

## **FAMILY COHESION - AN IMPORTANT FACTOR IN THE FUNCTIONING AND WELL-BEING OF MENTAL HEALTH**

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### **ABSTRACT**

The idea of this article is related to important psychic and psychological issues as an intercorrelational phenomenon with family cohesion, a phenomenon which has to do with the productivity of human life in society with reference to the functioning and well-being of mental health.

The essential purpose is to explicitly present the events by looking at the eclipses of the lives of people with various psychological and psychiatric disorders, in such cases it is sometimes noticed that they have lost the desire to continue the normalcy of their daily lives, further following in the prejudice expressed by the society that exercises this category.

Also, the same goal is to shed light on the importance of family cohesion and its relationship with the well-being of mental health, at the same time to lay a screen, to give a kind of orientation on which connotation this phenomenon should be researched,








In this article we want to present theoretical contributions to provide guidance for future research regarding family cohesion as an important factor in the functioning and well-being of mental health.

The family is considered as the cornerstone of society, it is sacred in almost all cultures and all countries, but what is essential and lets us know are the life dynamics which also make interesting the form of living in family communities.

In both pre-modern and modern societies, it is seen as the basic unit of social organization (Haralambos & Holborn, 2000).

Family cohesion is defined as the emotional connection that family members have to each other (Olson, Russell, & Sprenkle, 1982). The institution responsible for the general population is essentially the family itself.

### **BASIC FAMILY NEEDS**

-  The feeling of being worthwhile
-  Safe environment
-  Proximity and sense of solidarity
-  Sense of responsibility
-  Learning to overcome challenges
-  Environment of individual happiness and self-actualization
-  Environment of forming the basic conditions for a mentally healthy life

## The Importance of Family Cohesion

When an individual experiences mental health problems, it can affect all family members and the relationships between them. People usually see problems in different ways and may not know what to do to solve them.

Cohesion is a type of family therapy that helps families or individuals within a family to understand their interactions with each other in moments when they have different problems. It enables family members to understand how the problem affects the family and social system. This interactive connection is based on the theory of respecting the values and beliefs of the family. The family can explore rules, roles, and habits that may have contributed to the problem.

Family cohesion helps people to help each other in close relationships, this connection enables family members to express and explore different thoughts and feelings in a safe environment, to understand each other's experiences and perspectives, to appreciate and respect the needs of each member and make positive changes in their relationships and lives.

Interacting and connecting with family members helps a lot in treating people with mental problems, they need the support and backing of their family members. Ex.

- ✚ In terms of mental health is an important factor in managing various symptoms in one or more members, such as: anxiety, depression, hyperactivity, etc.
- ✚ Solve problematic relationships in the family or with others, reduce stress with others, reduce personality problems, increase healthy relationships, etc.

A genuine bond between family members also helps in managing anger such as:

- ✚ Learning skills to express anger in non-violent ways,
- ✚ Solving the problem without becoming abusive,
- ✚ Change of attitudes and beliefs etc.

An individual who lives in a difficult environment where there are problems of various natures, be they social or economic, make the individual who lives in this noisy, anxious and aggressive environment, will undoubtedly experience the disease more severely, will be more emotionally disturbed and more aggressive.

Irregular family discipline and lack of family support increase the likelihood of antisocial behavior.

Meanwhile, individuals in whom the first source of social and emotional support is the family, tend to have better adaptation to the surrounding social environment.

Individuals mistreated by family members score higher levels of aggression or withdrawal, behaviors that limit their chances of being socially acceptable.

Decreased emotional attachment or cohesion can result in the appearance of problems, such as antisocial behavior or even the appearance of inferiority complex.

Lack of emotional connection in the family makes them find themselves incapable of work and worthless to society and the community, this lack makes psychiatric persons victims of violence, offended and insulted by others, this can lead to rash their, in suffering and loss of motivation for life.

Among other things, as a result of the lack of this connection, they make people more aggressive, use violence against others and have disordered behavior and outside social norms, such as theft, abuse, narcotics, etc.

Meanwhile, the cohesive and functional forces of interaction and cooperation, inseparable from warmth, understanding, well-being, support, support and genuine relationship, lead to a calmer and easier life that favors and helps in the productivity of mental health.

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