Abstract: Role of family dynamic in mental well being

Schizophrenia and other mental illnesses produce catastrophic effects on a client’s physical and psycho social well being. Such devastating effects can be eradicated by pharmacological and psycho social interventions. Among the psycho social initiatives, persistent family support acts as a pertinent backbone in providing rehabilitation to their sufferers. Cultural influences play an eminent role in driving the framework of family systems in the east as well as in the west. Whether the family system is nuclear or extended, its dynamics greatly influences mental well being of its members. The Western culture encourages individualism, independence and autonomous decision among family members. Whereas, Indian, Asian, African, and Middle Eastern culture lay greater emphasis on obedience and conformity, thereby stressing more on family integrity, and family solidarity. In traditional Asian cultures, multi-generational structure of family and social convictions, such as, mental illnesses being caused by spiritual possession are extremely prevalent. Family dynamics play a pivotal role in transforming the illness of their loved ones to rehabilitation and vice versa. The support and contribution by family in the mental well being of their loved ones can be understood through bio-psycho-social model of mental health. This model puts light on the interaction of biological, social, and psychological factors which all act as drivers of one’s mental health. The biological aspect spotlights on neurological and hereditary reasons for mental illness such as schizophrenia. Environment and past childhood experiences are part of psycho social aspect of the model. This again places family at first hand of regulating their child’s emotional, social, and behavioral development. Apart from family support, pharmacological agents such as psychotropic medications aid in management of acute phase as well as in the prevention of relapse. In addition, psycho social interventions such as cognitive behavioral therapy, psycho education, family intervention and assertive community treatment work simultaneously in restoring mental well being of an individual. This paper is aimed to highlight the role of family in the mental of their loved ones using bio-psycho-social model of mental health. The substantial evidence highlighting the significance of family dynamics in mental well being is represented through case study of a chronic schizophrenic client.
References:


**Abstract Summary:**
This article is aimed to highlight the role of family in the mental of their loved ones using bio-psycho-social model of mental health. The substantial evidence highlighting the significance of family dynamics in mental well being is represented through case study of a chronic schizophrenic client.

**Content Outline:**
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