

Emotional Support Needs In Coping With Health Issues: A Narrative Review

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Abstract:

Current research is extending our knowledge of the wellness or chronic disease influences of emotional support. Many epidemiological studies have focused on further connecting emotional support measures to physical health performance. There are also common programmes seeking to apply fundamental research on the beneficial effects of emotional support. Although the effects of such treatments in many populations of chronic diseases indicate that they affect the quality of life. A recent finding also indicates that the emotional support of others may be health-protective.

Key Word: *Emotional support, physical health.*

1. INTRODUCTION:

The beneficial effects of being engaged in a supportive relationship for overall well-being (E.g. Burman & Maargolin, 1992) and chronic disease adaptation (e.g. Cutrona, 1996) have been well established (1). Help is also further broken down into various categories, such as instrumental support and emotional support, as individuals often choose different types of assistance depending on the situations (2). For the emotional support construct, the meaning was suggested; most theories have conceptualized care, concern, affection, and interest, especially during times of stress or anger. A major part of emotional support system is captured by such concepts. For instance, emotional support often involves helping distressed people work through their frustration by listening to, empathizing with, legitimizing, and actively discussing their emotions, in addition to expressions of compassion, and affection (3).

Researchers have shown great interest in the support phenomenon over the last 30 years, particularly in the sense of health. Current research has concentrated on expanding knowledge in this field. This involves support effects in chronic disease populations on morbidity, mortality, and quality of life, understanding the mechanisms responsible for such correlations, and how we might adapt these finding to design effective strategies (2). Sometimes through finding emotional support from friends, family members, or others in our social network, we deal with these distressed states; nevertheless the notion seems to include a wider range of phenomena. Overall, the main characteristic of most emotional assistance conceptions is a helper's deliberate attempt to help a target cope with a perceived state of affective distress (3).

Some research provides certain perception into the essence of a sick patient's caregiving. Emerging trends of the disease were the support criteria, emotional effect of care and coping strategies. Also illustrated was the role of health and social care practitioners in helping carers. The caregivers thought their position was highly stressful and sometimes overly stressful, and many expressed concern about the negative effects on their physical and

mental health. It was highlighted that the need for awareness and skills, emotional support, a break from caring and financial assistance were essential factors in causing stress (4). It is important to remember that support is operationalized in many different ways in these studies. Help can be conceptualized more commonly in terms of the systemic components (e.g. social integration: being part of various networks and engaging in social and functional components (e.g. different forms of individual transactions, such as emotional support or favours) (2). Efforts to address an emotionally disturbing problem by offering data and advice may also be viewed as forms of emotional support (4). The goal of current research is widening our knowledge of the health benefits of emotional support.

The implication of emotional support:

Emotional support is only one type of support that people regularly seek and provide Psychological, Physical, and Relational Outcomes. Other forms of support that theorists commonly describe (e.g., Cutrona & Russell,1990; House,1981) include support for the network (expressions of attachment and belonging), support for knowledge (information and advice), and concrete assistance (offers of money, physical intervention, material aid). While emotional support is only one of many forms of support, significant research shows that it is particularly important, with notable psychological, physical, and relational results (3).

What do patients really want?

While it is the person who is diagnosed with chronic disease, with the disease, the entire family experiences life. Chronic illness is a multidimensional experience; multidimensional care may also be the most beneficial for families dealing with chronic illness (5). The experience of cancer is an incredibly traumatic one for many cancer patients and their families. For most cancer patients during their illness, emotional support is vital and can be obtained from various individuals and services. A total of 86 percent of patients were pleased with the emotional support provided or very satisfied with it. Patients who demonstrated frustration with their emotional support were also more likely to be depressed and anxious. In the course of their illness, patients who used information sources were more likely to have a higher control locus. These findings illustrate how critical the role of the doctor is in providing emotional support (6).

2. CONCLUSION:

On concluding the topic as a health care professional we should need to consider the patient center management while providing treatment to the patient rather than therapist centered. For e.g. on looking at any chronic ill patients generally the practitioners focus on the pathology of the disease, posture, and overuse rather than considering the psychological factor of the patient which plays an important role. Moreover whenever we are treating any kind of chronic illness we need to provide a positive emotional support to the patient as it will help for early recovery of an individual.

Literature gap:

Whenever we are treating any patient with any treatment for their illness we have to focus on their psychological status as the patients is already depressed, anxious about their condition. As Emotional support is the major factor in recovery of those patient which are fighting with chronic diseases.

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