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Family Behavior in Caring for People with Mental Disorders During Covid-19

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Abstract. Mental disorder is a serious health problem. It is a chronic disease that requires long healing. The factors of education, information, income, and stigma experienced by family can avoid the behavior in caring people with mental disorders that has been carried out. Thus, it impacts the care and treatment given to them. The purpose of this systematic review is to identify family behavior in caring for people with mental disorders during Covid-19. This study was conducted with a systematic method by reviewing the literature obtained from Google Scholar, Sciencedirect, PubMed, Proquest and Research Gate. Three keywords were used to get some relevant literature. As a result, the author obtained eight literature matching the author's criteria made by using the *systematic review* method. The most affecting factor for healing quality of people with mental disorder is their family's action in caring them. Health education is very influential on family's knowledge. Educational factor and information determine family behavior in seeking treatment. Providing adequate information and health education about mental disorders for families is necessary to avoid any faults while seeking medical assistance.

Keyword: family behavior; mental disorder; covid-19

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1. Introduction

Mental health is a healthy emotional, psychological, and social condition seen from interpersonal relationships that satisfy effective individual behavior and coping, positive self-concept, and emotional stability (Videback, 2008). According to PPDGJ III, mental disorder is a syndrome pattern of behavior of someone typically associated with a symptom of suffering (distress) or impairment in one or more important functions of the human being: psychological, behavioral, biological. Furthermore, the interference not only lay in the relationship between man but also with community healing mental disorders depending on the behavioral treatment performed by the family (Maramis et al., 2011).

A family is a group of people connected by the bonds of marriage, adoption, and birth, which aims to create and maintain a common culture and improve each family member's physical, mental, emotional, and social development (Duval, 1972 in Setiadi, 2008). The family's tasks relating to the health field are familiarizing themselves with health problems, making decisions, caring for ill family members, modifying the environment, and utilizing the health service facilities. However, some families are not good at home caring for their family members with mental disorders. The reason is that people with mental disorders still receive stigma and discrimination from society. Hence, many families feel ashamed, worried and try to cover up or hide the condition of family members who have mental disorders by isolating, expelling, alienating, neglecting, and even carrying out confinement (Ameis et al., 2020).

The Covid-19 period also greatly affected the process of providing care for patients with mental disorders due to restrictions on the number of patients that can be accepted by Psychiatric Hospitals (*Rumah Sakit Jiwa - RSJ*) and restrictions on family visits. Also, there is the risk of drug withdrawal which also hindered the treatment process for patients with mental disorders. Thus, good family behavior is significant in caring people with mental disorders (Anne, 2020). This study aims to determine behavior of families in nurturing the people with mental disorder.

2. Research Methods

The literature search for these articles used a systematic approach applied to the *Google Scholar* database. Then, the author used keywords such as "*Behavior*," "*Family*," and "*People with mental disorders*" to find the articles from international and national journal repositories including ScienceDirect, PubMed, Proquest and Research Gate. This literature search was limited to the range of 2015-2020 period. The researcher found eight articles matching the author's criteria made by using the *systematic review* method. The flow diagram of studies included in this systematic review is presented in Figure 1 below.

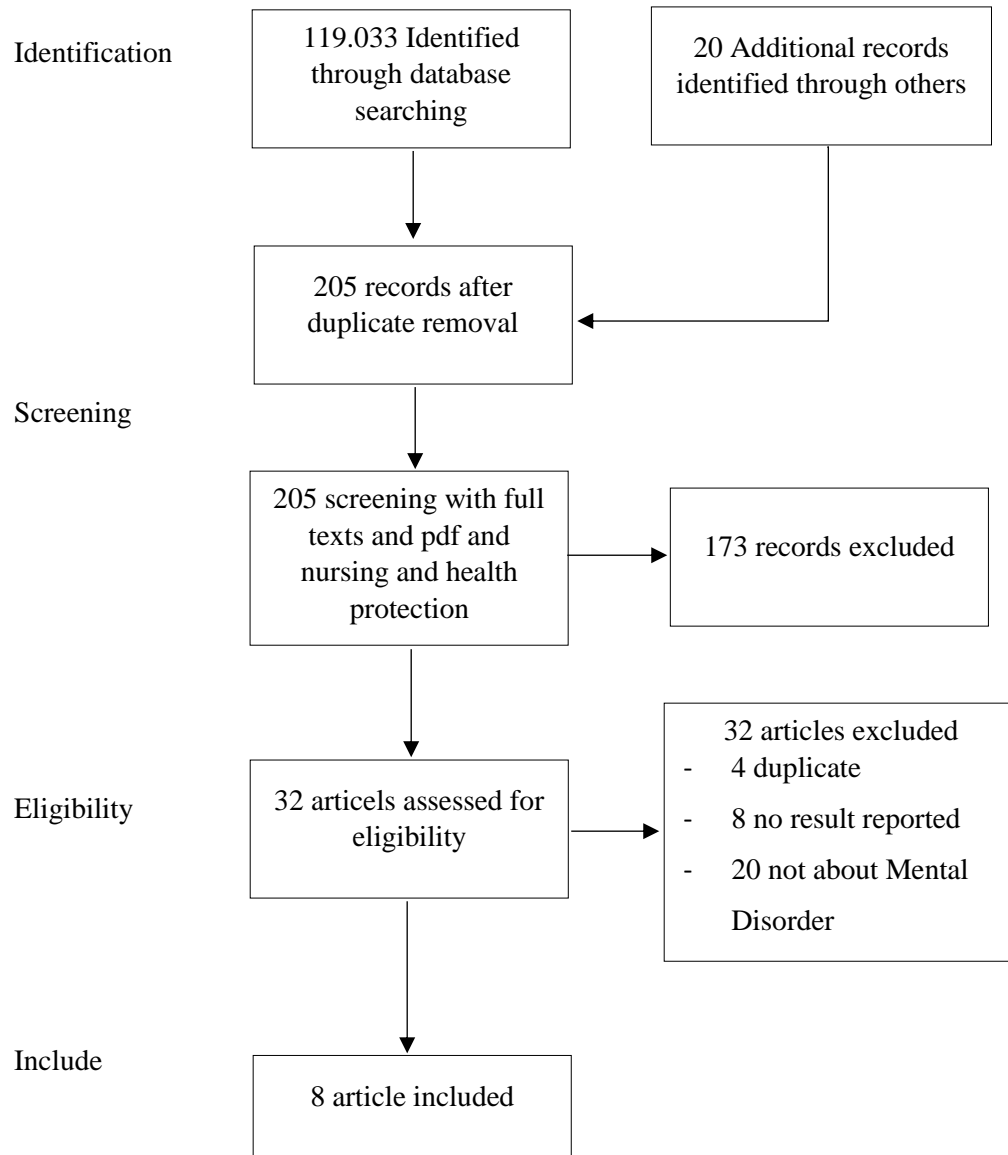


Figure 1. Flow diagram of studies included in systematic review

3. Research Result

The Summary of the Articles toward family behavior in nurturing people with a mental disorder is presented in Table 1.

Table 1. The Summary of Articles (N=8)

No	Writer/ Year	Title	Journal/ Method	Objectives	Results
1	(Fairuza hida, 2017)	Family Behavior of Nurture Mental Disorders in Kanigoro Blitar	Journal of Ners and midfery, The design uses a descriptive quantitative	The purpose of this study is to describe the behavior of family in nurture mental disorders in Kanigoro Blitar town which include medical treatment, fulfill activity daily living and psychosocial control mental disorders	The result showed that 49% family behavior of nurture is lack, 61% family behavior of medical treatment is lack, 64% family behavior of fulfill activity daily living is good and 46% family behavior of psychosocial control is good. Family behavior of nurture in particular medical treatment is lack cause of low economic and education factors. Recommendation to puskesmas Kanigoro is doing socialization medical treatment of mental disorders and doing early detection of mental disorders with making cadre of soul
2	(Ameis et al., 2020)	Coping, fostering, resilience, and driving care innovation for autistic people	Molecular Autism/ The rapid expansion in the use of telehealth platforms	To address key priorities for the autism communities including long waitlists for assessment and care, access to services in remote locations, and restricted hours of service	COVID-19 mandates the use of technology to support a broader range of care options and better meet the diverse needs of autistic people and their families. It behooves us to use the crisis as an opportunity to foster resilience not only for a given individual or their family, but also the system : to drive enduring and autism-friendly changes in healthcare, social systems, and the broader socio-ecological contexts
3	(Malik & Radwan, 2021)	Impact of lockdown due to COVID-19 pandemic in changes of prevalence of predictive psychiatric disorders among children and adolescents in Bangladesh	Asia Journal of Psychiatry Cross-sectional online-based survey type	To get a snapshot of the prevalence of predictive psychiatric disorders in the child and adolescent population in Bangladesh before and during lockdown	Prevalence of emotional, conduct disorder and hyperactivity were also increased significantly during the lockdown period than before. Conduct disorder and hyperactivity were more prevalent among boys both before and within lockdown. In contrast, prevalence of emotional disorder were higher among girls before lockdown but within the lockdown period, the boy-girl Prevalence was almost the same. This study shows the new extreme

Table 1 (Cont.)

No	Writer/ Year	Title	Journal/ Method	Objectives	Results
4	(Dhiman et al., 2020)	Impact of COVID-19 outbreak on mental health and perceived strain among caregivers tending children with special needs	Developmental Disabilities, Two hundred sixty four caregivers completed and online survey that assessed demographics, use and perspective on tele-rehabilitation, homecare therapy, caregiver's strain and mental health	To describe the mental health status and the change in perceived strain among caregivers during the COVID-19 outbreak	measures to tackle COVID-19 has a disaster impact on mental health of children and adolescent. Subsequent studies and support should be developed to prevent conditions getting worse. The prevalence of depression, anxiety and stress symptoms were found to be 62,5%, 20,5% and 36,4% respectively. A significant difference in caregiver strain ($p < 0,001$, effect size = 0,93) was observed during the outbreak compared to level pre-outbreak (pre-outbreak strain was measured retrospectively). Caregivers not using tele-rehabilitations along with a perception of it being a poor medium for rehabilitation were at greater risk for poor mental health whereas a negative perception on homecare therapy were strongly associated with higher psychological symptoms and strain
5	(Kjellin & Margaret a, n.d.)	Stigma by association by association psychological factors in relatives of people with mental illness	British Journal of Psychiatry In a Swedish multi-centre study, 162 relatives of patients in acute psychiatric wards following both voluntary and compulsory admissions were interviewed	To investigate factors of psychological significance related to stigma of the relatives	A majority of relatives experienced psychological factors of stigma by association. Eighteen percent of the relatives had a times thought. Stigma in associations was greater in relatives experiencing mental health problems of their own and was unaffected by patient background characteristics.

Table 1. (Cont.)

No	Writer/ Year	Title	Journal/ Method	Objectives	Results
6	(Farina & Wahyuni, 2020)	Self-Efficacy Description of Family Members Who Experience Stigma While Caring For People With Odgj in Buduran District, Sidoarjo – Qualitative Research	concerning psychological factors related to stigma Psychiatry Nursing Journal, Phenomenological method	To describe the self-efficacy of families experiencing stigma while caring for people with disorders in Buduran District, Sidoarjo	This study resulted in several themes, namely, 1) community stigma, 2) perception of family members, 3) treatment received by family members, 4) self-acceptance of family members, 5) social support, 6) coping mechanism, 7) patient health conditions, and 8) mental strength of family members. The self-efficacy picture of family members caring for people with mental disorder is based on the perceived problem magnitude in the form of community stigma on the magnitude dimension, so that adaptive or maladaptive coping mechanisms are formed on the strength dimension, resulting in a fairly limited range behavior on the generality dimension, and expectation of family members healing of sufferers and meaning of conditions. This condition can affect the self-efficacy picture of family members who care for people with Mental disorder.
7	(Li et al., 2021)	Mental Health Multimorbidity among Caregivers of Older Adults during the COVID-19 Epidemic	Science Direct Cross-sectional	To investigate mental health status and associated factors among caregivers of older adults during the COVID-19 epidemic in China	The data were analyzed using paired t-test to determine the cognitive abilities of the family before and after psychoeducation. The results showed that there was an increase in family psychomotor abilities after being given psychoeducation with a value of $p=0.000$. The conclusion is that psychoeducation in families improves family psychomotor in caring for schizophrenic clients.

Table 1. (Cont.)

No	Writer/ Year	Title	Journal/ Method	Objectives	Results
8	(Nurjana h, 2020)	Emotional Mental Disorders on Clients Pandemic COVID-19 at Quarantine House	Journal of Psychiatric Nursing Quantitative Research (Descriptive Analitic)	To get an overview of emotional mental disorders on clients residing in quarantine houses	The results of the study gained 10 people (33,3%) experiencing emotional mental disorders. The most complaints are somatic complaints like feeling anxious (40%) and abandoned day-to-day activities (37%). There is a need to have a psychiatric problem approach to COVID- 19 clients who live in quarantine houses.

4. Research Discussion

This study's purpose is to gain a deeper understanding of the family behavior interventions that family or closest people in the family can carry out towards the life quality of people with mental disorders and the appropriate handling of family members with mental disorders. The family knowledge and attitude towards this matter are beneficial in providing care for patients with mental disorders. One of the cures for people with mental disorders (ODGJ) is returning the sufferer to the family environment and doing the treatment with family help (Kyriopulos, et al., 2016; Suhermi & Jama, 2019).

Family support in preventing recurrence includes hopefulness, information, and emotion (Eni & Herdiyanto, 2018). This shows that the family's vital role is necessary to support the healing process of people with mental disorders. Also, it is significant that family support and their health knowledge on mental disorders are provided as it is part of the healing process for people with mental disorders.

Green (in Notoatmodjo, 2003) stated that behavior is influenced by three main factors, namely: predisposing factors, enabling factors, and reinforcing factors. The family is the main support system providing direct basic care for every patient's (healthy-sick) condition. The family is also a service unit providing health services to patients and the community (Sari & Fina, 2011).

Family Behavior in Caring People with Mental Disorders, according to Keliat (2011), family plays a significant role in supervising and paying attention to drug therapy in treating people with mental disorders. It includes checking the patient's name at the drug place, mentioning the patient's drug name, drug dosage, how to take and the time to take the medication, the effect of the patient's medication and consequences of not taking the medication, and revisiting the public health center (*puskemas*) if the medication runs out. The COVID-19 pandemic is a global crisis that threatens public health not only physically but also mentally. Being overexposed to bad

news makes people anxious about their own lives, family, closest friends, and even their surroundings (Sulastri et al., 2018).

5. Conclusion

This review can answer the study's purpose: to find works of literature to gain a deeper understanding of the family behavior interventions carried out by the family members towards people with mental disorders and the appropriate handling to them. Altogether, the intervention carried out by the family in caring for family members with mental disorders (*Orang Dengan Gangguan Jiwa - ODGJ*) immensely affects their life quality. Health education for families also highly influences family knowledge in caring for families with mental disorders.

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