

EDEGBAI, O.T.

HOME ECONOMICS DEPARTMENT,

FEDERAL COLLEGE OF EDUCATION, ABEOKUTA, OGUN STATE

EMAIL: [omotilewaedegbai@gmail.com](mailto:omotilewaedegbai@gmail.com)

MOBILE NUMBER: 08032522090

### **ABSTRACT**

The paper focused on the importance of clothing and textiles to psychiatry conditions of long-term patients in Neuro-Psychiatric Hospital Aro, Abeokuta in Ogun State. The research design at Post Covid-19 employed for the study is experimental. The group consisted of 20 patients attending occupational therapy department in the Hospital. The respondent's population was made up of Doctors, Nurses, Therapist, Educationist, Religious body and Liaison officers. Questionnaire was used for data collection. Percentages and chi-square ( $\chi^2$ ) were adopted for data analysis. The result showed that clothing and textile contributed immensely to psychiatry condition at post covid-19. They were accepted as successful tool capable of occupying the idle times available to the clients and launching them to the working world. Majority of the respondents (83%) observed that the clients became livelier, creative, asked reasonable questions and the design briefs, they produced from clothing and textiles were marketable.

**Key Words:** Clients, clothing and textile scraps, design briefs, therapy, liaison officer, psychiatry.

### **Introduction**

Observation of the writer about the mad persons roaming about the road was that there had never been any of them without clothing on the body no matter how naked they were. It could be tied on any part of the body or carried on their head. Also their loads are always in clothing rags, fibres or textile materials. For hundreds of years, men, women and children have all sewn, tied, gummed, arranged pieces of fabric together to make one useful thing or the other. Often, old or leftover bits of textile materials were used and interesting things

were made into valuable design briefs. "Waste not, want not", according to CESAC (1984), is a maxim which should be practiced mostly in textile institutions like textile industries, fashion houses, tailor's shops, universities, college of education, polytechnics, secondary schools, homes (e.g. Cheshire Home in Manchester prison, deaf and dumb home) and even in occupational therapy department of psychiatric hospitals, etc.

There is often a misconception that time spent making creative things out of pieces of Clothing and Textile scraps is time wasted. That such time is revealed by the quality of functionalism and richness of work produced from textiles or fabric leftovers. The aesthetic value cum

the satisfaction the designer derives from fabric pieces is inexhaustible. Examples of such items are local fans, pot holders, foot mats, fez caps, oven gloves, tray, clothes, etc.

Generally, it was observed that scraps and junks appeal to psychiatric patients medically called 'Client' and commonly called mad people, most especially pieces of cloth. There is hardly a mad person on the street without fabric scraps all over his/her body, even the barely naked mad person will always have a scrap on his/her body, either tied on the head, hand, legs or by the waist. Fabric scraps, whether clean or dirty are always hanging tightly or loosely on neuro-psychiatric patients.

This study was conducted in the Neuro-Psychiatric Hospital, Aro, Abeokuta, Ogun State, Nigeria to investigate the impact of clothing and textiles in rehabilitant clients and at the same time launching them back to working world. It identified the clients that were physically and mentally fit and capable to design brief that could be sold into the market.

Morgan (2006) attest that several centuries ago, clients with mental disturbances were not understood as sick persons, but were thought to be under spell or possessed by demons. They were starved, put in chains and imprisoned in cells and left to die of starvation and disease. It was not until the 18<sup>th</sup> century that the progressive thinking of a few doctors in Spain, France, England, Germany, and later in the United States removed these sick people from their chains and isolation and put them to work. They were assigned to various tasks which included the maintenance of the institution. Musical concerts, lectures, rides through the countryside and classes were employed to give instruction in educational system and in manual activities such as making simple design briefs by clothing and textile experts. To the surprise of all, concerned clients who were assigned to diversified activity programs not only got well faster, they often recovered completely.

### **Statement of the problem**

Caring for long-term psychiatric clients requires lots of money. However fund is not easy to come by, therefore, in most cases clients are made to fend by themselves. These, some of them do through begging in the streets or marketplaces. Long-term clients also have lot of unspent hours in a day glaring and glooming in the ward. In addition, many of their relatives have abandoned them due to the societal labels and stigma as associated with their illness. Hence this paper assessed the noticed interest of the clients in clothing and textiles scraps and to investigate how they can use the scraps for design briefs to occupy their time and lunch them back to the working world after discharge.

### **Literature Review**

#### **Occupational and Rehabilitation Therapy**

Franciscus and Abbott (2010) were of the opinion that occupational therapy is the art and science of directing man's participation in selected tasks to promote and maintain health, to restore, reinforce and enhance everyday performance, and to diminish or correct pathology caused by illness. Its fundamental concern is the development and maintenance of capacity to perform the roles essential to productive living and to the mastery of self and environment. The primary focus of occupational therapy is the development of adaptive or coping skills which aid the individual in overcoming barriers to function, as well as the promotion of performance in relation to individual lifestyles. Occupational therapy serves those whose abilities to cope with the tasks of daily living are impaired by environmental deprivation, developmental defect, physical, emotional or social trauma, illness or the life demands and changes reflected in the aging process (Adebowale 2014).

Rehabilitation, in the views of Rosentall and Richard in Edegbaei (2012) is a word which describes an active process in which at least two people are involved; the person with a disability (the client) and a helper (the therapist). To rehabilitate means to re-establish, to reconstruct, to reinstate, to renew and to regain. The way this can be achieved is called therapy, which means treatment to heal.

#### **Standardized Ways of Measuring Effectiveness of Work Introduced to the Clients**

Butler (2009) listed (4) four commonly used methods of measuring behaviour of client during and after each given activity. These are:

- Counting
- Timing
- Checking
- Rating

He also stated that when a client does something at varying number of times a day, the simplest way of measuring it, is to count. For example counting the number of times he used the treaded needles on the fabric before he stopped. If it tallied with the stipulated counting, then the effectiveness of the tool on the client's behaviour can be accurately measured. Timing answers such questions as "How long does it take a client to finish a particular design brief e.g. duster or how long does it take him/her to cut the scraps to specified sizes meant for a bedroom foot mat. On most occasions a watch with a sweep second hand and or stopwatch were used to accurately measure how much a patient can do at a particular timing.

Checking involves observing a patient to see if certain behaviour has occurred due to the therapy introduced to him. It therefore requires a simple yes or no decision from the observer who by collating data on a number of similar checks can measure the extent to which a client performs a particular work. When a number of related items are put together, they form a check list as shown below

<b>Client's Name:</b> .....	
<b>Satisfactory</b>	
<b>Unsatisfactory or Not Present</b>	
<b>Unratable</b>	
1. Clients appear relaxed at the sight of fabric scraps.	Yes No
2. Clients listen to researcher's instruction with rapt attention	Yes No
3. Client completed a design brief at a time	Yes stipulated
4. Client sorts useful scraps to suit design brief by themselves.	Yes No

Butler's Checklist (2009)

This is a convenient method for measuring the state or ability of a client for example his countenance, appearance, initiative or work performance. The information about a client gained by using these methods are therefore objective.

Lastly, ratings are essentially a judgement or opinion on a particular aspect of a client's performance and this always involve a subjective element. In this Butler's rating scales (which are normally 4 in number) the items consist of questions and the observer answers by selecting the most appropriate answer from those providing or by making off on a line. Examples are:

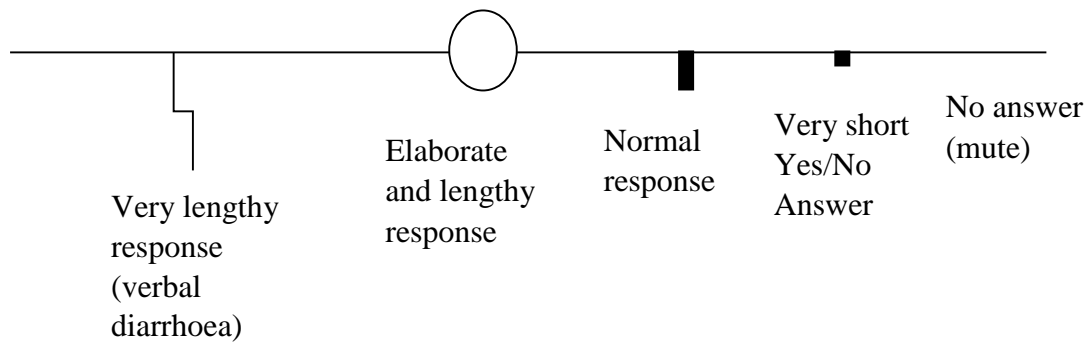
**(a) A Numerical Scale**

How well does the client work?

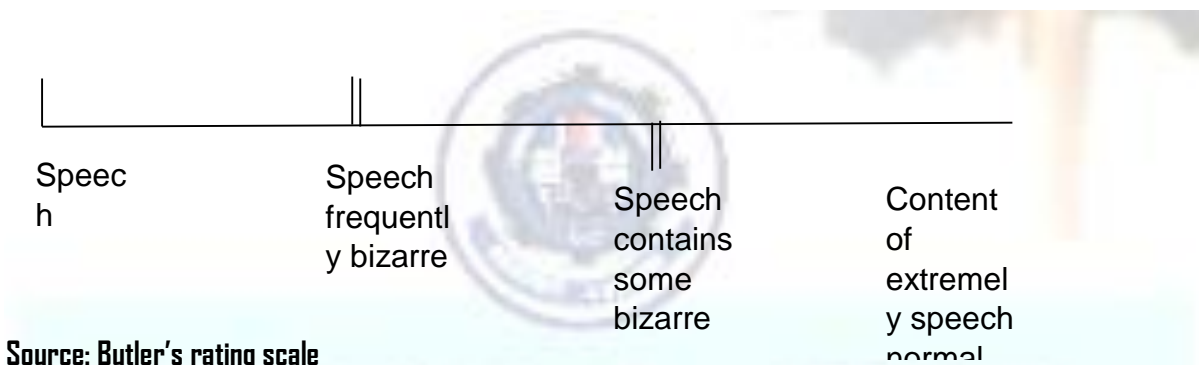
1. Work unprompted
2. Needs occasional help
3. Needs supervision
4. Does not work without continuous supervision
5. Refuses to work

**(b) A Bipolar Scale**

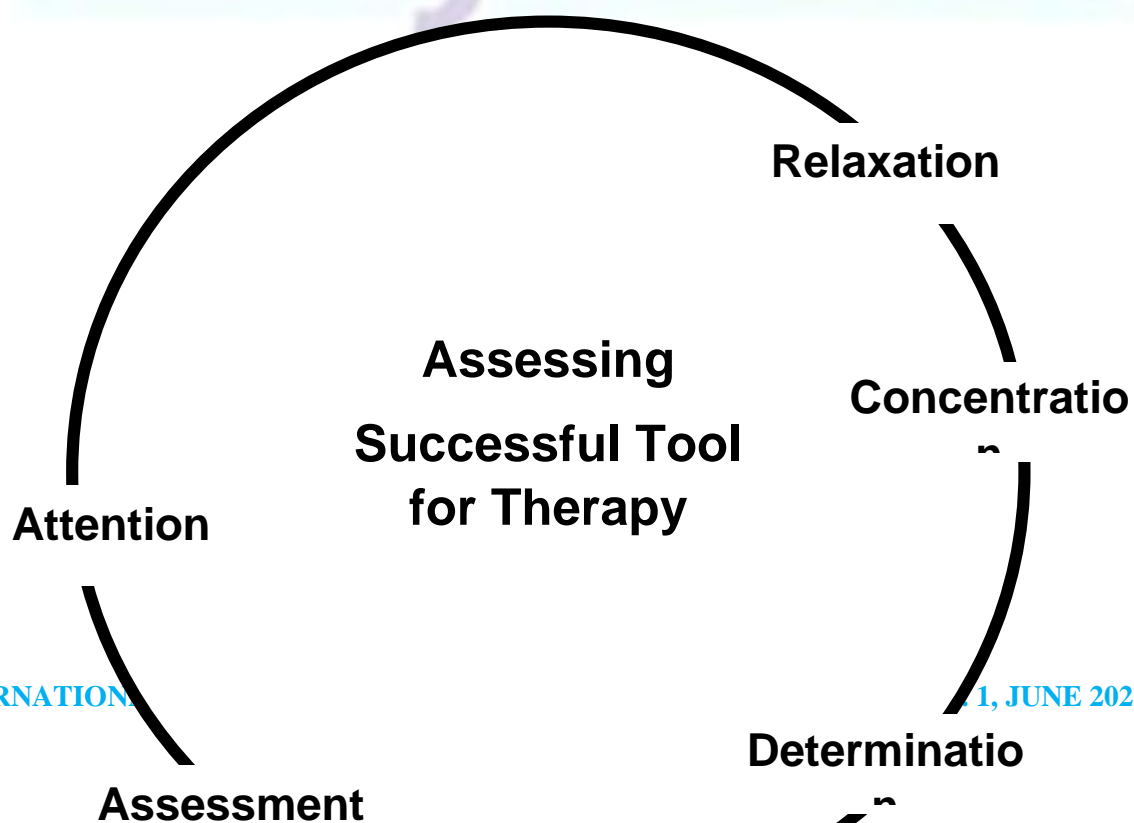
How lengthy is a client's response to a question?



**(c) A Unipolar Scale**



Source: Butler's rating scale



## **COMPORTMENT**

**Source: Green & Butler standardized medical behavioural rating scale (2009)**

### **Creativity in clothing and textile scraps**

It was confirmed by Wilson (2002) that handwork such as toy making, weaving, sewing has been traditionally associated with occupational therapy in psychiatry. In more recent years, the profession has developed high techniques in developed countries in order to meet a wider range of needs of the clients.

When clothing and textile scraps are used specifically to increase abilities to make decisions, to preserve, to handle tools, to concentrate, to share responsibilities with others, or for any predetermined purpose, they remain most useful media for treatment. A resurgence of national interest in the use of scraps has helped to re-establish their social acceptability. If each process of the use of fabric scrap is analyzed and selected on the basis of its qualities or demands as being useful to the treatment of a client then clothing and textile scraps have considerable future potential.

### **Practical Procedure**

Edegbai, (2015) described clothing as garment, apparel or covering used by an individual and for other things while Akinrinde (2011) explained Textiles being used for finished fabrics to be sold in the market. Martin (2012) opined that design briefs is a visual activity, making them is simply process of binding, gumming, sewing big flat of sheets of colour together to create something dynamic. She mentioned that years of training or instruction skills are not necessarily needed to make a piece of design brief from Clothing and Textile scraps.

The practical aspect involved the use of clothing and textile scraps to make many design briefs. The client is allowed to work at his/her pace to avoid stress. A design brief is completed on the range of 45 minutes to 2 hours depending on the type of the brief to be designed.

The writer visited the clients twice a week spending 4 hours (from 1.00 – 5.00pm), normally the clients were allowed to chose fabric suitable for design brief while the researcher guided the client to correct necessarily mistakes. The uses of scraps involve:

- a. Bedside foot mats
- b. Foams for filling the articles
- c. Toilet bags
- d. Muffler
- e. Chart
- f. Thread for flag lets

### **The Clients**

The word 'client' referred to a patient attending or admitted into Neuro-Psychiatry Hospital. The definition of client group has grown out of tensions in the form of individual words or short phrases. Morgan (1996) says the phrase has been a medical preference for such as 'chronic', psychotic', 'persistent', 'schizo' and concepts of illness. These words strongly challenged the medical approach on the grounds that they create and perpetuate stigma through the labels arbitrarily attached to people. These labels dehumanize the personal experience of the individual and also deny the more significant periods of time when an individual is 'well' and very capable of determining his/her own path. A further compromise against labels and stigmas of patients upheld by many non-medical professionals such as psychologists, social workers and occupational therapist are phrases such as 'continuing care' or long-term mental health problems. The word 'clients' remain satisfactory single phrase that can adequately define a diverse range of individual's mental ill-health.

The clients according to Fransiscus and Abbot (2010) may be an emotionally troubled person who must acquire the confidence to re-enter the working world or child with learning disabilities, because of delayed development caused by sensory-integrative or perceptual problems; a home maker confined to a wheel chair with arthritis; a stroke victim who must now learn to speak, dress and feed herself again. The meaning of the word 'client' may go on and on like that.

### **Methodology**

The research designs employed was experimental. It was considered appropriate because it is useful for studying behaviour (Judith, 2012).

The 20 clients used as the experimental group were observed for the period 8 weeks. The 90 respondents observed the clients making the

design briefs while responding to the questionnaire. Purposive sampling technique was used to select the 90 observers from the Hospital and the interest groups registered in the visitors' book. They were: Doctors, Therapists, Nurses (from the hospital) Pastors, Imams, Clients family members, Educationists, Marketers and Liason Offeres (interest groups). They were all invited during the practical classes and during the exhibition in order to observe the clients and the briefs before filling the questionnaire.

### **Research Instrument**

Three medical instruments were adopted for the study,

1. Butler's (2009) check list design
2. Numerical scale
3. Bipolar and unipolar scale

Based on the above listed, the writer carefully drafted the questionnaire guided by the rehab doctor.

### **Conclusion**

Conclusively, the study revealed that the clients and workers in the hospital eagerly accepted the functionalism of clothing and textile scraps as a therapy. It was used to harness the client's sense of creativity, occupied their much available time and launched them to the working world.

### **Recommendations**

Having conducted an empirical study on patients in psychiatric hospital using seemingly items found to attract their interests, the result have been overwhelming. Hence the following recommendations were made:

The Home Economics professionals should take a cue from this study and look inward to stigmatized homes and see how they can contribute to make life more comfortable for the inmates.

Neuro-psychiatric hospital management board should visit institutions of learning and other fields of work where there are leftovers that could be recycled to create wealth for these groups of people

Non-governmental agents should also project them into their plans.

Family members of the clients should show them care and support during their stay and after discharge from the hospital.

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