

Literature Review: Effectiveness of Family Support to Improve Quality of Life People with Mental Disorders

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Abstract: Mental disorders are currently a major problem in various parts of the world. People with mental disorders often receive negative stigma from the surrounding community regarding the mental disorders they experience. This stigma will have an impact on the quality of life of people who have mental disorders. However, in order for their quality of life to continue to improve, people with mental disorders not only need medical treatment from the hospital, but also need support from their families. This research aims to explore further the effectiveness of family support in improving the quality of life of people with mental disorders through a literature review method. This method was carried out by searching for literature from Google Scholar and ResearchGare and obtained 5 suitable journals. The results of this research show that the quality of life of people with mental disorders is influenced by the family support provided, so that family support can be said to be effective in improving the quality of life of ODGJ.

1 INTRODUCTION

Mental disorders can currently be considered a major problem that can cause a decline in the quality of life of individuals, communities, and governments. Every year, there is a significant increase in the number of cases. According to data from the World Health Organization, in 2019 there were 970 million people worldwide experiencing mental disorders, and this number increased significantly in 2020 due to the Covid-19 pandemic (Sukiyah et al., 2023). Additionally, according to the 2018 Basic Health Research/Riset Kesehatan Dasar (Riskesdas), the prevalence of mental disorders in Indonesia reached 16.6 million people, or 3.53% (Muhammad, 2022). Based on this data, there are 13.5 million people experiencing severe mental disorders, therefore optimal care is needed (Slametiningsih et al., 2024).

According to the economic and business statistics portal, the number of people with mental disorders in Indonesia has reached 500,000. This data is concluded from data on the confinement of people with mental disorders, which in 2021 reached 2,333 people, while the highest number of confinements in the last four years occurred in 2020 with 6,452 people (Santika, 2023). This confinement occurs due to the stigma of society towards ODGJ, who believe that people with mental disorders can endanger the surrounding community (Rositasari, 2020).

Mental disorders do not directly cause death, but rather have significant psychological and social impacts. People with mental disorders may experience a negative perception of themselves, face stigma and rejection from their surroundings, and experience a decline in activity and difficulties in

carrying out their daily lives (Wahyuningsih et al., 2023). The negative stigma attached to people with mental disorders by the surrounding community will have an impact on the daily activities of people with mental disorders themselves, where the community fears that people with mental disorders do not have the ability to carry out activities or social functions. In addition, the community lacks trust in what ODGJ do, and even if ODGJ have been declared cured, the community fears that they will relapse at any time. As a result, people with mental disorders (ODGJ) will find it difficult to get the job or education they want, resulting in low self-reliance and a low quality of life (Aiyub, 2018).

Therefore, improving the quality of life of people with mental disorders (ODGJ) can be achieved through medical treatment at mental hospitals, but the services provided at hospitals and health centers will not be effective without the involvement of families in planning care for people with mental disorders. Family support is crucial for ODGJ, whether they are still in the hospital or have returned home, to achieve the desired recovery. Even after returning home, family support is essential for care to prevent the mental disorder from recurring (Saputri & Damaiyanti, 2021).

Therefore, even though ODGJ has been declared cured by the hospital, the family members who live with him must spend a lot of time with him so that they can provide care to ODGJ to achieve a good quality of life. The quality of life that has been built in the mental hospital can decline due to differences in adaptation between the mental hospital and their living environment, so family support is very much needed. With this background, researchers were interested in further reviewing the effectiveness

of family support in improving the quality of life of people with mental disorders through a literature review. The aim was to review and provide an overview of the importance of family support for people who can help improve the quality of life of people with mental disorders.

2 METHOD

The method used in this study was a literature review. The literature review was conducted by collecting journals using Google Scholar and ResearchGate. The search itself was conducted using the keywords quality of life, family support, and effectiveness of ODGJ. After that, filtering was carried out based on the keywords used, namely family support and quality of life of ODGJ. Then, the journals were reselected based on the criteria of 2017-2025. A further screening was conducted based on the topic to be discussed, resulting in 38 articles that were relevant to the topic. The final screening of journals was based on the titles selected by the researcher, resulting in approximately 5 relevant journals.

3 RESULT

Tabel 1. Abstraksi Data

Title	Year	Researcher
Peran Penting Keluarga dalam Menjaga dan Merawat Individu yang Mengalami Gangguan Jiwa	2023	Deni Suwardiman
Dukungan Keluarga Pada Perawatan Gangguan Jiwa Post Rawat Inap di Rumah Sakit	2023	Anita Dyah Listyarini, Tessa Dana, Gardha Rias Arsy, Sri Hindriyastuti
Dukungan Keluarga dan Kualitas Hidup pada Pasien dengan Skizofrenia	2023	Bayu Ahya Dinata, Teguh Pribadi, Triyoso
Hubungan Dukungan Keluarga dengan Kualitas Hidup Orang dengan Gangguan Jiwa	2018	Kadek Putra Sanchaya, Ni Made Dian Sulistiowati, Ni Putu Emy Darma Yanti
Dukungan dan Persepsi Keluarga tentang Kualitas Hidup Pasien dengan Gangguan Jiwa	2020	Irfan, Heriyati, dan Saharani

4 DISCUSSION

Quality of Life

According to the WHO, quality of life is a person's view of their position in life in terms of culture, value systems, place of residence, or in relation to their life goals, expectations, benchmarks, and concerns in life (Rosa et al., 2022). Quality of life can also be defined as an important element that must be considered for a person's mental and physical

health, and will contribute to individual satisfaction and happiness, which in turn will have an impact on the family and community (Haryati & Sari, 2019). Individuals use these life goals to assess various aspects of their lives and environment, related to the availability of resources that are considered important in improving their quality of life (Aiyub, 2018). Individuals with mental disorders or individuals who have been declared cured will have a high quality of life if they have the support of a large family, because families play an important role in caring for or maintaining health, and families play a role in the concept of health and illness, meaning that if a family member is facing health problems, other family members can help them. The health referred to here is not only related to physical health, but also includes mental health. If mental health is disturbed, the physical condition or quality of life of the individual will decline, and if the individual is unable to maintain their mental health, they will be at high risk of developing a mental disorder (Antara et al., 2021). A person with a mental disorder (ODGJ) is someone who experiences abnormalities in cognition, feelings, or actions, which are reflected in a number of symptoms or behavioral changes, causing suffering and obstacles in their daily life (Rositasari, 2020). People with mental disorders, whether mild or severe, will greatly affect the quality of life and productivity of the individual or their family because the impact will remain throughout their lives with a recurrence rate that can occur at any time (Sari et al., 2024). According to Weinberger and Harrison, people with mental disorders tend to experience a more significant decline in quality of life compared to individuals without mental disorders, and have a lower quality of

life than those suffering from various physical illnesses (Daulay et al., 2021).

Family Support

In the context of the healthcare system, families have an important responsibility towards their sick members, as families are the foundation for sick individuals to receive adequate care at home (Suwardiman, 2023). According to Bomar's 2006 theory (Rosa et al., 2022), family support includes the caregiving behaviors performed by family members. This support can include emotional support in the form of attention, affection, and empathy, as well as appreciation and feedback. There is also informational support in the form of advice and information, and instrumental support in the form of physical, financial, and time assistance. Therefore, it can be said that the family is a source of support that a sick patient needs every day to complete their healing process (Antara et al., 2021).

People with mental disorders often experience negative stigma from the community around them. This stigma can cause people with mental disorders who have been declared cured to relapse. Therefore, the support provided by the family can potentially prevent the recurrence of mental disorders. This is because the family has obligations in the hospital treatment process, preparation for discharge, and home care. Because of home care, families have a role as providers of support to manage and prevent the recurrence of symptoms of mental disorders because families must provide direct care/attention (Leali et al., 2017). Family support can be interpreted as an attitude, action, and acceptance of individuals who are sick in the family (Mulyadi et al., 2021).

Family support can be provided by involving ODGJ in daily activities at home, providing facilities related to social relationships, and involving ODGJ in managing the environment around them (Khamida et al., 2017). In addition, family support can also be provided through optimal motivation, which can be done by giving rewards or feedback such as approval or other positive responses to what ODGJ does (Ekayanti, 2021). However, families can also cause ODGJ to relapse into mental illness. There are several family factors related to patient relapse, including knowledge and support, quality of life, and stressful events during their care (Amalia & Pahrul, 2019). Therefore, families play a major role in the recovery of people with mental disorders.

The Effectiveness of Family Support in Improving the Quality of Life of People with Mental Disorders

People with mental disorders often receive negative responses and rejection from their surroundings, which can interfere with their daily activities. This will result in changes in the quality of life of people with mental disorders (Daulay et al., 2021). A person with a mental disorder will experience a change in their mindset, which will cause a decline in their daily life (Salvirania & Fahrudin, 2020). Therefore, when ODGJ are at home, family support is very much needed, because after leaving the hospital, ODGJ still need to receive more care or attention from their families in order to improve or maintain their mental status and provide motivation so that ODGJ remain and are able to carry out their daily activities (Hendrawati et al., 2023). Based on the results of several literature reviews above, research conducted by Deni Suwardiman

states that the majority of 103 respondents in Banten Province showed 46.6%. With this support, it is hoped that ODGJ can reduce their dependence on others so that they can improve their quality of life (Suwardiman, 2023).

Research conducted by Anita Dyah Listyarini et al. shows that 52% of families provide adequate support and 33.7% provide good support, with a sample size of 98 people from the Tunjangan Community Health Center (Listyarini et al., 2023). Family support is expected to prevent the recurrence of mental disorders and provide direct care to improve the quality of life of people with mental disorders. In addition, research conducted by (Pratama et al., 2024) found that there is a relationship between family support and medication compliance in patients with hallucinations at the West Java Provincial Mental Hospital in 2024. This study was conducted on 89 respondents and stated that almost all families provided good support, with a percentage of 77 out of 89 people.

Other findings by Bayu Ahya Dinata, Teguh Pribadi, and Triyoso state that 16 respondents received good family support and had good quality of life as schizophrenia patients. On the other hand, 5 respondents experienced good family support but had a low quality of life. Additionally, 24 respondents had poor family support and a low quality of life. This proves the relationship between family support and quality of life in schizophrenia patients at a mental hospital in Lampung province in 2022 (Dinata et al., 2023). This is in line with the findings of (Pardede & Purba, 2020), which state that there is a significant relationship between family support and the quality of life of schizophrenia patients. This is demonstrated by the results of the chi-square test with a p-value of

0.004. The study also found that 65.2% of families provided good support, resulting in a high quality of life for 34.8% of schizophrenia patients. However, there are still families who provide poor support (34.8%) and whose schizophrenic patients have a low quality of life (27.2%). Schizophrenia itself is a mental disorder that affects daily life, with symptoms including impaired communication skills, hallucinations and delusions, cognitive impairment that prevents abstract thinking, and difficulty performing daily activities (Saputri & Damaiyanti, 2021).

Furthermore, research conducted by Kadek Putra Sanchaya et al. at the East Denpasar Community Health Center also found a significant relationship between family support and the quality of life of people with mental disorders ($p=0.000$). This study involved 39 people as samples. The data also showed that the correlation coefficient obtained was positive and the correlation strength was strong. This indicates that increased family support will improve the quality of life of people with mental disorders and vice versa (Sanchaya et al., 2018)

Then, research conducted by Irfan et al. showed a relationship between family support and family views on the quality of life of patients with mental disorders, as revealed by the results of the chi-square test. From the data analysis, it was also found that there were categories where patients received less family support but had a good quality of life. This result occurred because some patients had mental conditions that had begun to stabilize so that they tried to meet their own needs, both financial and health needs. On the other hand, there were also patients/respondents with good family support but poor quality of life, which was caused by the patients'

mental conditions. Some patients did not take their medication properly and refused to interact with their families or other people, but their families always tried to provide support, such as attention, and reminded the patients to take their medication (Irfan et al., 2020).

5 CONCLUSIONS

From the results of the literature review above, it can be concluded that family support is very effective and necessary to improve the quality of life of people with mental disorders. Consistent support from the family can help people with mental disorders overcome the stigma they face, undergo treatment/control more effectively, and achieve a good quality of life. The novelty of this study lies in its emphasis that although family support plays an important role in improving the quality of life of people with mental disorders, this factor is not the only determinant. The quality of life of people with mental disorders is also influenced by the patient's clinical condition, adherence to treatment, social support from the community, and access to mental health services. Thus, this study emphasizes the effectiveness of family support in improving the quality of life of people with mental disorders.

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