

CHAPTER 4: RESULTS

The results of this study are presented below to demonstrate the levels of compassion fatigue and the sense of coherence manifested by caregivers in this study, as well as display the correlation relationship between their compassion fatigue and the sense of coherence . This will be shown by outlining the internal reliability of the Compassion Fatigue Scale (CFS) and the Orientation to Life Questionnaire (OLQ). Followed by the statistical means of both the CFS and OLQ scales. Correlations findings will be discussed. The content analysis drawn from the descriptive questionnaire will then be reported.

4.1. Internal Reliability of the Compassion Fatigue Scale and the Orientation to Life Questionnaire

The internal reliabilities of the CFS total score is 0.92 which is within the high range level of reliability. While the internal reliabilities of the OLQ were 0.57. They fall within the low range level of reliability. This suggests this score should be assessed with caution. (Rosnow & Rosenthal, 1991).

4.2. Statistical Mean

4.2.1. Compassion Fatigue Scale

Table 4.1. The three constructs of CFS

Construct	<i>N</i>	Mean	SD
Items related to self	25	57.04	15.99
Items related to families	25	47.36	13.90
Items related to the environment	25	219.08	45.54

Table 4.1. illustrates that the sample is at risk in relation to trauma work on all three categories. Items related to family appears to be more affected.

Risks of Compassion Fatigue

Figley (1995) outlined the risk levels of Compassion fatigue elicited by the Compassion Fatigue Scale (cited in Stamm, 1996). The frequencies of the risk levels experienced by the respondents are presented below:

Table 4.2. The risk levels of compassion fatigue exhibited by respondents

Score	Risk Level	Number of Participants	Percentage
26 or less	<i>Extremely low risk</i>	0	0
27-30	<i>Low risk</i>	1	4%
31-35	<i>Moderate risk</i>	4	16%
36-40	<i>High risk</i>	1	4%
41 or more	<i>Extremely high risk</i>	19	76%

These findings indicate that a large percentage of the respondents were at extremely high risk of compassion fatigue. This is indicated by the results that 76% of the population are at extremely high risk of compassion fatigue. While 16% are moderately at risk and 4% reported to be at high risk. Another 4% reported to be at low risk for CF.

4.2.2. Sense of Coherence

Table 4.3. The Statistical findings of the Sense of Coherence

Maximum	Mean	Minimum	<i>N</i>	Range	Std Deviation	Sum
143	110.24	73	25	70	1.17	2756

Table 4.4. The three subscale of SOC

Subscales	<i>N</i>	Mean	SD
Comprehensibility	25	45.04	11.55
Manageability	25	30.64	7.87
Meaningfulness	25	31.40	8.6

Meaningfulness appears to be most affected by trauma work but less impact was depicted on the sample's manageability and comprehensibility.

4.3. Correlations between Compassion Fatigue and the Sense of Coherence

Pearson correlation coefficients were calculated between the total scores of the CFS and OLQ scales. The results indicated that there is a weak negative correlation between compassion Fatigue and the sense of Coherence as $r = -0.17$ $p < .05$ & $p < .01$. Correlations were also measured between the subscales of both the CFS and OLQ and the following was depicted:

Table 4.5. The correlation between the Compassion fatigue subscales and the Sense of Coherence subscales

	Compassion Fatigue	Burn Out	Comprehensibility	Manageability	Meaningfulness
Compassion Fatigue	1.00	***0.65 0.0004	-0.27 0.1860	0.25 0.2314	-0.16 0.4573
Burn Out	***0.65 0.0004	1.00	-0.28 0.1704	***0.53 0.0068	-0.46 0.0212
Comprehensibility	-0.27 0.1860	-0.28 0.17404	1.00	0.22 0.2980	***0.54 0.0018
Manageability	0.25 0.2314	***0.53 0.0068	0.22 0.980	1.00	-0.29
Meaningfulness	-0.16 0.4573	-0.46 0.0212	***0.54 0.0018	-0.29 0.1624	1.00

This table shows that there is a significant strong positive correlation between burnout and compassion fatigue. A weak negative correlation is depicted between comprehensibility and compassion fatigue as well as burn out. Manageability showed a weak positive correlation with compassion fatigue and a significantly strong positive correlation with burnout. A weak correlation relationship was encountered between meaningfulness and compassion fatigue. Meaningfulness also showed a weak negative correlation with burnout.

4.4. Content Analysis

The content analysis findings of this study will be briefly reported in this section. This was drawn from the descriptive questionnaire of which the respondents responded to open-ended questions. These figures depict the respondent's dimensions that were often mentioned and highly endorsed and thus give a descriptive picture of their responses. It has to be noted that even though the sample comprised of 25 people. Only 22 of the questionnaires were used for this section as the other 3 individuals appeared to be uncomfortable to respond in this section.

What does your work entail?

Table4.6. Description of the respondents occupation

	Frequency	Percentage
Court Preparation	2	9
Counseling Children on the phone	1	4
Working with children	1	4
Counseling children/trauma victims	1	4
Assessment of suspected abuse/ therapy	1	4
Running awareness campaigns and workshops	1	4
Teaching and counseling	3	13
Child and adult work	4	18
Patient care/ counseling	7	31

Table 4.6. indicates that 31% of the respondents worked with patients and counseling. While 18% percent of the sample reported to work with children and adults. Teaching and counseling was reported by 13% of this population. Court preparation for raped children made up 9% of the population. 4% each of the following categories were reported: counseling children on the phone,

working with children and their community, counseling children and trauma victims, assessment of suspected abuse and providing therapy to the victims, running awareness campaign and workshops on child sexual abuse.

4.4.1. In your experience of working with sexually abused children what are some of the thoughts or feelings that you have experienced?

Table 4.7. Emotions evoked due to trauma work

	Frequency	Percentage
Retraumatization, Helplessness, sadness	7	31
Empowerment of victims	4	18
Mixed emotions i.e. sad/retraumatization	2	9
Safety of children questionable	4	18
Deception of child to caregiver	1	4
Safety of environment questioned.	1	4
Loss of trust of male caregivers	1	4
Poor disclosure	2	9

In Table 4.7. the following outcomes were reported: Feelings of helplessness, sadness and retraumatization were experienced by 31% of the sample. One participant related that they experienced the following feelings:

“ Helpless, disappointed , angry, traumatized and disillusionment.”

While 18% expressed their goal to empower victims as thoughts they experienced. Another 18% felt that the safety of the children was questionable as some of the children were reported to be living with the perpetrators. 9 % of the sample had mixed emotions that is they felt sad as well as retraumatized by listening to accounts of child sexual abuse. Poor disclosure by a child was experienced by another 9% of the population. Feelings of deception by children when relating their trauma was experienced by 4% of the population. While another 4% of the population reported that they felt that the children’s safety was questionable. Another 4 % of the population related that children would have *“loss of trust”* of male caregivers.

4.4.2. How has this work had an impact on you as a person?

Table 4.8. Effects of trauma work on the respondent

	Frequency	Percentage
Personal Growth/Skills development	7	31
Trust issues in general	4	18
Trust issues related to males	1	4

More training required to work with sexually abused children.	3	13
Emotionally disturbed, negative, depressing	5	22
Countertransfereential/ over involvement	1	4
Self sacrifice	1	4
Negative impact i.e. positive response/management	1	4
Support of parent	1	4

Table 4.8. indicates that 31% of the population felt that this type of work has had a positive impact on their personal growth and their skills improved. While 22% of the population related that their emotions were disturbed and found working with sexually abused children depressing. Eighteen percent felt that they questioned trust issues both in their personal life and the world in general. Thirteen percent of the population felt that they required more training related to working with sexually abused children. Trust issues related to male caregivers were raised by 4% of the population. Another 4% of the population reported to have contertransfereential feelings evoked. Others felt that they had to sacrifice their time and they made 4% of the population. Still within the 4%range the population

felt that their work has had a negative impact on them but were supported by positive responses from their management. Support of parents whose children were sexually abuse was also highlighted by 4% of the respondents.

4.4.3. What is the quality of resources to assist you in your work?

Table 4.9. Availability of resources

	Frequency	Percentage
Sufficient	12	54
Restricted	6	27
No response	4	18

Table 4.9. demonstrates that sufficient resources were reported by 54% of the population. However 27% of the sample felt that their recourses were restricted. While 18% of the population did comment on their resources availability.

4.4.4. How do you deal with resource limitations when you encounter them?

Table 4.10. Respondents means of dealing with limited resources

	Frequency	Percentage
Referral to other organizations	7	31
Improvise	3	13
Supervision/Peer supervision	3	13

Frustrations and helplessness experienced	2	9
No problems experienced	3	13
Not applicable	2	9
Accept them	1	4
Work under pressure	1	4

Table 4.10. indicates that 31% of the respondents reported that they would refer to other appropriate organizations. While 13% of the sample reported that they improvise when there is lack of resources. Another 13 % use supervision or peer supervision to deal with the limitations of their resources. 13% reported that they did not experience problems with resources. While 9% felt frustrated and helpless due to limited resources. Nine percent did not respond. Four percent reported that they just accepted the situation. Another 4 % pointed out that this put them under pressure as the work load was too high.

4.4.5. When experiencing difficulties that are work related what means do you use to manage the associated stress?

Table 4.11. Respondent’s Coping strategies

	Percentage	Frequency
Support from work/colleagues	10	45
Personal therapy	1	4

Internalization	1	4
Family/ Gym/ supervision	2	9
Prayer colleagues/family	1	4
Music/gym	1	4
Friend/ gym	2	9
Music/computer games	1	4
Debriefing	1	4
Jokes/read	1	4
Projection	1	4

In Table 4.11. Forty five percent reported that they seek support from work and colleagues. 9% relied on their family, gym and used supervision to alleviate the stress. While 4% related that they were in personal therapy. Internalization of the stress was reported by 4% of the population. While other 4% relied on their family, colleagues and religion. Another 4% use the gym and listening to music to alleviate stress. Computer games and music was seen by 4% of the population as a stress reliever. Four percent also attended debriefing sessions when traumatized by work. Four percent reported that reading and humor assisted in alleviating work related stress. Projection of fears related to working with sexually abuse children was manifested by 4% of the population.

4.4.6. What aspects of your work and how you handle it allow you to continue working in the field of sexual abuse?

Table 4.12. Respondent’s motivation to work with traumatized children

	Frequency	Percentage
No answer/ Response	4	18
Personal growth/professionalism	1	4
Education/awareness	6	27
Altruism	3	9
Low motivation	1	4
Taking care of patient	1	4
Seeing justice served, child confidence built	1	4
Support from work and passion about work	1	4
Feelings of being needed /rescuer	2	9
Rescuer/educate/ awareness	2	9
Learning from children	1	4

Table 4.12. depicts that 27% of the populations related that self educating and awareness about sexual abuse enable them to continue working with sexually abused children. Eighteen percent did not respond. Nine percent indicated that

altruism enabled to work in this manner. Another 9% reported that feelings of being needed and rescuer made them continue working as caregivers for sexually abused children. Another 9% related that they continued working in this profession due to feelings of rescuer as well as being able to educate and make awareness about sexual abuse. Four percent reflected that this work gave them personal growth and professionalism. Low motivation, taking care of patients and seeing justice served and the child's confidence built was expressed by 12% of the population. Four percent reflected that they were encouraged to work in this field as they received support from work and were passionate about their work. Lastly 4% felt that they learned from children and how resilient these children were.

4.5. Conclusion

The results of the study were discussed in this chapter. The descriptive data yielded information to be discussed in the next chapter. The sample showed high risk for compassion fatigue. Correlations calculated between Compassion Fatigue and the Sense of Coherence suggested a low negative correlation. The content analysis showed interesting findings pertaining to the aims of the study. These results will be discussed on in the following chapter.