



The Importance of Family Cohesion in the Mental Health Well-Being of People Affected By Cancer in Coping with Adversity

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Abstract

The family is a universal and necessary institution for human survival in all societies, it is considered the cornerstone of society, and it is the hallmark of almost all cultures and all countries. This paper aims to present theoretical contributions to provide guidance for future research. The idea of this presentation was about the important psychic and psychological issues as an intercreative phenomenon with family cohesion, this phenomenon which has to do with the productivity of human life in society with reference to mental health functioning and well-being. The essential purpose of this presentation is to explicitly present the events by looking at the eclipse of the lives of individuals with various psychological concerns who suffer from cancer, in such cases it is sometimes observed that they have lost the desire to continue living, further seeing themselves as incapable and a burden to their families. The second aim of the ranking, but of equal importance, is to shed light on the importance of family cohesion and its relationship to mental health well-being, while at the same time front, to give some kind of orientation in which connotation to research this phenomenon, This article is based on the theoretical method by applying theoretical principles and logical rules, dealing with developed systems of knowledge on the cohesive link family, first of all we emphasize that the description of the phenomenon in question is used in the article.

Keywords: Family; Cohesion; Well-being; Mental health; Cancer; The patient

Introduction

The Importance of Family Cohesion

Cancer affects family and friends, not just the person with the disease, feel anxious, angry or scared. They may be very supportive, or they may start acting differently towards you. Feel guilty that they are not sick, they may feel helpless, not knowing how to help you. Cohesion is a type of family therapy that helps families or individuals within a family to understand their interactions with each other at times when they have different problems.

The moment a patient is diagnosed with cancer, he or she may feel that his or her life has ended

Control. They may think:

- If they will live.
- If the daily routine will be interrupted by medical visits and treatments.
- If medical terms will be used that they will not understand.
- If they will be able to perform daily activities.

Important for this stage is getting as much information as possible from the doctor about cancer disease.

Knowing and accepting the diagnosis of cancer is one of the most difficult stages for the patient. It happens that the patient may not accept this diagnosis. Denial is a serious problem for the patient, because the longer the period of denying the diagnosis, the more difficult it is receiving the necessary treatment for the patient. However, the majority of patients diagnosed with cancer accept the disease and begin to follow the procedures step by step. Patients diagnosed with cancer often feel angry. It's normal to

ask, "Why me?" and feel angry. They may also feel anger or resentment towards health care workers, relatives, friends, etc. Anger can also be a consequence of not having information about the disease and treatment.

A patient diagnosed with cancer may feel fear and worry about:

- Pains that may occur during the treatment.
- Care to be provided to the family
- Other family obligations
- Job retention

Some cases of fear related to the diagnosis of cancer are related to wrong information that can get for the disease. Some patients learn to cope with their fears and anxieties about the disease when they receive the necessary information. Then they may feel less afraid and are more informed of the consequences they may have. Some studies even suggest that people who are well informed about their disease and treatment are more likely to follow treatment plans and recover from cancer more quickly than those who do not receive this information. Before and after treatment, it can be normal for patients diagnosed with cancer to experience stress as a result of the changes that occur with their health. The state of anxiety, generally causes that patients feel tense during treatment. Some of the signs that can be noticed are:

Frequent heartbeats

- Muscle pain or headache.
- Increased or decreased appetite
- Stomach problems
- Excessive sleep or lack of sleep
- Difficulty concentrating
- Sadness
- Sensation as if something is tight in the throat
- Etc.

If the patient has any of these signs, it is important to talk to the doctor. Although these are common signs of stress, every patient would like to know if they are caused by medication or treatment. If the patient is concerned about the stress they are experiencing, the doctor should suggest a mental health professional. This patient can attend counselling sessions, information on how to cope with stress. It is important to find ways to control stress and not let stress control the patient.

Depression

Many people diagnosed with cancer feel sad during the information and treatment they receive about the cancer disease. They may feel that they are losing the good health they had before they learned they were diagnosed with the disease.

They feel tired.

- They may have very little energy,
- Feeding problems,
- Sleep problems,

- Etc.

For some patients, these feelings go away or diminish over time. But for some others, these feelings can become stronger. These worries can accompany them constantly patients and the patient may go into severe depression. For some patients, these feelings go away or diminish over time. But for some others, these feelings can become stronger. These concerns can constantly accompany these patients and the patient can go into a severe depressive state.



The Role of the Family in Coping with Difficulties

When someone has cancer, everyone in the family must take on new roles and responsibilities. A child may have to do more work, a spouse may have to help with the treatment process, sometimes even leaving work it may be difficult for some to adjust to the circumstances created Cost of treatment (stress around securing money). Interaction and connection with family members helps a lot in the treatment of health, they need the support and support of their family members. An individual who lives in a difficult environment where there are problems of various natures, whether social or economic, make the individual who lives in this noisy environment, worried without a doubt that he will experience the disease more severely, will be more emotionally disturbed. Irregular family discipline and lack of family support increase the probability of antisocial behaviour. Meanwhile, individuals for whom the first source of social and

emotional support is the family, tend to have a better fit with the surrounding social and social environment.

Emotional Support

It is important to provide emotional support in different ways. In such situations, talking to other people diagnosed with cancer can help. Other patients may feel better talking to just a close friend or family member. The important thing is that the patient does what makes him feel better [1-4].

Conclusion

The weakening of emotional connection or cohesion can result in the appearance of problems, such as antisocial behaviour or even the appearance of an inferiority complex. As a consequence of the lack of this connection, individuals may blame themselves for the shocks they cause to relatives, family members or worry because they feel themselves as a burden to others. The lack of emotional connection in the family made them see themselves as incapable and worthless for society and the environment, this lack made people feel lonely, this could lead to their depression, suffering and loss of motivation for life. The ideal that we think of is that the family is where we can rely and always receive support, from which we get strength and thoughts for which we feel love and concern and which make us feel close, feel good when we openly share our feelings and thoughts ours. Meanwhile, the cohesive and functional force of interaction and cooperation, inseparable from warmth, understanding, kindness, support, support and genuine relationship lead to a calmer and easier life that favours and helps in productivity and mental health well-being.

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