

Anitha Livingstone, Dr. Ajeet Singh Bhadoria, Emeritus Prof. David Pontin, Dr. Vartika Saxena, Dr. Michelle Thomas, Dr. Sion Tettlow, Prof. Carolyn Wallace

## Introduction

Millions of children under five years in India do not receive proper care and support to become physically healthy, mentally alert, and emotionally secure (Tirupati and Sharma, 2020). Targeting families with children to strengthen family relationships, mental health and well-being builds their resilience to weather the storms of life (Walsh, 2016). In this paper, we examine the concept of family resilience among families with children in India as found in the literature.

Child Health Indicator	Current Rate	Targets
Under five mortality rates	36/1000 live births	23/1000 by 2025
An infant mortality rate	32/1000	28 /1000 by 2019
Neonatal mortality rate	23/1000	16/1000 by 2025

**Table 1-** Goals of the National Health Policy

## Need for a culturally relevant tool in India

The Indian healthcare system

India is one of the largest countries in the world and its healthcare system is complex and multifaceted. Healthcare in India is provided by the public sector, the private sector and voluntary health agencies (Bedi, 2018). The Government of India is committed to achieving the goals of the National Health Policy(2017)(See Table 1) and Community Health Workers (CHWs) play an important role in improving the health status of Children (Tripathi and Sharma,2022) , there needs to be a system to assess the children and their families who need help.

## Aim

The aim of this scoping review is to gain an understanding of the current Indian perspective and to determine whether the concept of family resilience is being used in India when working with families with children under the age of six.

## Family Resilience: The concept

Family resilience is the capacity of a family to withstand and rebound from disruptive life challenges strengthened and more resourceful (Masten ,2011; Walsh,2016). It is suggested that resilient families produce resilient children who can face the challenges of life. Using the concept of family resilience as opposed to family risks allows health care workers working with families to strengthen family relationships, mental health and well-being (Walsh,2016).

## Method

A scoping review framework was developed based on the work of Arksey & O Malley (2005) (Daudt et al., 2013). It comprises a 5-step process: See Fig 2 for number of articles reviewed against the specific demographics.

## References

Bedi, Y.P., 2003. Preventive and Social Medicine. Published by Anand Publishing Co., Chandigarh, 1141, p.15.

Das, S., Das, B., Nath, K., Dutta, A., Bora, P. and Hazarika, M. (2017) 'Impact of stress, coping, social support, and resilience of families having children with autism: A North East India-based study'. Asian Journal of Psychiatry 28, pp. 133–139.

Daudt, H.M., van Mossel, C. and Scott, S.J. (2013) 'Enhancing the scoping study methodology: a large, inter-professional team's experience with Arksey and O'Malley's framework'. BMC Medical Research Methodology 13(1).

Masten, A.S. (2011) 'Resilience in children threatened by extreme adversity: Frameworks for research, practice, and translational synergy'. Development and Psychopathology 23(02), pp. 493–506.

Meenakshi, Pareek, B. and Kaur, R. (2018) 'Family Resilience and Perceived Social Support among care givers of Children with Autistic Spectrum Disorder'. Asian Journal of Nursing Education and Research 8(1), p. 51.

Ministry of Health and Family Welfare Government of India (2014) RKSK | RASHTRIYA KISHOR SWASTHYA KARYAKRAM.

Mohan, R. and Kulkarni, M. (2018) 'Resilience in Parents of Children with Intellectual Disabilities'. Psychology and Developing Societies 30(1), pp. 19–43.

Pandya, S.P. (2020) 'Examining the Effectiveness of WhatsApp-Based Spiritual Posts on Mitigating Stress and Building Resilience, Maternal Confidence and Self-efficacy Among Mothers of Children with ASD'. Journal of Autism and Developmental Disorders.

Rajan, A.M. and John, R. (2017) 'Resilience and impact of children's intellectual disability on Indian parents'. Journal of Intellectual Disabilities 21(4), pp. 315–324.

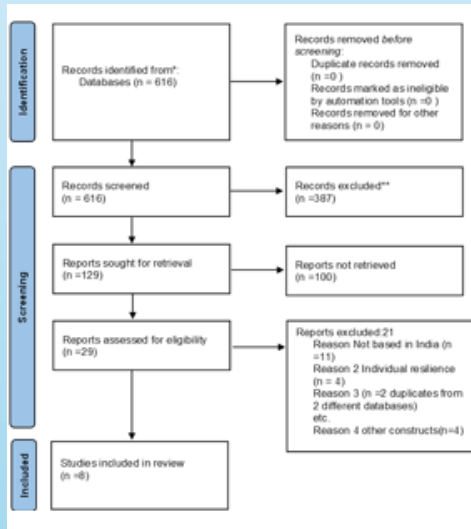
Tripathi, N. and Kumari Sharma, K. (2022) 'Role of Nursing Personnel for Child Health Services'. Asian Journal of Nursing Education and Research , pp. 57–61.

Wallace, C., Dale, F., Jones, G., O'Kane, J., Thomas, M., Wilson, L. and Pontin, D. (2018) 'Developing the health visitor concept of family resilience in Wales using Group Concept Mapping'. Rural and Remote Health 18(4).

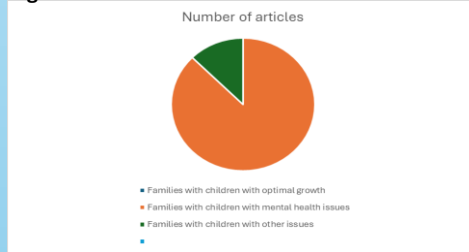
Walsh, F., 2015. *Strengthening family resilience*. Guilford publications.



## Results



**Fig 1—**PRISMA flow chart of identified articles



**Fig 2** Number of articles against health issues

## Discussion and Conclusion

The concept of family resilience is known among families with children with intellectual disabilities, but not among the larger group of families with children with optimal growth. See table 2 for identified themes and factors associated with family resilience. We also found that there were no culturally specific tools to assess family resilience of families who have children with optimal growth.

A family resilience assessment tool for families with children under six years of age will help community health workers to use the tool and make culturally specific, professional judgments when assessing and recommending treatments and resources, thus promoting child and family well-being and reducing health disparities (Wallace et al., 2018).

In due course, assessing family resilience will help us to identify at-risk families early and use interventions to strengthen families.

This will help shift traffic away from hospitals, build service capacity for rural areas, and better utilise community health workers.

In this way, we will achieve the best possible health for all age groups through preventive and promotive health services, as envisioned in India's National Health Policy (Ministry of Health and Family Welfare, 2017).

We also anticipate that the identified concept of family resilience and the culturally specific tool will form the basis for developing a quality workforce and that the data generated will help the local and state government to support their data collection and analysis for policy making.

## Recommendation

We recommend to identify the concept of family resilience among families with children with optimal growth in India. We recommend identifying a culture specific tool to assess FR .

Resilience factors	Stress factors	Assessment tools	Resilience interventions	Specific health issues and demographics
<b>Support, Development of personal characteristics, Connectedness, Cognitive aspects, Family relations, Social and economic aspects (Rajan and John,2017; Pandya,2021; Mohan and Kulkarni,2018) and Pareek and Kaur,2018.</b>	Process of parenting, Intergenerational family issues, Notion of karma, Filial piety (John and Roblyer, 2017) and Lack of resources (Mohan and Kulkarni, 2018) and (Das et al, 2017).	Connor-Davidson Scale(CD_RISC) ,Family Resilience Assessment Scale ,(FRAS),Family Resilience (Hardiness) Scale (FRHS),PREQ, Bharathiar University Resilience Scale (BURS), Reaction to Diagnosis Interview (RDI), Family resilience interview schedule	A WhatsApp-based spiritual post-intervention	Intellectual disabilities, autism spectrum disorder, children separated from parents, socio economic factors and education were associated with FR.

**Table 2-** Themes and factors associated with family resilience