



PERCEIVED FAMILY SUPPORT AND RESILIENCE AMONG FAMILY CARE GIVERS OF PATIENTS WITH MENTAL ILLNESS

Nursing

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ABSTRACT

The present study aims to assess perceived family support and resilience among caregivers of patients with mental illness. The theoretical framework of the present study has utilized certain concepts from Roy's adaptation theory. The objectives of the study were to assess the perceived family support and resilience, relationship between perceived family support and resilience and the association of perceived family support and resilience with selected demographic variables of caregivers of patients with mental illness. The research approach was quantitative approach with nonexperimental descriptive survey design. Study conducted at a selected psychiatric care setting, Kozhikode. The sample were selected through convenient sampling. The data collection tools were socio demographic proforma, perceived family support scale and resilience scale. The data collected was analysed using descriptive and inferential statistics with the application of SPSS Version 16. The findings of the study with regard to perceived family support were low, moderate and high with 7%, 89% and 4% respectively. The data collected on resilience revealed that 0.5% had low resilience whereas 3.5% had mild resilience, 78.5% had moderate resilience and 17.5% had high resilience, among 200 caregivers of patients with mental illness. The result revealed that there is significant correlation between perceived family support and resilience. The findings infer that there is a significant association between perceived family support and history of mental illness ( $\chi^2=20.44, p=0.002$ ), between resilience and family income ( $\chi^2=20.02, p=0.003$ ), history of mental illness in the family ( $\chi^2=24.97, p=0.003$ ) and duration of mental illness ( $\chi^2=20.37, p=0.002$ ).

KEYWORDS

perceived family support, resilience, caregivers of patients with mental illness

Background of the study

Caring a family member with mental illness is a divine yet Herculean task. The caregivers' resilience and the perception of family and social support reflect the caring process and influence the recovery process of the mentally ill. Most of the family caregivers expressed that they are not getting any support and concern like other patients caregivers' such as with cancer or any other chronic illness.

Family caregivers of patients with mental disorders play the most important role in the care of mentally ill and play vital role in preventing their readmission. These caregivers face many challenges. Hence, the need for wide-ranging support for family caregivers of patients with mental health problems is essential (Akbari, Alavi, Rajpour, Maghsoudi, 2018).

The objectives of the study were to:

1. Assess the Perceived Family Support among caregivers of patients with mental illness using a perceived family support scale.

2. Assess the Resilience among caregivers of patients with mental illness using a resilience scale.
3. Find out the relationship between perceived family support and resilience
4. Find out the association of Perceived Family Support and Resilience with selected demographic variables of caregivers of patients with mental illness.

Method

Quantitative approach with nonexperimental descriptive survey design was used for the study. The sample consisted of 200 family caregivers of patients with mental illness selected through convenient sampling method. The data collection tools were socio demographic proforma, perceived family support scale and resilience scale prepared by the investigators. The collected data were analysed using SPSS 16. After the analysis, the investigators developed, validated and distributed a psycho education leaflet for caregivers, highlighting the ways to maintain resilience.

Theoretical framework

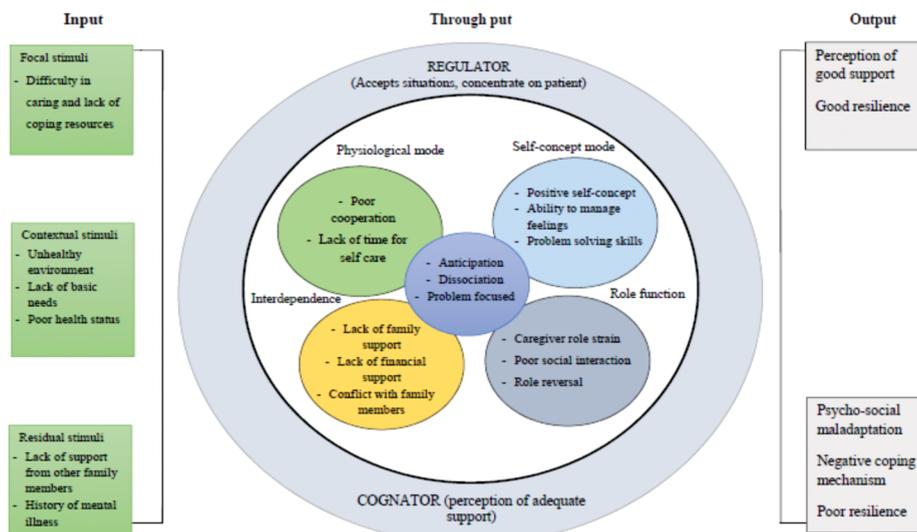


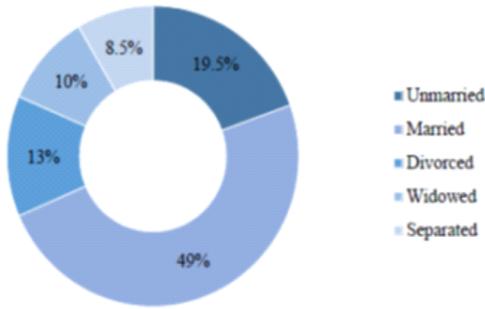
Figure 1: Theoretical framework for perceived family support and resilience among caregivers of patients with mental illness based on Roy's adaptation model

**RESULTS**

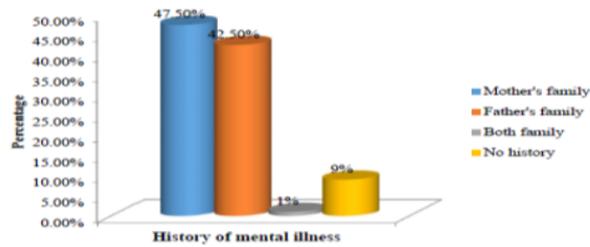
Result reveals that 34% are between the age group of 36- 45, 52.5 % were males and 47.5 % were females, 68.5 % belong to joint family and 32 % belong to nuclear family.

**Table 1 : Frequency and percentage distribution of sample characteristics**

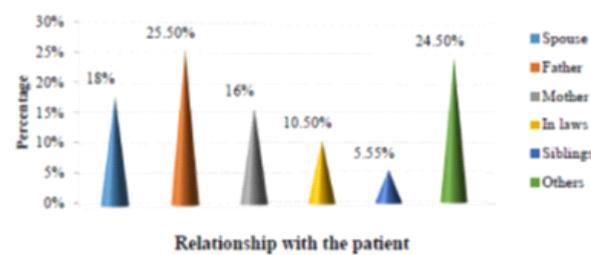
S/No:	Sample Characteristics	Frequency	Percentage
1	<b>Presence of healthcare professional in the family</b>		
	Yes	113	56.5
	No	87	43.5
2	<b>Duration of mental illness in the Patient</b>		
	Below one year	48	24
	1-2 years	87	43.5
	3 years and above	65	32.5
3	<b>Earning member of the family</b>		
	Spouse of the patient	69	34.5
	Parents of the patient	45	22.5
	Siblings of the patient	70	35



**Figure 2: Diagram showing the marital status of family caregiver of patients' with mental illness**



**Figure 3: diagram showing family history of mental illness**



**Figure 4: Diagram showing relationship of family caregiver with the mentally ill**

**Table 2: Frequency and percentage of perceived family support**

Variable	Range of scores	Frequency	Percentage
<b>Perceived family support</b>			
Low	14-35	14	7
Moderate	36-55	178	89
High	56-70	8	4

Table 2 shows that 89% of sample perceived moderate family support, 7% had low family support and 4% had high family support.

**Table 3: Resilience among caregivers of patients with mental illness**

Variable	Range of scores	Frequency (f)	Percentage (%)
<b>Resilience</b>			
Low	20-49	1	0.5

Mild	50-69	7	3.5
Moderate	70-89	157	78.5
High	90-100	35	17.5

Table 3 reveals that 82.5% had moderate resilience 17.5% had high resilience, 4% had mild resilience and 0.5% had low resilience.

**Table 4: association between resilience and selected demographic variables of family caregivers of mentally ill**

Demographic variables	Chi-square value	Table value	df	P value
Age	17.141	21.03	12	0.144
Family income	20.022	12.59	6	0.003*
History of mental illness	24.979	16.92	9	0.003*
Duration of mental illness	20.377	12.59	6	0.002*

n=200

There was a significant association between resilience and selected demographic variables such as family income ( $\chi^2 = 20.02, p = 0.003$ ), history of mental illness in the family ( $\chi^2 = 24.97, p = 0.003$ ) and duration of mental illness ( $\chi^2 = 20.37, p = 0.002$ ).

**Table 5: Correlation between perceived family support and resilience among family caregivers of mentally ill**

Variable	Pearson correlation (r)	df	P value
Perceived family support Resilience	0.77	2	0.021

Table 5 Shows that there were significant correlation between Perceived family support and resilience  $r = 0.77, p = 0.021$ .

**CONCLUSION**

This study has shown that caregivers getting family support are likely to be resilient. It is crucial to address the efforts of caregivers and to support them through various psychosocial interventions to maintain resilience. Family caregivers function in a charged environment, where any worsening of symptoms could be expected hence, it is a responsibility of all mental health professional to extend their services to community to prevent the risk of developing mental illness.

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