

# To Assess the Problem Faced and Coping Strategies Used by Adolescents with Mentally Ill Parents in Selected Hospitals, with A View to Develop Information Guide Sheet'

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**Abstract:** *Adolescents living with a mentally ill parent face a lot of challenges in their daily life. Involving the adolescents in the planning of treatment and care of the parent can help the adolescents gain a better insight into the condition of their parents and in dealing with them. Therefore, a study was conducted to assess the problems faced and coping strategies used by adolescents with mentally ill parents in selected hospitals, with a view to develop information guide sheet'' The Sister Callista Roy's Adaptation Model of Psychiatric Nursing Care was used as the conceptual framework. A descriptive survey approach with survey research design was used in the study. Structured interview schedule and non-probability convenient sampling was used to collect data. In this study sample are adolescent whose parent suffers from major mental illness in the mental health unit of selected hospital, with sample size 100. The study showed that majority of the adolescent's ie. 62 % faced moderate problems, 25% faced severe problems and 13 % of the adolescents faced mild problems. Area -wise analysis of the problem revealed that the highest problems faced were in family relationship (5.53±1.89) and least problems were experienced in the financial (2.88±1.03) aspects. In coping strategies used by adolescents with mentally ill parent (62%) was maladaptive coping strategies and (38%) were adaptive coping strategies. On the basis of finding, guide sheet was developed and disseminated to enable the adolescents to cope effectively with these problems.*

**Keywords:** Problems faced, Coping Strategies, Adolescents, Major Mental Illness, and Parent with mental illness

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