The Importance of Family Support in Mental Wellbeing: The Impact of Dependency, Disharmony, and Inability to Address Mental Health Issues

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A R T I C L E   I N F O

A B S T R A C T

This study examines the relationship between family support and individual mental health, focusing on the phenomena of over-reliance on family support, disharmony within the family, and the family's inability to recognize or address mental health problems. Family support plays an important role in an individual's mental and emotional wellbeing, but over-reliance can worsen psychological conditions in the long-term. Family disharmony, which includes conflict or domestic violence, negatively impacts an individual's mental health, triggering psychological disorders such as anxiety, depression, and Post-Traumatic Stress Disorder (PTSD). The family's inability to recognize and address the mental health issues of family members can worsen their psychological condition, as uncaring or unaware families often ignore early symptoms of mental disorders. This study emphasizes the importance of family awareness of mental health, to prevent more serious mental health problems and improve individual wellbeing. It is hoped that the results of this study can provide insights for better interventions to support the mental wellbeing of family members, as well as encourage families to seek professional help early on.

INTRODUCTION

In modern societies, social wellbeing and mental health are increasingly receiving serious attention as important factors in the lives of individuals. This phenomenon encompasses various elements that affect a person's quality of life, ranging from economic conditions, education, to the social relationships that exist in their lives. One of the main factors that is widely discussed is the role of family as a source of emotional and social support. Many studies have shown that family plays a crucial role in shaping an individual's mental wellbeing, both for dealing with stress, managing emotions, and for living daily life. Family support often serves as the main crutch when individuals face psychological problems or challenges in their lives.

There is variation in the type and quality of family support received by individuals, which has a direct impact on their mental health. Support provided by family members can take the form of emotional, social or financial support, all of which have different roles to play in influencing mental wellbeing.

For example, family members who provide emotional support in the form of empathy and care can help individuals to cope more easily with feelings of stress, anxiety or depression. Family that lacks support or even adds to the burden of stress can worsen an individual's mental state. The existence of healthy family relationships is essential to ensure individuals have a strong foundation to deal with the pressures of life.

Attention to family support as a factor in individual mental wellbeing is increasingly recognized. Several countries have designed social programs that support the strengthening of the family as a key support system for mental health. Policies such as maternity leave, social assistance, and family mental health services aim to ensure support for people with mental illness. This phenomenon affects individuals personally, and has far-reaching impacts on existing social policies and health services in society. Family support is considered a key pillar for maintaining emotional and mental stability, which can further improve overall quality of life.

One of the main issues that arises regarding the relationship between family support and mental health is the over-reliance on family as the sole source of support. This can lead to individuals becoming highly dependent on family members to fulfill their emotional and social needs. This kind of dependency can worsen an individual's mental health, especially if the family is unable to provide adequate support or is experiencing their own internal problems. Individuals not only lose access to effective support, but can also feel overwhelmed by negative family dynamics. Research by Turner et al. (2017) suggests that over-reliance on family support can lead to feelings of isolation or lack of emotional independence in individuals, which can worsen their mental state. When individuals rely solely on family, they may struggle to build other social networks that are important for mental wellbeing. The existence of diverse social networks is instrumental in helping individuals cope with stress, build self-confidence, and gain a broader understanding of the challenges they face.

Disharmony in the family is also a serious issue that has a direct impact on an individual's mental health. Family conflict, domestic violence, or poor communication between family members can create an unsupportive environment for individuals, even damaging their mental health (Segrin & Flora, 2016). Ongoing tension between family members can create an emotionally unstable atmosphere, making individuals living in it vulnerable to prolonged psychological distress. Research conducted by Cohen and Wills (1985) shows that conflicts that occur in the family, whether it is an open dispute or unresolved tensions, can cause individuals to experience anxiety, depression and other emotional disorders. In many cases, individuals living in a conflicted family environment may feel trapped in a difficult situation, with no support they can rely on to overcome their problems.

It is not uncommon for families to be unable to recognize or identify mental health problems experienced by one of their family members. This is often due to a lack of knowledge or understanding about mental health as well as the stigma attached to psychological problems in some cultures. As a result, individuals experiencing mental illness may not get the support they need, or even be ignored in their healing process. According to research conducted by Patel et al. (2018), many families in developing countries, for example, tend to turn a blind eye to the mental health problems of their family members, seeing them as something shameful or not worth addressing. The family's inability to understand and deal with mental illness can worsen the individual's condition and reduce the sense of support.

The importance of observing the relationship between family support and mental health cannot be underestimated, as it has a significant effect on an individual's long-term wellbeing. Disharmony or over-reliance on family as the sole source of support can lead to individuals developing more serious mental disorders, such as chronic depression, anxiety and Post-Traumatic Stress Disorder (PTSD) (Herndon & Law, 2014). Over time, these issues can affect quality of life, social relationships and even performance in work or educational settings. If left unaddressed, these negative impacts can continue into adulthood or even for life. Observing this phenomenon is therefore crucial to identifying factors that can worsen an individual's condition and finding ways to reduce the risk of mental disorders developing over time.

Observations on the relationship between family support and mental health are also highly relevant for the formation of better social policies. In many societies, families are the first social unit to address mental health issues, yet they often lack the resources or knowledge to do so effectively. This points to the need for attention to how public policy can help strengthen the capacity of families to support family members with mental illness. Social programs that involve families as part of the mental health support system can play an important role in the prevention and treatment of psychological problems. By understanding this urgency, it is hoped that policies based on family support can be created to improve the overall quality of life in society.

The purpose of this study is to analyze how over-reliance on family support can affect individuals' mental health in the long-term. This research aims to identify the negative impact of unbalanced dependence on family, which may cause individuals to feel isolated or struggle to develop emotional and social independence, thus worsening their mental health condition.

This study aims to explore the influence of family disharmony on the mental health of family members, particularly within the scope of domestic conflict or violence. This research will explore how family tensions and conflicts can create an unhealthy environment, potentially leading to mental disorders in the individuals involved.

Another objective was to examine the extent to which a family's inability to recognize or address a family member's mental health problems may worsen their psychological state. This research aims to understand how family misunderstanding and stigma around mental health can prevent individuals from getting the support they need and thus worsen their psychological state.

RESEARCH METHOD

The research method used in this study is a literature study approach that aims to review various research results and theoretical sources related to the relationship between family support and mental health. This approach allowed the researcher to identify, analyze, and summarize previous findings relevant to understanding how the role of family support can affect the mental wellbeing of individuals in society. The literature review involved selecting journal articles, books, and previous research that focused on family factors that influence mental health in terms of emotional, social, and financial support (Hernandez & Blanchard, 2019). This approach is expected to provide a clearer picture of the various dynamics involved in the relationship between family and mental wellbeing.

In addition, this literature review also considers various theories underlying family interactions related to mental health. Theories such as social support theory (Cohen & Wills, 1985) and social stress theory (Pearlin et al., 1981) will be used as a framework to analyze the role of family in moderating stress and helping individuals cope with emotional challenges. By reviewing the relevant literature, this study will explore how family factors can act as a protector or exacerbate an individual's mental health condition, especially in the face of social and personal stressors. It will also identify shortcomings and gaps in previous research, which may provide direction for future research in this area.

In the process of collecting data through literature review, the researcher will utilize trusted academic databases, such as Google Scholar, JSTOR, and PubMed, to search for relevant and current scientific articles. The references used will consist of studies that have been published in accredited journals, academic books, as well as government or organization research reports that focus on mental health and family issues (Barrera et al., 2017). This method is expected to provide a comprehensive understanding of the role of family in influencing mental wellbeing, as well as generate findings that can be used to inform social policy and more effective interventions.

RESULT AND DISCUSSION

The Impact of Overreliance on Family Support on Individual Mental Health

Over-reliance on family support can affect an individual's mental health in the long-term by creating an imbalance in stress and emotion management. Individuals who rely heavily on family to fulfill their emotional or social needs may have difficulty developing healthy stress management skills.

This may cause them to be more vulnerable to mental disorders, such as anxiety and depression, as they have not learned to cope with life's challenges independently. Research by Turner et al. (2017) shows that individuals who rely too much on others, including family, to cope with personal problems tend to lack the ability to manage life stresses effectively, which ultimately worsens their mental wellbeing.

Over-reliance on family can lead to the formation of unhealthy relationship patterns. While family support is important, over-reliance on the family as the sole source of support can limit the development of personal capacity to build independent and balanced relationships. When individuals are overly dependent on family, they may not develop diverse social relationships or external support networks that can help them deal with life's stresses and challenges. Research by Barrera et al. (2017) emphasized that diversity in social networks is crucial for mental wellbeing as it can provide a variety of different perspectives and resources. Without a healthy social network outside of the family, individuals who rely solely on their family can feel isolated, which can worsen their psychological state in the long-term.

This reliance can also prevent individuals from developing emotional independence which is important for mental health. Emotional independence includes the ability to manage one's own feelings, make life decisions, and deal with difficulties without relying on others. When individuals are overly reliant on family support, they tend to be poorly trained in managing their feelings independently, especially in stressful or conflictual situations. According to research by Heller et al. (2014), individuals who have high levels of emotional independence tend to have better mental health, as they are better able to face life's challenges independently. Over-reliance on family inhibits the development of this independence, which in turn can lead to an inability to manage stress and cope effectively with negative feelings.

When an individual experiences emotional or psychological distress, the family is often the first place to turn for support. Families are considered the primary source of security and comfort, as they provide a sense of acceptance and protection. However, if the support provided is excessive and over-indulgent, the individual may not learn how to cope with their own problems. Results from research by Cohen and Wills (1985) suggest that excessive social support can cause individuals to feel anxious or not independent enough. It can also affect their ability to deal with stress or major life changes, such as job loss or broken relationships, which could worsen their mental health in the future.

Over-reliance on family can also create emotional burdens for family members themselves, which can lead to internal conflicts and tensions. When an individual depends too much on the family, family members who provide support can feel depressed or even emotionally exhausted. Research by Long et al. (2016) revealed that family members who are the source of excessive emotional support may experience stress, which can lead to conflict within the family. When these pressures are not managed well, communication within the family can suffer, and relationships between members become vulnerable to misunderstandings, frustration, or even emotional withdrawal. This conflict can worsen the mental health of the individual who relies on the family support, creating a vicious cycle that hinders the wellbeing of both parties.

Over-reliance can also lead to a lack of healthy social skill development. Individuals who depend on the family for all aspects of their lives may not develop communication and social interaction skills that are essential for relationships outside of the family. Research by Walz et al. (2019) suggests that the ability to interact with others in a healthy and effective manner can reduce stress and improve mental wellbeing. Too high a reliance on a single source of support creates vulnerability, as individuals have no alternatives in the face of social or emotional distress. Without adequate social skills, family-dependent individuals can feel uncomfortable or isolated in the wider social environment, potentially worsening their psychological state. Quality social relationships can be a diverse source of support and provide new perspectives in dealing with life's challenges.

Over-reliance on family can exacerbate existing mental health issues, especially when individuals experience psychological disorders such as anxiety or depression. In situations where individuals constantly rely on family members for emotional support, they may overlook the importance of seeking more structured and effective professional help. Research by Gorman et al. (2018) suggests that while family support can provide a sense of security and comfort, it is often insufficient to address more serious mental disorders. When individuals do not get appropriate interventions, such as therapy or counseling, they risk getting stuck in an unhealthy pattern of dependency, where they feel unable to cope with their own problems. This dependency can result in an increase in psychological symptoms, as individuals do not learn to develop the necessary coping skills to face life's challenges independently. It is important to balance the role of family with access to professional mental health services.

Over-reliance on the family can create an unbalanced dynamic in the relationship, where the individual feels trapped in the role of the "needy child" and family members feel burdened by the responsibility to provide support. This can lead to tension and conflict in family relationships, which can further deteriorate the individual's mental health condition. Without a better and professional approach, over-reliance on family can be a hindrance in the recovery process. It is important for individuals experiencing mental health issues to seek help from experienced professionals, who can provide more targeted and effective support. Professional interventions help individuals cope with symptoms, and provide the necessary tools and strategies to build resilience and independence. As such, the combination of healthy family support and appropriate professional intervention can create an environment more conducive to recovery and personal growth, allowing individuals to better cope with their mental health challenges.

The Effect of Family Disharmony on the Mental Health of Family Members

Family disharmony, particularly related to conflict or domestic violence, can have a significant impact on an individual's mental health. Research shows that individuals who grow up or live in a family environment full of tension and conflict often experience emotional and psychological disorders. Stress arising from uncertainty in family relationships, such as frequent involvement in arguments or violence, can lead to anxiety, depression and PTSD. For example, research by Kessler et al. (2005) showed that individuals exposed to domestic violence tend to experience more severe anxiety and depression disorders compared to those who grew up in a more stable environment.

The impact of family disharmony can greatly affect an individual's emotional development, especially in children and adolescents. Children who live in families filled with conflict or violence often face difficulties to build a sense of security and trust. Research by Kim et al. (2011) states that family disharmony, especially involving physical or verbal violence, can hinder children's emotional and social development, leading to problems in their interpersonal relationships later in life. Children who are exposed to family conflict often show higher levels of anxiety, as well as having a tendency to develop aggressive behavior or withdraw from the social environment. This pattern if not addressed early on can carry over into adulthood and increase the risk of developing mental disorders.

Persistent family conflict can lead to feelings of low self-esteem and helplessness in the individuals involved. When a person is often in situations where they feel unappreciated or unsafe, this can affect their self-esteem (Pu et al., 2017). This decrease in self-esteem becomes a risk factor for mental health disorders such as depression, anxiety, and even eating disorders. Individuals with low self-esteem tend to have a negative assessment of themselves, feel unable to face life's challenges, and are more easily affected by emotional distress. According to research by Briere (2006), individuals who experience domestic violence or conflict have a tendency to feel helpless and trapped in a negative loop, which contributes to their vulnerability to psychological disorders.

Family disharmony can contribute to PTSD in individuals who experience domestic violence. When individuals are exposed to violent situations or threats of violence on an ongoing basis, they can develop extreme stress reactions, which in the long-term can contribute to the onset of PTSD. Several studies have shown that domestic violence is one of the main factors causing PTSD, which can interfere with an individual's daily life. Research by Rothbaum et al. (2014) revealed that victims of domestic violence often experience ongoing PTSD symptoms, including nightmares, excessive anxiety, and fear of their surroundings. This condition can disrupt emotional balance and cause the body and mind to react in extremes to stimuli reminiscent of the traumatic event, even though the actual danger is no longer present.

Disharmony in the family can also affect an individual's mental health in the form of sleep disturbances and other physical problems. The stress generated by constant conflict can disrupt a person's sleep patterns, which can further deteriorate their mental health. Sleep disturbances are often associated with increased levels of anxiety and depression, which are harmful in the long-term. Research by Sadeh (2011) shows that chronic stress due to family disharmony and domestic violence can lead to sleep disturbances that impact the mental and physical wellbeing of individuals.

In addition to the psychological impact felt by direct victims, disharmony in the family can also affect other family members, such as siblings. In some cases, children who witness violence or conflict in the family, even if they are not directly involved, can also experience negative impacts on their mental health. Research by Hines et al. (2004) showed that children who witness domestic violence tend to experience serious emotional and behavioral problems, including anxiety, depression, and an increased tendency to engage in violence as adults.

Family disharmony can exacerbate mental health problems in individuals who already have a history of psychological disorders, creating a cycle that is difficult to break. When individuals who have experienced previous trauma or mental difficulties are exposed to conflict or violence within the family environment, they become more vulnerable to the negative effects. Research by Widom (2000) suggests that childhood experiences of violence and emotional instability can exacerbate symptoms of mental disorders in adults, even if they did not experience further violence after childhood. This instability can result in individuals feeling trapped in a negative mindset, where they constantly internalize insecurity and helplessness. As a result, the individual may have difficulty establishing healthy and stable relationships in adulthood, further exacerbating their mental health condition.

Disharmony within the family can hinder individuals' recovery process from their psychological disorders. When individuals do not have adequate emotional support from family members, they may feel isolated and have nowhere to share their feelings or experiences. This can result in increased symptoms of depression, anxiety and PTSD. Family disharmony often creates an unsupportive environment for individuals to seek professional help, as stigma or unfamiliarity with mental health may prevent them from getting the necessary treatment. Research shows that strong social support from family can serve as a buffer against the negative impact of stress and trauma so it is important for families to create a safe and supportive environment. As such, interventions that focus on improving family dynamics and enhancing communication can be an important step towards helping individuals struggling with mental health issues so that they can begin a more effective and sustainable healing process.

The Family's Role in Recognizing and Addressing Mental Health Issues of Family Members

A family's inability to recognize or address a family member's mental health problems can worsen an individual's psychological state in a variety of ways. Families are the first social unit that should be able to detect and respond to mental health problems, but if they fail to identify early symptoms or ignore the importance of professional treatment, the problem can develop into a more serious disorder. Research by Thoits (2011) shows that neglect of mental health problems in the family can worsen the psychological condition of the individual as there is no attempt to provide the necessary support from the start.

Without proper recognition, individuals with mental disorders are likely to feel isolated and have no space to get the help they need.

Family ignorance or lack of understanding about mental health issues can also exacerbate the social stigma that often accompanies mental illness. In many cultures, mental illness is still considered a shameful or "abnormal" problem, which can cause individuals to feel ashamed to seek help. Research by Corrigan (2004) emphasizes that the stigma that individuals with mental health problems face comes from society, and often comes from families not understanding or responding to mental illness in a supportive way. When families are unable to accept or recognize these conditions, it adds to the psychological burden that individuals experience, which exacerbates their feelings of inferiority and hopelessness. Not only do individuals have to struggle with the symptoms of mental illness themselves, but they also have to deal with rejection and unsupportive attitudes from those closest to them. This not only hinders the recovery process, but also increases the risk of chronicity of the mental disorder.

Family's inability to deal with a family member's mental health issues can cause strain in relationships between family members. When mental health issues are not addressed in a healthy and supportive way, family conflicts can escalate, creating a stressful environment. Instead of being a safe and supportive place, the home can turn into an emotionally stressful environment, which worsens the relationship dynamics within. Research by McLeod (2007) shows that tension in the family, due to a lack of knowledge on how to deal with mental disorders, can worsen an individual's psychological state. A disharmonious and conflicted family environment will only add to the emotional stress already experienced by individuals with mental illness, making recovery more difficult. Improving the family's capacity to understand and address mental health issues is essential, not only for the wellbeing of the individual experiencing the disorder, but also to maintain the balance and harmony of the family relationship as a whole.

In addition, the family's inability to provide appropriate support may also deter individuals from seeking professional help. Without support to seek professional help, individuals with mental illness are less likely to receive proper intervention. Research by Shattell et al. (2007) found that in many cases, individuals with mental health problems felt unsupported by their families to seek medical care, resulting in delays in the treatment of the disorder. This delay can worsen their condition, which can lead to more chronic and difficult-to-treat disorders.

Ignoring the importance of mental health care can also lead to an increased risk of more severe mental disorders. In some cases, families who are unaware of or do not address mental health issues may ignore warning signs and dismiss the disorder as a problem that can be solved by "will power" or "mental betterment." This can cause the individual experiencing mental illness to feel unappreciated or understood, which exacerbates their sense of hopelessness. This can lead to individuals experiencing mental illness feeling unappreciated or understood, which exacerbates their sense of hopelessness. Research by Kessler et al. (2003) revealed that failure to recognize mental disorders early on can increase the risk of more complex psychological disorders, such as major depression or long-term anxiety disorders.

In the case of families with multiple members experiencing mental health issues, the inability to deal with one issue can have an impact on the psychological state of other family members. For example, if one family member suffers from depression or anxiety and the family fails to provide enough support, it can affect the overall family dynamic. Research by Dierker et al. (2002) showed that families with members who have mental health problems often experience increased stress, which can worsen their psychological state, whether they are directly involved in the mental problem or not. An environment that is constantly filled with emotional stress can lead to frustration, psychological exhaustion, and even internal conflict, which in turn increases the risk of new mental disorders emerging in the family.

A family's inability to recognize or address mental health issues can significantly reduce the quality of life of the individual experiencing them. In many cases, a lack of understanding about mental health within the family can result in an inability to provide appropriate emotional support. Families who do not have adequate knowledge of the symptoms and impact of mental illness may not realize the seriousness of their member's condition (Jorm, 2012). This can lead to unsupportive behaviors, such as blaming the mentally ill individual for their condition or ignoring their emotional needs. Research by Finkelhor et al. (2014) showed that the quality of life of individuals experiencing mental health problems is strongly influenced by the support provided by their families. When the family is unable to provide the necessary support, the individual may feel alienated and not understood, which can worsen their psychological condition and hinder the recovery process.

The family's inability to recognize mental health issues can create an environment that is not conducive for individuals to thrive. When individuals feel unsupported or even blamed, they may be reluctant to share their feelings or seek help, which can exacerbate social isolation and increase the risk of depression and anxiety. This unsupportive environment can result in individuals feeling trapped in a negative cycle, where they struggle with symptoms of mental illness, and with feelings of inferiority and helplessness. It is important for families to gain better education and understanding of mental health so that they can provide more effective and empathetic support. By increasing awareness and knowledge about mental health issues, families can act as a strong source of support, helping individuals to feel more connected and empowered to deal with the challenges they face. Proper recognition and treatment of family-related mental health issues can contribute to improving individuals' quality of life and creating a healthier and more supportive environment.

CONCLUSION

The conclusion that can be drawn from the whole description of the relationship between family support and mental health is that the role of the family is crucial to support the psychological wellbeing of individuals. The support provided by the family can improve an individual's mental state, but if the support is inappropriate or excessive, it can have a negative impact. Excessive dependence on family, for example, can prevent individuals from developing the emotional independence needed to face life's challenges. Family disharmony, such as conflict or domestic violence, can worsen an individual's psychological state, increase the risk of mental disorders, and worsen relationships between the family members involved. The family's inability to recognize and address the mental health concerns of family members can also worsen an individual's psychological state, due to ignorance or neglect of these mental needs.

The family's role in recognizing the symptoms of mental health problems is crucial to prevent more serious conditions. When families are unable to provide adequate support or fail to recognize the signs of mental illness, the individuals involved are likely to feel isolated and unsupported, which can exacerbate their disorders. Families who are able to provide healthy support and understand the importance of professional treatment will help the individual in the recovery process and reduce the negative impact of the mental problem. Over-reliance, while it may provide temporary comfort, needs to be balanced with the development of individual independence to manage emotional and mental problems.

Based on this analysis, it is recommended that families be given a better understanding of mental health and effective ways to provide emotional support without overdoing. It is important to reduce the stigma associated with mental disorders in families and societies, and encourage individuals experiencing mental health problems to seek professional help. Families also need to be trained to recognize the early symptoms of psychological disorders so that they can take appropriate steps early on. It is also important to encourage individuals in the family to develop emotional independence, so that they can better cope with life's challenges independently, reduce over-dependence, and maintain healthy family relationships.

When it comes to disharmony or domestic violence, it is important to educate families about the long-term impact of such conflict on individual mental health. Handling conflict more constructively, by prioritizing healthy communication and emotional support, can help reduce the negative impact on the mental health of family members. Professional interventions such as family therapy or counseling can also be effective measures to address tensions and improve harmony within the family. In the long-term, a more caring and understanding approach to mental health issues will strengthen individuals' mental resilience and help families build a healthier environment for all members.

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