

Study on the Life stress and Countermeasures of Family Members with Disabilities Based on the Theory of “Welfare Triangle”

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Abstract. Because of physical deficiencies, partial or total loss of self-care ability, disabled people need family support and social assistance to survive. As the important force of family support for disabled person, family members are responsible for the functions of life care, financial support, spiritual comfort, etc., who have long been in a state of intertwining material and mental stress, but they are easily overlooked by society. Focusing on the three factors that affect the life stress of family members with disabilities, this paper introduces the “welfare triangle” theory, and builds a support system with the government, family and social organization as the main body, in order to provides countermeasures for alleviating the life stress of family members with disabilities.

1. Presentation of problem

In recent years, the party and the state pay close attention to the vulnerable group of the disabled and vigorously develop the disabled person security, but pay less attention to life stress of family members with disabilities. It is found that the living conditions of family members with disabilities are not optimistic by combing the existing literature. No matter the disabled elderly, the mentally handicapped or the special children, family support is an important guarantee for the quality of life of this group, which has an position that other support systems cannot replace. Giving full play to the greatest benefits of human capital of family members is conducive to the full play of family roles, so as to promote the recovery and development of person with disabilities. If the family members with disabilities feel inadequate or the stress can not be effectively alleviated, which will lead to personal breakdown and affect the quality of life of the disabled themselves, and then aggravate the plight of families of persons with disabilities. Therefore, this paper focuses on this group of family members with disabilities, understands their sources of stress and provide stress-relieving strategies to help them tide over difficulties.

2. Introduction of “welfare triangle” theory

“Welfare triangle” theory emphasizes to provide an analysis framework of welfare supply from the perspective of welfare provider, as the main welfare supply subject and the bearer of welfare responsibility, the total welfare supply of the “welfare triangle” sector is the same, but the responsibilities of the triangle are different in different countries. At the same time, parts of “welfare triangle” are not unrelated, they are an organic whole that interacts and interacts with each other, which are like the three corners of a triangle, as long as develop in a balanced way, they can form a sufficiently stable system.

Through literature research, it is found that the main application of this theory in academia is focuses on the study of pension, education and employment, the analysis of the subject of the “welfare triangle” mainly focuses on government, family, market and social organization. Zhang Wunong, etc. studied the welfare system of higher education under the framework of the “welfare triangle”, and believed that a model of higher education welfare supply should be established by the state, society and individuals [1]. Aiming at the special group of migrant workers, Wang Huijuan analyzes the pension problem of over-age migrant workers in China from three levels of the country, the market and the family on the basis of “welfare triangle” theory, at the same, emphasizes the

national responsibility for the old-age [2]. The “welfare triangle” model is less used in studies of family members with disabilities in existing literature at home and abroad, and such model is also seldom applied to the study such as family members’ life stress. But the life stress of family members with disabilities is not only caused by a series of problems of disabled people in the family, they also face with stress from different levels, such as inadequate social policy guarantees and unequal treatment of members of society, the sources of stress has many aspects, wide range and great difficulty in analysis. Therefore, by building a “welfare triangle” support system with government, family and social organizations as the main body, this paper provides countermeasures and suggestions for the life stress of family members with disabilities.

3. Analysis of the influence factors of life stress of family members with disabilities

There are different perspectives on the problems faced by people with disabilities in academic community. Jiang Yitian thought that the living needs of the disabled could be guaranteed to some extent, but there were still problems such as low income level, high living cost, poor living environment and high nursing cost [3]. Liu Zhenjie, Chang Weimin regarded that the government’s social security policy had benefited many disabled people in recent years, but there were still problems such as marital family quality, daily life and care, medical treatment and rehabilitation, school attendance for children with disabilities, poverty rate and low insurance [4]. Shang Sang thought that medical and health problems of the disabled needed to be solved urgently, followed by income and work problems, and finally the education of children [5]. It can be seen that the family is the most important place for the disabled to live, family members undertake the main task of caring for the disabled, part of the problems faced by persons with disabilities are passed on to family members as one of the main sources of stress in their lives.

There are few research results on family members with disabilities in the existing literature, after the study of groups with similar needs, such as cancer patients, elderly families, and special children, we can find that scholars generally believe that the living conditions of family members in such families are not optimistic. Zhang Pinghua found that life restriction of family members of stroke patients ranked first in terms of physical and social stress, followed by physical exhaustion and disturbance of sleep [6]. In terms of job economic stress, the positive rate of personal plan change is the highest, followed by work and the economy. In terms of psychological stress, exhaustion ranks first, followed by depression due to changes in patients. Fu Ke found that the elderly family carers in rural areas were mostly low-income people, which was difficult to afford the care costs of the elderly, in order to take care of the elderly, some even gave up their jobs or to find employment, lost the source of income, and lacked the subsidy for low-income[7]. Li Fangfang, Yang Liu pointed out that family members of special children’s families usually had symptoms of physical deterioration such as mental fatigue, insomnia nightmares, palpitations and chest tightness, and had helplessness and frustration on the spiritual level, at the same time, they still had social, work stress and multiple challenges such as worrying about children’s education and their own retirement[8].

In summary, we can summarize the influence factors of life stress of family members with disabilities as: family factor, assistance factor and spiritual factor. Family factor is manifested aspects such as economic, health and living conditions of the disabled and their family members; Assistance factor is reflected in aspects such as living allowances, employment assistance, education assistance and medical assistance to the disabled and their family members from the government and social organizations; Mental factor is mainly reflected in the mental pressure, physical fatigue, mental tension and other aspects of family members with disabilities.

4. Countermeasures and suggestions based on the “welfare triangle” theory to relieve the life stress of disabled family members

4.1 Base on improving family status

At the government level, introduce family perspective into the whole process of formulation,

implementation as well as evaluation of public policy, formulate a family policy that provides institutional, financial, and service support for disabled families in order to meet the needs of family members with disabilities. On the premise of maintaining the unity of the system, moderately design some additional services or allowance items for social security or assistance for disabled families. At the family level, call on family members to build barrier-free environments for disabled people in their family, including building barrier-free ramps for families with physical disabilities and equipping hearing aids or exchanges for families with hearing and language disabilities; Lay blind road at the stairway and the door of the unit, install voice intercom doorbell for families with visual disabilities to improve their self-care ability and reduce the stress of family members' care. At the social organizational level, promote the optimal integration of all kinds of door-to-door service resources, including medical institutions, rehabilitation institutions, housekeeping service companies, etc., so as to provide basic living security, medical and health services and financial assistance services for disabled persons as well as their family members with difficult family conditions.

4.2 Take targeted assistance measures

At the government level, establish and improve the material management mechanism to help families of persons with disabilities, carry out real-time large data updating and registration of materials, establish material tracking mechanism, and guarantee logistics and other mechanisms to achieve material resources in place. On the other hand, enhance the working treatment of education and training personnel and social workers, implement and appropriately increase the intensity of vocational training subsidies, social insurance subsidies, public welfare posts subsidies and vocational skills appraisal subsidies for family members with disabilities, give them employment and entrepreneurship credit support, and give family members with disabilities material assistance such as school students' tuition fee reduction, living expenses assistance. At the family level, emphasize the role of the disabled families themselves and give full play to the functions of mutual assistance among family members, encourage family members to learn professional care skills in a timely manner to enhance the family's security function for disabled persons, at the same time, provide a break service for family members by adopting the way of division of labour to care for the disabled, thus alleviate the pressure of family members' care. At the social organization level, guide social organizations to participate in the help and build a multiple subject support system. Support entities such as qualified social organizations to participate in the implementation of the development plan for family members with disabilities, set up professional cooperative organizations, introduce leading enterprises, promote e-commerce to help projects on the basis of market demand, encourage social organizations to organize professionals to provide intellectual and technical support for families with disabilities to "get together" to help develop industries with unique advantages and promote employment.

4.3 Relieve and prevent mental stress

At the government level, draw the attention of the whole society and relevant institutions to the mental problems of family members with disabilities through public opinion publicity, and promote the atmosphere of caring for family members with disabilities in the whole society. At the same time, by purchasing social services, the government attracts more professional institutions, social workers and psychological counselors to give full play to their professional expertise to provide psychological counseling and intervention for family members with disabilities. At the family level, give play to the initiative of family members with disabilities, actively seek psychological adjustment method that is suitable to himself, other family members can also provide spiritual enlightenment and emotional support for him. Meanwhile, give full play to the emotional mutual help function among disabled families, establish a mutual support platform for families of persons with disabilities, so that family members with disabilities can communicate and share experiences through the website and encourage and support each other. At the social organization level, regularly organize and carry out a series of activities such as spiritual consolation, health care, emotional motivation, leisure and recreation, so as to provide special places to soothe the soul for

persons with disabilities; Provide necessary mental health counseling and support services, regular organize mental health education training to conduct emotional counseling for family members with disabilities; Mobilize volunteers to offer daily sympathy as well as festival sympathy to families of persons with disabilities and provide spiritual comfort and family accompaniment.

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