

## Stress within families of patients with psychotic disorders

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### Abstrak

Psychotic disorders are the most severe form of mental illness. The family is the primary supporter of patients with psychosis; as such, the family is likely to experience stress when caring for psychotic patients and assisting in their recovery. Data analysis regarding stress within families could inform the types of support that family members receive. This study aimed to determine stress within families of psychotic patients in Garut, Indonesia. A descriptive study was carried out using a quantitative approach. The samples collected were of the families who visited an outpatient clinic in Garut. A purposive sample of 70 respondents using the Slovin formula (10%) was recruited. Data were collected using the 42 Depression Anxiety Stress Scale (DASS) questionnaire, and univariate analysis was conducted. Results showed that 5.7% of the respondents experienced medium stress, 54.4% experienced mild stress, 41.4% did not experience stress, and only one person (1.4%) experienced severe stress. The findings suggest that families with psychotic patients experience stress. Further research is recommended to examine the factors and levels of stress within families of long-term acute psychotic patients.