to do any task but the pre-existing literature and work was mainly done for challenged individuals. That is why there was a need to develop a scale that can help to identify people who are unstable but seek for attention. Initially there were 13 tasks, on which factor analysis was run in order to identify different factor/subscales of the scales, we got 11 factor out of 13 items. After using a fixed method 4 factors were retained but those factors weren't making sensible meaningful and distinct outcomes. So it was assumed that the items of our scale measuring just one construct and it is unidimensional.

The objectives of this research was to investigate the effect of daily activity schedule on depressive patients using a sample of depressive patients from Wah Cantt and Islamabad in Pakistan. Overall the empirical evidence obtained from statistical analysis was in line with objectives. Results revealed that Depression appeared as non-significantly to Daily activity schedule. These findings suggested that individuals who reported lower degree of depression tended to exhibit daily tasks to a greater extent than those who reported higher degree of depression. As the depression increases the daily activity schedule disturbance increases. Increase of depressive illness decrease the daily activity routine. So these are negatively correlated to each other.

Although, another research concluded that almost 94% of youngsters remained detached from extracurricular activities due to depression and anxiety. They showed higher level of depression with the SD of 1.42 and its depression mean was about 7.62. It shows association between depression and anxiety that is the main cause of ceasing individuals from exercise and daily life tasks (Jolliff et al., 2021) whereas, activities are some good ways to become healthy, active and can get relief from fatigue, laziness and other symptoms which cause distraction from daily work schedule routines and changes provide a supportive environment for individuals. That's is a good way for progress and to move on for betterment (Giuntella et al., 2021) considering the tendencies, a study explored the relationship between depression and daily physical activity and physical fitness. This research showed significant relation between depression and daily activity. They reported that the students of universities had lesser daily activities schedule and physical activities. There reason behind their higher depression was the insufficient need of proper sleep and higher stress level among students (Shimamoto et al., 2021).

Conclusion

This study confirms that the development of daily activity schedule advances the researches by exploring in detail the variables predicting association between depression and daily activity schedule. This study has implications for those working to improve barriers to manage or modify the depressive mood. The study showed significant result for this work schedule. Patients were able to cooperate with these tasks.

Limitations and Suggestions

The study sample was restricted to depressive patients only. No other type of patient was taken into sample. Which limit the researcher to generalize the whole population. The sample size of the study was not large enough therefore the findings cannot be generalized nationwide. It may be more than 500. A representative large sample is needed to generalize the findings. A comparative sample of rural boys and girls should also be consider.

Appendix
Table 1
Daily activity schedule

	Activities	Timings	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
1	Morning Self-care (bath, teeth brush etc)	6:00-7:00						
2	Breakfast	7:00-8:00						

3	Walk	8:00-9:00						
4	Games (ludo, Carom etc)	9:00-10:00						
5	Reading (newspaper or book etc)	10:00-12:00						
6	Lunch	12:00-1:00						
7	Walk	1:00-2:00						
8	Family time	2:00-4:00						
9	Walk	6:00-8:00						
10	Games	8:00-9:00						
11	Sleep	9:00-6:00						

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