The Empowerment and Social Integration of Individuals with Mental Disabilities

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Abstract

Introduction: Impaired social functioning is a hallmark of mental illness. To heal from mental illness and enhance quality of life, medical treatment and rehab are insufficient. According to the psychological empowerment hypothesis, it is one of the most important ways to help people with mental disabilities improve their social functioning and quality of life. This article will share the findings of a study that looked at how people with mental disabilities view empowerment as a social support strategy and what happens to their social functioning when they use this strategy. The study was conducted to find out how people with mental disabilities view empowerment as a social support strategy. Methods: A narrative assessment of the studies on the empowerment theory, empowerment as a strategy to aid persons with mental disorders, and the impact of this form of help on the social domains in which they function. To locate the pertinent literature, a search was conducted using the phrases "empowerment," "social functioning," and "people with mental disorders" in the academic databases EbscoHost Academic Search, Science Direct, and Scopus, as well as IST Web of Science.

Findings: As a "multicomponent" and "multilevel" concept, empowerment is seen as a key part of the process of helping people with mental impairments get better and getting them the support they need. In many cases, the links between a person's level of empowerment and how well they do their job go both ways. In the end, empowerment is said to be a key strategy in the process of helping people with mental illness.

Keywords: *Empowerment, Social support, Social work, Social functioning, People with mental disabilities.*

Introduction

In the last few decades, there have been changes in how people with mental health problems are helped Utilizing a multifaceted strategy that involves medical symptom observation and psychosocial rehabilitation aiming at recovery or improvement of social functioning, the objective is to enhance their quality of life and social inclusion. Social workers are very important in the treatment of people with mental illness. It is a "humanly oriented activity" that seeks to "optimize the processes of social functioning" by collaborating with the client, empowering them to use their own resources, and assisting them in realizing their full potential (Miteva, 2006, p. 11). The capacity of the individual to become "a subject of their own development and an active participant in the two-sided process" is encouraged and stimulated by helping connections in social work. Due to these characteristics, social work is a crucial component of rehabilitation, which tries to assist individuals in overcoming mental illness. "The process of reforming and empowering people with mental health disorders or behavioral dysfunctions so that they can live a healthy life in society and realize their full potential" is the definition of rehabilitation. The foundation of social work and the treatment of mental illness is empowerment. The concept of empowerment is diverse and is used in several disciplines like women and gender studies. But the idea is simple to strengthen the mental health of an individual.(Shiv Kumar, D. D. (2021). It also includes

the capacity for decision-making, self-esteem, and self-efficacy. Empowerment is strongly related to having control over the services they use and, in a broader sense, over all aspects of their lives when it comes to supporting persons with mental impairments. Stancheva-Popkostadinova (2004) says that a person's mental illness determines whether or not there are problems with how they interact with others and whether or not they need help.

Support that is both complex and aimed at recovery. Support, rehabilitation, social functioning, being able to make your own decisions, and quality of life are all important parts of social work. This article aims to provide a narrative summary of the research on empowerment theory, empowerment as a means of assisting individuals with mental disabilities in interacting with others, and the impact of this form of assistance on many facets of their social functioning. By using the keywords empowerment, social functioning, and persons with mental disabilities, literature sources were discovered. The notion of empowerment. According to different authors, the most important parts and traits of empowerment are as follows:

• Empowerment involves changing the way things are done, such as getting to know clients better, assisting them in leveraging their strengths, and shifting from dependence to self-help. Empowerment is linked to understanding the forms of oppression and allowing individuals, groups, and communities to realize their full potential.

• Psychological empowerment includes interpersonal (control and self-effectiveness, motivation for control, competence and mastery) and behavioral components.

•Empowerment "involves ideas like confidence, control, decision-making power, influence, freedom, and trust in oneself"

• It has to do with the feeling of being in charge

•It happens "in relationships and through emotional, cognitive, and behavioral processes"

•Empowering people can't be looked at in isolation from their involvement in the community.

Self-efficacy is boosted by empowerment (Lord & Hutchison, 1993). Help for people with disabilities based on the concept of empowerment. As a basic part of effective social work, the empowerment approach is used when helping people with disabilities. This is important for improving how the person works and what skills he has (Patchner, 2005). How the disability is seen affects how much help is given to people with disabilities. "The rehabilitation paradigm says that the person is the center of the problem and that professionals are the ones who can solve it" (Segal, Silverman, & Temkin, 1993, p. 706). " The environment and the process of rehabilitation are seen as the issue in the paradigm of independent living. Peer counseling, activism, self-help, consumer control, and environmental barriers are solutions (ibid). Disability and health care can both benefit from empowerment. Bravo, Edwards, Barr, Scholl, Elwyn, McAllister, and the Cochrane Health Care Quality Research Group (2015) describe patient empowerment in healthcare as self-efficacy, perceived personal control, decision-making participation, and autonomy.According to a study on the obstacles to empowerment for those with serious mental illness, everyone should have that power. According to the studies, the empowerment model for social services must take into account the cultural distinctions within each community or group. Social empowerment for mental illness This essay has two main aims when it comes to empowering people with mental illnesses. To improve health and quality of life, we must understand the relationship between social functioning, social support, and mental illness. Second, determine how empowerment improves mental illness patients' life.

Good functioning is linked to mental health and includes a life goal, self-acceptance, meaningful relationships, autonomy, personal progress, and decision-making.Dysfunction is the inability to fulfill social obligations. Pijnenborg, Simons, Bartels-Velthuis, and GROUP (2016). Social functioning is complicated and involves signs of mental illness. After the initial incident, some patients recover from mental illness. According to Antonova, Mineva, and Dimitrov (2017). These issues include "lack of personal borders, inability to stand loneliness, and problems with trust and control when building and maintaining relationships with others.". To reach this goal,

it's important to stress how well the treatments work, so that the level and length of recovery are both improved. To do this, you need to look at the factors that are affecting how the specific case is working. The results show that "cognition" is the most important part of how people with schizophrenia and bipolar disorder get along with others. It is shown that cognitive therapy could help treat severe mental illnesses and that it is necessary to do so (Tripathi, Kar, & Shukla, 2018).

Recent research link mental problems and social support positively. The role of social intervention and interaction of peers play a vital role in the care of people with mental disabilitites.(Mahajan, K., 2021).This demonstrates the importance of family, friends, and social services (Vaingankar et al., 2020). In another study, social support and activities helped mental illness patients recover. This article aims to help persons with mental problems become more independent and social. Empowerment is viewed as essential to assisting those with mental health issues. Because it improves life quality. Empowerment affects treatment adherence and outcomes. Joint decision-making helps patients with severe mental illness feel more in control of their lives (Linhorst et al., 2002).The amount of money a person produces has an impact on their connections with other people, makes them feel less anxious about the future, and provides them a sense of power as part of their quality of life (Sá-Fernandes et al., 2018). Participating in community activities helps people with mental illness feel more in control of their lives.

It is also important to make sure that the process fits the person's needs, environment, culture, and socioeconomic conditions (Stancheva-Popkostadinova, 2004a). A study on the effectiveness of programs that help people take control of their own lives in mental health services shows how important it is to take a personalized approach to the effects of these programs and to figuring out how well they work. which can be caused by strategies for dealing with people with mental illness, like staying alone and keeping a secret.Empowerment gives people with severe mental disorders more self-esteem, self-confidence, self-efficacy, and a sense of worth in society. This study aimed to show how empowerment can help persons with mental problems get better. Multiple degrees and components of empowerment are fundamental to social work and mental health rehabilitation. This study shows the relationship between empowerment as it is defined theoretically and as it is utilized in practice to help people with mental illnesses prevent and restore social functioning, which affects their quality of life. We discovered empowerment's main components and strategies. Joining the community, finding work, participating in planning, and getting help. The relationship mentioned can assist service providers in organizing and providing efficient assistance to people with mental disorders with the aim of enhancing their quality of life and capacity to get along with others.

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