

## PARENTING IN PERSONS WITH SCHIZOPHRENIA

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### ABSTRACT

**Background:** Difficulties in parenting in persons with schizophrenia have been independently demonstrated. However, the picture of parenting in patients with schizophrenia has not been explored. **Aims and objectives:** The aims of the study were to assess parenting in schizophrenia. **Methods:** Descriptive design was used. The variables of this study are parents parenting in schizophrenia patients. twenty seven parents of with schizophrenia have been assessed. Parenting was assessed by Parenting Assessment Questionnaire-Short questionnaire. **Results:** The mean age of parents of children with schizophrenia  $33.6 \pm 5.1$ . Majority of parents with schizophrenia were homemakers (94%) and majority entrepreneur (82%). Most gender is male (55,6%), the highest level of education is senior high school (44,4%), the longest duration of illness was 55.6%. The most parenting styles were found democratic (88,9%). **Conclusion:** The most common type of family parenting in people with schizophrenia is the type of authoritative or democratic parenting. It is important to assess parenting in parents with schizophrenia and to develop specialized support services.

**KEYWORDS:** Parenting, Schizophrenia.

### INTRODUCTION

Based on several studies that have been carried out previously, it has been shown that offspring of parents with psychiatric disorders, especially schizophrenia, have an increased risk of developing schizophrenia (Herbert et al., 2013). Most studies in children of parents with schizophrenia there has been much focus on the risk and susceptibility to psychopathology of schizophrenia (Ramchandani & Psychogiou, 2009). Parenting has been defined as a series of interactions and transactions that occur between parents, children, families and social contexts (Belsky, 1984). Personality style, social and cultural factors are suspected as factors that influence parenting patterns. In addition to disease onset, time of episode and stage of child development, socio-culture is also suspected as a key factor influencing parenting patterns (Oyserman et al., 2000). Based on research on mothers with schizophrenia, it has been reported that parenting applied to children and their offspring is less emotionally available, less reciprocal, less involved, less positive and tends to use rejection as a means to deal with parenting problems (Oyserman et al., 2000). From previous studies it was stated that about a third of people with schizophrenia or related serious mental illnesses

will become parents, namely as direct parents (Rabha et al., 2021).

Schizophrenia is a type of chronic mental disorder that usually occurs at a young age and whose signs and symptoms indicate changes in brain function, such as disrupting thought patterns, perception, movement, and behavior (Stuart, 2013). Worldwide, it is estimated that more than 21 million people are affected by schizophrenia (WHO, 2019). Based on Basic Health Research, in Indonesia shows that the number of people with schizophrenia has increased from 5.3 per mile to from 2013 to 2018 (Kesehatan RI, 2018).

Schizophrenia occurs because of 3 (three) interrelated predisposing factors, namely biological factors, psychological factors and environmental factors (Maramis et al., 2014). One of the psychological factors is caused by how the family applies the techniques of educating and raising children in the family. Research studies by Rizki Marta Diana Amasda and El Rahmayati state that there are 3 (three) types of family parenting, namely authoritarian, democratic, and permissive parenting. The type of parenting applied by parents greatly affects the character of the child and affects the size of the development of the child's spirit (Amasda &

Rahmayati, 2017). The type of family parenting is closely related to individual emotional maturity, and the type of authoritarian parenting has a negative relationship in the formation of children's emotional maturity (Amasda & Rahmayati, 2017). Another research study states that the family has a big role in children's social progress. Parenting for children combines bio-psycho-socio-spiritual stimulation that will support positive individual growth and development. The model/type of family parenting applied to the individual has an impact on the social development and personality of the individual (Sari et al., 2020).

People with schizophrenia have been known to have deficits in their ability to feel emotions (Sari et al., 2020). However, the parenting pattern that is often applied by parents to sufferers in particular has not been explored. This study aims to examine parenting patterns in people with schizophrenia.

## METHODS

This is a type of descriptive research and is approved by Ethics Committee of the Keanjen College of Health Sciences, East Java, Indonesia. Family with schizophrenia who visited Kanjuruhan Hospital with the following inclusion criteria - age 18 years and over, diagnosed with schizophrenia according to DSM IV criteria (American Psychiatric Association. DSM-II, 2000), literate, have blood relationship with sufferer. Demographic details assessed included age, education, socioeconomic status, occupation, duration of illness. Parenting was assessed by Parenting Assessment Questionnaire-Short questionnaire (Oliveira et al., 2018). This questionnaire consists of 20 questions including 7 (seven) questions about authoritative parenting, 7 (seven) questions about authoritarian parenting and 6 (six) questions about permissive parenting. The survey in this exam consists of closed questions and the scale is arranged as a Likert scale with 4 (four) answer choices, specifically always/very often, often, sometimes, and never. For each inquiry, respondents are asked to record one answer from the 4 (four) decisions that have been given, the specifications are always/very often given a score of 4, often given a score of 3, sometimes given a score of 2 and never given a score of 1. Towards the end of each segment, all scores are entered at that point separated by the number of questions in that section. The highest score indicates the parenting style applied to the family (Oliveira et al., 2018).

## RESULTS

### Twenty seven parents of with schizophrenia have been assessed.

#### 1. Demographic details

The mean age of parents of children with schizophrenia  $33.6 \pm 5.1$ . Majority of parents with schizophrenia were homemakers (94%) and majority entrepreneur (82%). Most gender is male (55,6%), the highest level of

education is senior high school (44,4%), the longest duration of illness was 55.6%

## 2. Parenting assessment

Parenting styles were found as in (Table 1).

Parenting style	Frequency (n)	Percentage (%)
Democratic	24	88,9
Authoritarian	2	7,4
Permissive	1	3,7
Jumlah	27	100,0

## DISCUSSION

Parental behavior such as distorted expression of reality or strange behavior/beliefs are considered to be the root cause of children experiencing anxiety, confusion, disorganized relationship with parents and attachment problems (Radley et al., 2021). Descendants of individuals or families with serious mental illness (STI) are a special population with a higher risk of developing a psychiatric disorder, which is also highly prevalent among referrals to health services (Poletti et al., 2020). Looking at the results of the research described above, it is clear that the majority of people with schizophrenia have families that apply democratic parenting, as much as 88.9% to be exact. Families that apply democratic parenting can be caused by the current family mindset where it can be influenced by the level of family education as evidenced by the dominant respondent's education level of SMA/equivalent (44.4%) and also by environmental factors. where family life is advanced and easy. more positive access to information. As a result, it was found that schizophrenic patients with family environments that apply democratic parenting will affect the coping strategies used by sufferers.

The research of Sari et al., (2020) explains that in the family, parents have an important role in increasing the impact of children's social development. Family care for children from an early age includes the provision of bio-psycho-socio-spiritual stimulation that helps encourage optimal child growth and development. Parenting patterns are very influential on the social development and personality of children. Parenting can be defined as the habits of parents in commanding, nurturing, and directing children. Parenting means taking care of, caring for, and educating him. To direct/guide means to shape, train, etc. The quality and intensity of family parenting has various influences on children's attitudes, behavior, and emotions. A similar study by Nahak (2020) explains that democratic parenting has balanced demands and responsiveness. This democratic parenting pattern also has a positive impact on children, both academically/educated and on the level of self-esteem and mental health of children. In the academic field, children with democratic parenting styles tend to have higher academic scores than other parenting styles. Self-esteem in children with democratic parenting tends to be higher.

Authoritarian family parenting will lead to higher levels of depression in children, negative social skills, children are afraid to express opinions and have difficulty making decisions, low levels of low self-esteem and children tend to be aggressive. Permissive parenting will cause children to tend to lack self-discipline, have negative social skills, be less responsible, rebellious, spoiled, and less able to control themselves. Research conducted by Safitri & Hidayati (2013) states that authoritarian parenting can cause moderate depression. Parenting done by the family affects the level of depression in children where families who tend to apply authoritarian parenting generally cause heavy pressure on their children, which in turn has a negative emotional impact, namely the emergence of depression in individuals. With the explanation above, the researcher concludes that regarding democratic, authoritarian, and permissive parenting, democratic parenting has a more constructive impact on children's emotional and mental development. Families that apply democratic parenting have a role in the formation of children's self-confidence, good emotional development, responsibility, and competence.

## CONCLUSIONS

The most common type of family parenting in people with schizophrenia is the type of authoritative or democratic parenting. It is important to assess parenting in parents with schizophrenia and to develop specialized support services.

## Declarations of Interest

None.

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