

**THE PSYCHOSOCIAL PROBLEMS OF THE MOTHER CAREGIVERS OF THE
CHILDREN SUFFERING WITH PSYCHOLOGICAL PROBLEMS**



BS RESEARCH PROJECT (PSY 451)

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for the Degree of BS Social Sciences**

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Declaration

I Ms. Rabia Ahmad, student no, 110703017, student of BS in the subject of Social Sciences, session 2011-2015, hereby declare that material printed in this thesis titled “The Challenges of the Caregivers in Taking Care of the Psychologically Disturbed Family Members” is original work and has not been printed, published, or submitted as research work, thesis or publication in any form in any university, research institution etc. in Pakistan or abroad.

Dated:

Signature of the declarer

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Abstract

The purpose of this study to examine the experience of mother care givers, the problems they are facing and their health and the coping strategies. The purpose of the study is to investigate the perceptions of mother caregivers who are living with children suffering with psychological problems. Using qualitative research methodology, five participants were selected (convenient sampling) for semi-structured interviews. All the participants were mothers taking care of their psychologically disturbed children. Interviews were audio recorded, transcribed and a qualitative content analysis was conducted. Analysis was conducted by forming codes, and emerging categories and themes that provided an interpretation of the challenges as perceived and as experienced by the mother caregivers. Mothers experienced psychological and emotional distress, social and economic challenges, and health issues. Most caregivers were women. Young mothers were more active. More social support from family corresponds less depressive symptoms among caregivers. Caregivers with no moral support had symptoms of isolations, fears and depression. Increase of economic burden made more depressive symptoms and helplessness.

Key Words: *Mothers, Caregivers, Mental Health, Mental Disorders, Children, Psychosocial Challenges, Psychological Issues*

