

Family Empowerment as an Effort to Increase Family Independence in Caring for Clients with Mental Disorders at Home: A Literature Review

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ABSTRACT

As a smallest and closest system with clients with mental disorders, a family has function to be a caregiver. This function includes promotive, preventive, early detection, curative and rehabilitative efforts. This study aims to identify the family role as a caregiver in caring for clients with mental disorders through family empowerment. As a literature review, it has taken five articles from Garuda and Scopus published in 2013-2021. The keywords are family empowerment, family tasks for clients with schizophrenia, caregivers, and family empowerment in schizophrenia. The result stated the education technique have been frequently applied as a family empowering. This technique Education has proven to be an effective way of managing family emotions and increasing the family's ability to treat clients with mental disorders, thereby reducing recurrence. Meanwhile, family empowerment activities include early detection, treatment activities, and relapse prevention which are taught and must be carried out by the family independently. However, not all families can receive education and care for a client with mental disorders at home. Family empowerment is a major component in determining the success of treating mental patients at home. Therefore, it is necessary to encourage family by offering acceptable solution-based way; a coaching method.

Keywords: *Family Empowerment; Family Independence in Caring; Mental Disorders*

1. INTRODUCTION

Mental health has become part of public health problems in Indonesia. Some problems that continue to be faced by the society such as economic problems, natural disasters, and diseases are the triggering factors for the occurrence of mental health problems in the community. Mental health problems in society are very broad and complex. Even though does not directly cause death, but will cause in the person with mental disorders being unproductive, causing a burden to the family and the surrounding community [1].

Schizophrenia is a disease that takes a long time to treat. Therefore, the attendance of a family member with schizophrenia can be a burden problems for families [2]. The results of the research by [3] show that families feel burdened by the condition of family members with schizophrenia who need regular and ongoing care. the burden that the family feels the financial burden in the cost of care, stress and mental burden dealing with patients, and the social burden of facing stigma [4]. Other

research states that families may also experience increased stress and anxiety [5].

Society's stigma to schizophrenia patients is also felt by families who causes the burden on the family to increase, the family feels family relationships, impaired family activities, decreased health status, and limited social relationships [4]. The stigma created by society for people with schizophrenia make a family or the community around the patient tends to avoid treatment activities or appropriate treatment for family members or neighbours who have schizophrenia. In addition, the notion that people with schizophrenia are a disgrace to the family makes family members of his family with schizophrenia from society [6]. Whereas the family is the main key to the success of mental health services in the society.

By empowering families, families are more competent, more knowledgeable, more confident and can act as protectors for family members who are sick, can increase family satisfaction with the health services provided [7]. Conducted a study on family empowerment

but focused on developing a family empowerment questionnaire. In this study there are four dimensions that are seen from the ability of families to help family members. These dimensions are knowledge, skills, support and aspirations [8].

The type of family empowerment activities can be in the form of education to increase family knowledge, skills and detect mental health problems [9]. Family empowerment is carried out with the aim of increasing family skills and independence in caring for family members with mental disorders at home. Therefore, families can recognize the problems of family members, make the right decisions, treat, modify the environment, and utilize health services to get optimal treatment. The family empowerment as the first step of family independence makes researchers interested in conducting a literature review on family empowerment as an effort to increase family independence in caring for family members with mental disorders. This study aims to identify the role of the family as a caregiver in an effort to treat clients with mental disorders through family empowerment.

2. METHOD

This study used a literature review design to collect data on family empowerment that can increase family independence in caring for family members with mental

Table 1 Family Empowerment of Mental Disorder Clients [8][9][10][11][12]

Family Empowerment Techniques	Forms of Family Empowerment Activities
Education	Early Detection Client care activities at home Relapse Prevention

Empowerment is a special model in which families can develop strengths and strategies to deal with problems associated with caring for patients [13]. Family empowerment is a major component in determining the success of caring for clients with mental disorders at home. One of the techniques or methods used in family empowerment is education. Education is an effort to provide information and develop skills both oral and written information to assist families in making many choices and effective actions for health care purposes.

Health care by the family can be done by carrying out five family tasks that aim to form family independence in the care of clients [14]. Families can recognize family health problems, decide on appropriate health actions for the family, care for families with health problems, modify the family environment to ensure family health, and take advantage of health service facilities [14]. Therefore, family empowerment is an important aspect in determining whether the family can carry out its role as a caregiver who can access health services optimally for

disorders. Five articles were obtained from the Garuda and Scopus portals which were published in the period 2013-2021. Keywords are used to find suitable articles, namely family empowerment, family tasks for clients with schizophrenia, caregivers, and family empowerment in schizophrenia. The articles used are articles based on the inclusion criteria, namely articles in Indonesian or English, the research subjects in the article are caregivers who are more than 18 years old and directly care for people with mental disorders, the type of article is the original article, and full text is available. The data analysis used synthesis with the narrative method by grouping similar extracted data according to the measured results and research objectives.

3. RESULT AND DISCUSSION

The review literature on the five articles obtained can be concluded that family empowerment is done with educational techniques. Education has proven to be an effective way to manage family emotions and improve the family's ability to care for clients with mental disorders, thereby lowering recurrence. Clients of mental disorders are also more controlled and achieve a level of independence (cured). Forms of family empowerment activities include early detection, treatment activities, and recurrence prevention that are taught and must be done independently, can be seen in Table 1.

family members with mental disorders [15]. Positive family support would like greatly help patients in face various problems and come up with adaptive coping mechanisms [16].

The family is the main support system with the ability to provide direct care for any illness or disease to the patient. In the perspective family, the burden of care and loss they feel can be overcome through proper education so that the family can practice it directly. Family empowerment helps families and communities overcome stress, burdens, and stigma felt by families [17].

Educational programs as an empowerment technique can increase access to information about early detection, direct treatment, and prevention of recurrence. Early detection is done by recognizing the signs and symptoms experienced by the client. Exploration of the signs and symptoms experienced by the client can be assessed directly by the family so that the family can independently interpret whether the client needs treatment and referral to health services. Direct care can be given by giving medication regularly according to the schedule and dose given by the doctor and independent nursing intervention programs that the family can do at home such as how to control hallucinations and the risk of violent behaviour. Comprehensive relapse prevention is carried out with strict control of the patient's development which can be observed from the client's personal and social functions [9].

4. CONCLUSION

Family empowerment as an effort to increase family independence in caring for clients who have mental disorders can be done by educational methods in the form of early detection activities, direct care, and prevention of relapse. Educational techniques are provided by focusing on solutions from educators so that not all families can receive education and treat clients with mental disorders at home. Therefore, it is necessary to make efforts to empower families that are more solution-based, which can be equally accepted by families, one of which can be done by using the coaching method.

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