

INFLUENCE OF FAMILY AND SOCIAL SUPPORT SYSTEMS ON THE MENTAL HEALTH OF INDIVIDUALS

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Abstract

Interventions designed with families in mind were the primary focus of the research for older people and their caretakers. The information functional well-being problems on the part of the elderly and their caretakers were tested. The researcher used that comprised the FFNI sessions that focused on the family, exercises for balance and strength, changes that could be made to the home setting, sleep hygiene, and breathing exercises.

Keywords: Interventions, Mental Health, Individuals, Social Support

Introduction

Nature-based programs are available to young adults who have problems with their mental health or drugs. Global Health Organization (WHO) says that sadness is ranks third in terms of the prevalence of disease and impairment among teens (WHO, 2018). Concerns are growing about the the well-being of adolescents in Indore and how that might affect their capacity to integrate with society (Nes & Clench-Aas, 2011). Recently, there have been more young adults in Indore getting disability income and work-assessment payments. Most of these increases are due to mental health issues. For instance, from 2009 to 2018, the number of young people getting disability income doubled. People with mental health or behavior issues made up most of the growth, from 7,657 in 2009 to 16,897 in 2018 (Guldvåg, 2017; NAV, 2018c). Additionally, work evaluation benefits allowed for mental health issues due to medical reasons also went up during that time (NAV, 2018b). It was found that almost 70% of the 26,260 people under 30 who got work-assessment payments in August 2018 had mental health issues (NAV, 2018a). Also, people coping with psychological distress extend the duration of their social insurance coverage relative to types of people (Brage & Bragstad, 2011). These changes have been as a result of many causes, including a job market that is harder to get into and requires more social and communication skills, which can be hard for those who suffer from mental illness. This rise in mental health problems requiring social insurance has also led to debate about whether it is a sign of a general decline in the mental health of young adults or a result of how society views and handles mental health issues (Hyggen & Hammer, 2013).

Young adults are the focus of this theory in Indore who have mental health issues and take part in nature-based services. Different meanings and accounts of this population exist, so it's important to give an explanation and history of this population. To begin,

the word "young adults" is explained. Next, some basic information on mental health problems is given, with a focus to the mental health of young adults in Indore. This thesis explains what mental health issues are and how they are used.

Literature review

Mahnaz Khatiban et.al (2019) Goals and objectives the first step in delivering nursing care is doing a thorough examination includes continuous and organized data collection to help create a nursing process that is unique to each patient. This research aims to find out what happens to nursing students' attitudes and skills when they use a questionnaire that takes into account the functional patterns of health in the learning nursing process. How it works the research used a random controlled strategy. Forty of the 84 first-year nursing students were put into either the training as a comparison group. Within the realm of clinical education, students in the intervention group used a patient evaluation tool developed according to Gordon's patterns of functional health with the purpose of assisting them learn how to be nurses, while students in the control group simply used standard methods. Demographic information questionnaires, a knowledge, abilities, and perspectives on the nursing process improvement checklist assessment were used to collect the data. What Happens The training group had higher average scores on attitudes and skills related to improving nursing process than the control group. After all that Practical health trends identified by Gordon may be useful for nursing students learn more about how to do nursing assessments using the patient evaluation form.

Shwedha G Jalindre et.al (2020) Disability-related problems can lower the standard of living among the elderly. Assessing health issues and functional disabilities is important for helping older people deal with their conditions. Researchers wanted to find out what kinds of health problems older citizens in Pune city's elder homes were having that affected their ability to do daily tasks. Content and Method: After that The Institutional Ethics Committee gave its stamp of approval. For the study, non-probability random picking was used. Forty or more older people were checked for functional problems. Utilizing a functional assessment tool and schedule, detailed evaluations of functional issues in older citizens were carried out. An important part of We used descriptive and inferential statistics to analyse the data. Finding: Preponderance 106 (62.9%) of the senior citizens were men between the ages of 76 and 80, and 54 (36%) had educated themselves beyond high school. 76 (50.66%) of the seniors were getting service, and 85 (56.66%) of the diabetic clients were not vegetarian. Common majority Out of the samples, 25.3% (38) were hungry, 22.7% (34) were healthy, and only 0.7% (1) were significantly overweight. One demographic trait that is linked to hearing impairment is the age of senior citizens. Basically, it was found that age is strongly linked to how mobile and employed older people are. Results should be proven in a bigger group of people from both cities and rural places.

Jaya Prashantrao Deshmukh (2023) An infection spread by mosquitoes called dengue has quickly spread to all WHO areas in the past few years. Female mosquitoes, mostly *Aedes aegypti* but also *Ae. albopictus* to a smaller extent, are the major carriers of mosquito-borne diseases. Additionally, these mosquitoes caused the Zika, yellow fever, and chikungunya viruses to replicate. Among tropical regions, dengue is common, but the danger differs among locations due to social, environmental, and climatic variables. "A study to assess the knowledge and practices regarding dengue fever and its practices among adults residing in selected rural areas in the Pune district" is the topic of this studies. The goal was to explore what people know and do about dengue fever and how that relates to social factors. Content and Methods: Scientists used an observational study strategy that didn't involve experiments. On 200 tests, it was done. Self- data collection included the use of structured questionnaires using the non-probability handy sampling method. Not descriptive statistics were mostly used for data analysis. Outcome: Conclusion: Suggestion: A similar comparison study could be done with people from cities and country areas.

Mahesh Shubhangi et.al (2023) When ink or dyes are injected into the skin, they form a fake pattern. Tattoos are a type of body modification. Depending on the situation, it can go through the dermal layer of skin long-term or short-term. Furthermore, it has excellent and bad affects. METHODOLOGY: This study used innovative methods that went beyond experiments. Information was gathered on 200 samples. Using a non-probability useful picking method, data were taken from samples. Demographic information was gathered using a tool, as well as a battery of self-administered questions designed to probe knowledge about tattoos. PERIODIC TITLE: Results reveal that the vast majority of university have an average understanding of tattoos. 67% of those who answered were roughly average in their skills, 14.5% were very good, and 18.5% were very bad. Overall, college students knew 3.3 things about tattoos on average, between 10.81 and 11.01 on average. Ultimately, the majority of pupils demonstrated a basic understanding of tattoos. Aging There was a strong correlation between tattoo knowledge and gender and other social characteristics. According to the 0.05 level of importance, there was no link between religion and married state. Although college students generally know a fair amount about tattoos, more people need to learn about them so that they understand both the pros and cons. Doctors and nurses should focus more on giving people the right information about how to take care of their tattoos after getting them.

Mahnaz Khatiban et.al (2019) Goals and objectives the nursing procedure begins with, comprehensive nursing assessment includes continuous and organized data collection to help create a nursing process that is unique to each patient. This research aims to find out what happens to nursing students' attitudes and skills when they use a questionnaire that takes into account the functional patterns of health in the learning nursing process. How it works the research used a random controlled strategy. Fourth of the 84 first-year nursing students were put into either the training or control group.

Within the realm of clinical education, students in the intervention group used an evaluation tool for patients that utilizes Gordon's functional health patterns in order to them learn how to be nurses, while students in the control group simply used standard methods. Demographic information questionnaires, a abilities in the creation of nursing processes, and perspectives on nursing assessment were used to collect the data. What Happens The training group had higher average scores on attitudes and skills related to improving nursing process than the control group. After all that Practical health trends identified by Gordon may be useful for nursing students learn more about how to do nursing assessments using the patient evaluation form.

Research methodology

In order to represent the notion of interest, data must be gathered from a fundamental element of the population, and this element is called a sample. Participants in this research were elderly people and their caretakers who were included and those who were not.

This term describes the total number of elderly people and their caretakers who meet the specified requirements and are available to the researcher. All persons 65 and above, as well as their caretakers, who fulfilled the inclusion requirements and lived in one of eight communities adopted by OACHC were eligible to participate in this study. Functional health problems included things like fall risk and poor sleep quality (Insomnia).

Indore Community Health was the site of the study Centre adopted communities (Community) in Indore (Madya Pradesh). The Indore TRUST's nonprofit organization has been providing basic access to medical treatment for 43 redeemed (communities) since 1998, serving a total of 49,000 people, including 2,100 seniors (according to a 2009–2010 study). Health education and community networking are two of the center's health promotion offerings. General morbidity screenings, ENT, eye, antenatal, gynecology, and dental care are some of the clinic services offered at this facility. Siddha offers Wednesday clinics for mental health, wellbeing, chronic disease, and the Under Five Clinic.

Data analysis

Table 1 Carer knowledge levels before and after an intervention, comparing the experimental and control groups N=250

Group	Level of knowledge	Pretest		Posttest 1		Posttest 2		Posttest 3		Chi square test
		n	%	n	%	n	%	n	%	
Experiment n=123	Inadequate	83	76.9	22	20.4	17	15.7	0	0.0	2 $\chi^2 = 296.7$ d.f=6 P=0.001*** Significant
	Moderate	23	21.3	64	59.3	35	32.4	10	9.3	
	Adequate	2	1.8	22	20.3	56	51.9	98	90.7	
Control n=127	Inadequate	87	77.7	87	77.7	86	76.8	85	75.9	2 $\chi^2 = 5.47$ d.f=6, P=0.48 Not significant
	Moderate	25	22.3	25	22.3	24	21.4	24	21.4	
	Adequate	0	0.0	0	0.0	2	1.8	3	2.7	

The results are considered significant at $p < 0.05$, noteworthy at $p < 0.01$, and noteworthy at $p < 0.001$.

Caregivers' awareness of functional health concerns before and after the test is compared in table 1, which shows the experimental and control groups. Out of the 84 participants in individuals in the control group who lacked sufficient information was 76.9%, the percentage with intermediate knowledge was 21.3%, and the percentage with acceptable knowledge was 1.8%.

On the other hand, 22 students (20.3%) demonstrated an appropriate level of knowledge in posttest 1, whereas 64 students (59.3%) demonstrated a somewhat sufficient level. Caretakers' levels of knowledge were found to be acceptable in 56 cases (51.9% of the total), fairly adequate in 10 cases (9.3% of the total), and deficient in none of the cases.

In the control group, no one had an appropriate level of knowledge, 25 had a fairly sufficient level, and 87 had an insufficient understanding of both the 1, 2, and 3 pre- and post-tests, the control group's carers' knowledge level remained unchanged increase significantly.

Furthermore, the knowledge scores of the control group's caretakers did not change significantly between the pre- and post-tests, as shown by the chi-square test. Upon publication -tests 1, 2, and 3, the experimental group's awareness of family-focused nursing intervention increased gradually.

Table 2 Assessment of pre- and post-test knowledge levels in the experimental and control groups N=250

Level of knowledge		Group				Chi square test
		Experiment n=123		Control n=127		
		n	%	n	%	
Pretest	Inadequate	83	76.9	87	77.7	$\chi^2=2.10$ d.f=2 p=0.34
	Moderate	23	21.3	25	22.3	
	Adequate	2	1.8	0	0.0	
Posttest 1	Inadequate	22	20.3	87	77.7	$\chi^2=77.80$ d.f=2 p=0.001****
	Moderate	64	59.3	25	22.3	
	Adequate	22	20.4	0	0.0	
Posttest 2	Inadequate	17	15.7	84	75.0	$\chi^2=96.00$ d.f=2 p=0.001***
	Moderate	35	32.4	26	23.2	
	Adequate	56	51.9	2	1.8	
Posttest 3	Inadequate	0	0.0	85	75.9	$\chi^2=180.10$ d.f=2 p=0.001***
	Moderate	10	9.3	24	21.4	
	Adequate	98	90.7	3	2.7	

*Noteworthy at a p-value of less than 0.05, **Notable at a p-value less than 0.01 and \$0.001\$,

In Table 2, we can see how the experimental group's and the control group's knowledge levels on functional health issues changed between the two tests. One hundred eighty-three (83.9%) of the control group and eighty-seven (70.7%) of the experimental group had an inadequate degree of knowledge.

Posttest 1 results show that 64 participants (or 59.3%) in The experimental group had a respectable amount of information, in contrast to 25 participants (22.3%) in the control group.

In terms of post-test 2 knowledge, 56 participants (or 51.9% of the total) had an appropriate level of knowledge, 35 participants (or 32.4% of the total) had a

somewhat sufficient level of knowledge, and 84 participants (or 75.0% of the total) had an insufficient amount of information compared to the control group, whom included 26 participants (23.2%).

At the third post-test level, no one had inadequate knowledge, whereas 98 (90.7% of the total) and 10 (9.3% of the total) had acceptable and fairly adequate levels of knowledge, respectively. In contrast, 85 people, or 75.9% of the control group, exhibited an insufficient degree of understanding.

Additionally, the chi-square test did not reveal any statistically significant differences in the control group. Evidence of the significant effect of the family-focused nursing intervention package on carers' knowledge levels is the high degree of statistical difference at the 1, 2, and 3 levels of the post-test in the experimental group.

Table 3 Analyzing the relative risk of falls in the experimental and control groups of older persons based on individual risk factors N=250

Overall level of risk for fall – Personal factors	Group			
	Experiment n=123		Control n=127	
	Mean	SD	Mean	SD
Pre test	4.86	1.20	4.61	1.42
Post test 1	4.28	1.49	4.61	1.42
Post test 2	3.44	1.43	4.59	1.45
Post test 3	1.98	1.18	4.54	1.47
Repeated Measures ANOVA	F=425.13 p=0.001***		F=2.36 p=0.12	

important at $p < 0.01$, *important at $p < 0.001$, and *marked as significant at $p < 0.05$.

Total fall risk, as measured by individual factor scores, is compared by way of comparison between the two sets of participants of older individuals in Table 3.

The experimental group's mean scores on tests measuring the elderly population's susceptibility to falls due to individual variables were 4.86 (SD 1.20) before the study began, 4.28 (SD 1.49) after the second post-test, After the third post-test, 3.44 (SD 1.43) and 1.98 (SD 1.18) after the fourth post-test.

The control group averaged 4.61 (SD 1.42) on the pre-test, A second post-test score of 4.59 (SD 1.45) and a third post-test score of 4.54 (SD 1.47) third post-test when it came to the risk of falls induced by specific factors.

Through the use of repeated measures ANOVA "F" analysis, we looked at how the FFNI package affected the degree to which individual traits in the elderly increase the

likelihood of falls individuals in the experimental group. With a $p < 0.001$ level and a F value of 425.13, the findings demonstrated a robust statistically significant variation on the personal variables. Looking at the results of the pre- and post-test personal characteristics associated with fall risk among the control group of older persons, there was no statistically significant change ($F = 2.36$).

Conclusions from the aforementioned research show that the family focused education (FFNI) component, as well as the balance and strengthening exercise component, successfully mitigated the effects of individual potential causes of falls, include inadequate physical activity, poor diet, poorly fitting shoes, and body imbalance, in the group of elderly people that were part in the study

Conclusion

The FFNI was used by the research group; it included things like family-centered education, balanced and strengthening exercises, changes to the home environment, sleep hygiene, and breathing exercises. Results showed that older persons and their caregivers' knowledge improved at a rate of 44.8% and 42.7%, respectively, and that the risk of falls decreased by 29.7% and sleep disruptions by 23.7%.

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