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Mental health of members of family with children aged 0-6 years residing in community surrounding Suranaree University of Technology, Nakhon Ratchasima

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Objectives: To study mental health of member of families with children aged 0-6 years old.

Methods: This research was conducted in Green village of Pu Yai sub-district, Nakhon Ratchasima District of Nakhon Ratchasima province. Data were collected from 31 families with children aged from birth - 6 years old, one member per family, using purposive sampling. Research tools included general questionnaire, Survey of Mental Health of Thailand's Department of Mental Health, focus group discussion, and in-depth interview guideline. Data were analyzed using descriptive statistics and content analysis.

Results: Of all 31 participants, 74.2% had lower than Bachelor's degree education, followed by uneducated (12.9%) and higher than the Bachelor's degree (12.9%). For family, 51.6 percent of them was single family and 67.7 percent had warm family relationships. In terms of mental health, it was found that 45.2 percent had mental health level equivalent to the general Thai population, whereas 19.4% of participants had better mental health. However, 29% had mental health status lower than general public. Participants identified factors that could help improve mental health including communication among family members to reduce gap and avoid blame (41.93%), paying attention to each other's feeling (29.03 %), showing love to each other (9.67%), physical and mental support (12.9 %) and contributing in earning for family and child care (6.45%).

Conclusion: The mental health level among participants was in general level. Five factors that could help create a better mental health was talk communication to reduce the gap and avoid blame, show our love for each other, pay attention of both the body and mind, Working together to earn money for family and child care.

Biography

Sirikorn Khaobunmasiri received M.S.P.S. (Mental health and Psychiatric Nursing) from Mahidol University, Thailand (2004). Her fields of research interest include Psychiatric and Mental health, Schizophrenia and caregiver's burden. is an instructor of School of Mental health and Psychiatric Nursing, Institute of Nursing, Suranaree University of Technology, Nakhon Ratchasima, Thailand.

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