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Grounded Theory Study of Family Happiness Among People Who Live in Urban Community in Bangkok

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The happiness is important aspiration of all human-being. Accordingly, the happiness indicator strikes researchers to investigate how it impacts health or enhance people to maintain their happiness. United Nation reported that Thailand was rank 36 of 156 countries by happiness index. In addition, the Department of Mental Health, Thailand surveyed among people aged 15 and more, found that 25-59 years was more happiness than others group. The previous study found that habitat, age, education predicted the happiness. Also, the spending time together, caring to each other, relationships, and family satisfaction predict the family happiness among the adolescent to old group. Nevertheless, the gap to fill that how family relationship or interaction relating to family happiness are still vague. Therefore, this study aimed at exploring the family happiness process by applying grounded theory based upon family members' perspectives. After granting IRB from Faculty Medicine Ramathibodi Hospital, the researchers asked permission from participants who live in Urban Community near Ramathibodi Hospital to participate in research. This community located at center of Bangkok, Thailand and the dwellers mostly received universal coverage for health expenditure. The participants included 13 family members and were interviewed about 30 minutes-1 hours. The researchers used Strauss and Corbin method for the data analysis and this simultaneously occurred when collecting data until achieving data saturation. The researcher team discussion to gain agreement for categories emerging from the data. Then the categories and sub-categories were bring to participants to gain credibility as member checking.

The results shown the participants described the meaning of family happiness was to live together, care to each other, and not to have money problem. Accordingly, the core category reflecting family happiness named living together without money problem explain how family members be happy. This consists of four stages: 1) being close connection, 2) caring to each other, 3) being steady of finance, and 4) sense of community integration. These occurred along with coping the participants used when faced stress situation. Stage 1, the participants described that the family members were close connection by spending time together and talking friendly to each other. They also expressed that martial relationship is important to maintain good connection among them. They necessarily made a good conversation such as not argument one another for good family atmosphere. This might indicate that the family relationship and atmosphere are significant in family happiness in the first stage. The caring to each other found in the second stage. The participants mostly described that the family members have to share physical and emotional strain, understand other's situation, and replacing other's duty as a family member. The participants expressed that they help one another to take care of sick member, give encouragement if need. Furthermore, they protect dangers for family members especially, teaching their children to protect themselves from drug abuse.

In third stage, being steady of finance: the participants said that the family happiness depended on how they balance between income and expense. The majority of participants were low-middle class of social economic status. Moreover, they prioritized the financial problem that influence the family happiness. They described that it was necessarily to manage money to balance each month by saving money and planning ahead for future expenditure. In the fourth stage, sense of community integration: the participants expressed that they conformed themselves to fit in the community by giving souvenir to neighbors, joining social activities, and giving suggestion to key persons in the community. Consequently, the participants acquainted to each other. Sometimes they asked for help from neighbors. These two stages of family happiness might indicate the social determinant factor influencing family happiness.

In conclusion, the family happiness was dynamic process that can be up and down magnitude of happiness. It was not stable based upon the coping methods the family members used. The participants

mostly used adaptive coping to deal with stress when over time. The first-two stage represent the family relationship, atmosphere, and caring among family members that can impact on family happiness. Another two stages reflect social determinant factors that also invade in family happiness. Understanding of the family happiness process can assist to develop intervention to enhance people living with family gaining optimal happiness as possible. Accordingly this can guide nurses to develop nursing practice curriculum for family nurse practitioner.

Title:

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References:

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Abstract Summary:

the family happiness process among people who live in urban community reflects that the happiness were to 1) being close connection 2) caring to each other 3) being steady of finance and 4) sense of community integration. This provided the information to guide nurses implementing intervention to maintain family happiness.

Content Outline:

1. it consists of 1) introduction and gap of knowledge, 2) methodology, setting, sample, 3) results: presents three stages of family happiness, and 4) conclusion

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Professional Experience: I am psychiatric nurse for five years and instructor for 10 years. I interested in

the family caregiving of persons with schizophrenia. I also conduct qualitative research in exploring family caregiving. I teach undergrad and post grad student relating to psychiatric nursing.

Author Summary: - have experience in systemic review research especially in family interventions of family member of relatives with first episode psychosis - applying grounded theory method into family phenomena relating to caregiving and happiness experience