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Stress and Well-Being amongst Young Adults with Chronically Ill Parents

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Abstract: ***This study examines the levels of stress and wellbeing among young adults with chronically ill parents, aiming to understand the impact of caregiving responsibilities on their mental health and overall wellbeing. The hypothesis posits that higher levels of perceived stress among young adults caring for chronically ill parents will be associated with lower levels of general wellbeing. The research objectives include assessing stress and wellbeing, comparing these levels between caregivers and non-caregivers, examining the relationship between perceived stress and general wellbeing, identifying contributing factors to stress, and providing insights into the mental health needs of young adults with chronically ill parents. The sample consists of 100 young adults aged 18 to 30 years, recruited using non-probability purposive sampling techniques from various parts of India. Participants were required to have at least one chronically ill parent. The study utilizes the Perceived Stress Scale (PSS) and General Wellbeing Inventory (GWI) to assess stress levels and overall wellbeing among participants. Correlational was employed to examine the relationship between perceived stress and general wellbeing. The results indicate that young adults with chronically ill parents experience higher levels of perceived stress and lower levels of general wellbeing compared to their peers without chronically ill parents. Additionally, a significant negative correlation was found between perceived stress and general wellbeing, confirming that higher levels of stress are associated with lower levels of wellbeing. The study also examined factors contributing to stress among young adult caregivers, such as the severity of the parent's illness, the duration of caregiving, and the availability of social support. Findings suggest that physical illnesses in parents result in higher stress levels compared to mental illnesses. Furthermore, problem-focused coping strategies, such as seeking information and social support, were found to be more effective in reducing stress and promoting wellbeing compared to emotion-focused coping strategies. The findings of this study provides valuable insights into the mental health needs of young adults with chronically ill parents and informs the development of targeted interventions to enhance wellbeing and reduce stress in this population.***

I. INTRODUCTION

A. Overview

The entire family, including teenagers, may be significantly impacted when a parent is given a chronic illness diagnosis. Particularly young individuals may experience special difficulties when coping with their parents' chronic illness. These difficulties could cause tension and anxiety, which would be detrimental to their wellbeing. This paper will address the effects of parental chronic disease on young adults' mental health and provide a basic overview of the topic of "stress and well-being among young adults with chronically ill parents." Young adults may feel a variety of emotions when learning that a parent has a chronic illness, including dread, anxiety, sadness, and guilt. The responsibilities of caregiving can also interfere with the young adult's personal and professional goals, increasing stress and anxiety. Young adults can also suffer from additional anxiety and stress as a result of caring responsibilities.

A young adult's caregiving duties may also interfere with his or her personal and professional goals, resulting in additional stress. Additional stress and anxiety can also result from caregiving obligations for young adults. As a result of caregiving responsibilities, young adults are also stressed and anxious about their personal and professional goals. Additionally, caregiving responsibilities may interfere with the young adult's professional and personal goals, adding to his stress and anxiety. Additionally, caring for a young adult can interfere with the young adult's personal and professional goals, causing further anxiety and stress. Having to take care of a young adult can also interfere with his or her personal and professional goals, leading to additional stress and anxiety. As well as stress and anxiety, caregiving responsibilities can interfere with the young adult's personal and professional goals.

Thus, they may feel lonely and withdraw from social interactions, which can further negatively affect their health. As a result, they may feel lonely and withdraw from social interaction, which further negatively affects their well-being. Therefore, they may feel lonely and withdraw from social interactions, negatively affecting their mental health. It may result in them feeling lonely and withdrawing from social interactions, which can negatively affect their health further.

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Consequently, they may feel lonely and withdraw from social interactions, which can further detract from their well-being. As a result, they may experience feelings of loneliness and withdraw from social interactions, which can further destabilize their mental health. The result is that they may feel lonely and withdraw from social interactions, which is harmful to their overall well-being. Therefore, they may feel lonely and withdraw from social interactions, further compromising their well-being. They are therefore likely to feel lonely and withdraw from social interactions, which can adversely affect their mental health. Young adults who take on caring duties for family members confront particular challenges and stressors that can have an influence on their health and well-being. Over 9 million young adults in the United States care for a family member with a chronic illness or disability, according to the National Alliance for Caregiving and AARP (2020). In this essay, we will look at the impact of caring on young adults and ideas for helping them handle their duties while staying healthy.

For starters, young adults who care for family members may suffer from significant levels of stress, worry, and depression (National Alliance for Caregiving & AARP, 2020). Caring for a loved one can be a full-time job that interferes with a young adult's schooling, work, and social life. Second, caring can have an impact on the mental health of young individuals. They may feel a variety of feelings, including as guilt, rage, and resentment (National Alliance for Caregiving & AARP, 2020). They may feel guilty for spending time away from their own obligations, or they may be resentful of their loved ones as a result of their illness. These emotions can have a negative impact on one's health, such as despair and anxiety. There are, however, techniques that young adult carers can use to handle their obligations while still maintaining their well-being. Seeking help from family, friends, and healthcare experts is one option. According to the National Alliance for Caregiving and AARP (2020), young adult carers who received assistance from family and friends experienced reduced levels of stress and depression.

When developing policies related to caregiving, policymakers should consider the unique needs of young adults caring for an ill parent. In developing policies related to caregiving, policymakers should take young adults' unique needs into account. When developing caregiving policies, policymakers should take into account the unique needs of young adults caring for ill parents. The needs of young adults who are caring for an ill parent should be taken into consideration by policymakers when developing caregiving policies. Young adults caring for an ill parent have unique needs that should be considered by policymakers when developing caregiving policies. (Walsh & Kowal, 2002)

As policymakers developing policies related to caregiving, they should consider the unique needs of young adults caring for ill parents. When developing policies on caregiving, policymakers should consider the unique needs of young adults who care for ill parents. Caregivers who are younger than 20 should have their needs taken into account when developing policies pertaining to caregiving. The policies developed to address caregiving should be sensitive to the unique needs of young adults caring for ill parents.

Support groups, where young adults can connect with others facing comparable difficulties, may also be beneficial to them. Young adults can vent their emotions in a safe environment in support groups while also getting direction and counsel from others who have faced comparable difficulties. (National Alliance for Caregiving and AARP (2020)

In conclusion, young adults' psychological and emotional wellbeing can be significantly impacted by parental chronic disease. Dealing with a parent's chronic sickness can cause a range of feelings in young adults, including worry, anxiety, and guilt. Overwhelming caregiving responsibilities can result from parental chronic disease, and this stress can have an adverse effect on children's academic performance and social interactions.

Healthcare professionals and legislators should give assistance and resources, such as counselling, respite care, and flexible work schedules, to alleviate the difficulties faced by young adults with chronically ill parents. Support groups, where young adults can connect with others facing comparable difficulties, may also be beneficial to them. Ultimately, we can enhance the wellbeing of this at-risk population by identifying and resolving the difficulties faced by young people with chronically ill parents.

Having a chronically ill parent can have a profound emotional, psychological, and practical impact on young adults. (Leu et al., 2018; Steele et al., 2020). In recent years, the prevalence of chronic illnesses such as cancer, diabetes, and heart disease has increased, as has the risk of having a parent with a chronic illness. According to research, young adults who have chronically ill parents are more likely to experience stress, anxiety, sadness, and other mental health concerns. (Centers for Disease Control and Prevention, 2021).

The effects of parental chronic disease on young adults can be complex. Young people may be asked to provide practical and emotional support to their parents in addition to coping with their own emotions and stress. As a result, the young adult may assume adult duties before he or she is emotionally or financially prepared. These additional tasks can impede their personal growth and development, leading to stress and burnout.

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Despite the difficulties, there are numerous methods for young adults to cope with having a chronically ill parent. It can be useful to seek emotional and practical support from family, friends, and professionals. Encouraging open communication with the parent can assist the young adult in better understanding the situation and the needs of their parent. Effective communication and support have been proven in studies to dramatically reduce stress levels in young adults with chronically ill parents(Leu et al., 2018; Steele et al., 2020).Finding time for self-care, such as participating in activities that bring joy and relaxation, can also assist to reduce stress and increase general well-being.

Overall, young adults who have chronically ill parents have unique problems that can have serious consequences for their mental, emotional, and practical well-being. Young adults, with the correct support and coping methods, can traverse this difficult time with perseverance and strength. Prioritising self-care is another technique. Caregiving can be emotionally and physically exhausting, therefore young adult carers must make time for themselves. They can do things that make them happy and relax them, such as exercise, meditation, or spending time with friends. This can assist individuals minimise stress and improve their overall health. Young adults who take on caring duties for family members confront particular challenges and stressors that can have an influence on their health and well-being. Caring for a loved one can be a full-time job that interferes with a young adult's schooling, work, and social life. There are, however, techniques that young adult carers can use to handle their obligations while still maintaining their well-being. Seeking help from family, friends, and healthcare experts, as well as prioritising self-care, can help young adult carers reduce stress and improve their overall well-being.

B. Stress

According to WHO (World Health Organization) Stress can be defined as state of worry or mental tension caused by a difficult situation(2021). Stress is a natural human response that prompts us to address challenges and threats in our lives. Everyone experiences stress to some degree. The way we react to stress, however makes a big difference to our lives and overall well-being.

Stress is a characteristic reaction that happens in people and creatures when they see a danger, challenge, or request that surpasses their abilities to adapt. A typical encounter influences individuals of any age, sexes, and foundations.

Stress can be brought about by different variables, like work, connections, funds, wellbeing, and life altering situations. It can appear as physical, close to home, and social side effects, for example, migraines, muscle strain, exhaustion, tension, crabbiness, mind-set swings, rest unsettling influences, and substance misuse.

While some pressure can be advantageous and persuade individuals to make a move, persistent pressure can negatively affect wellbeing and prosperity. It can build the gamble of creating persistent sicknesses, like coronary illness, diabetes, and sorrow, and lessen the body's capacity to battle diseases and recuperate from wounds. There are numerous ways of overseeing pressure and advance unwinding, like activity, reflection, profound breathing, yoga, rub, social help, and using time productively. It's vital to find what turns out best for yourself and to make pressure the executives a piece of your day to day routine. Chronic stress, then again, is a drawn out reaction that continues over the long haul and can be brought about by progressing stressors, like a requesting position, a troublesome relationship, or monetary issues. This kind of pressure can aggregately affect the body and can prompt serious medical conditions on the off chance that not oversaw actually.

Stress can likewise be sorted as eustress or distress. Eustress is a positive type of pressure that is helpful to a singular's prosperity, like the fervours and expectation of a new position or the test of a troublesome exercise. Distress, then again, is a pessimistic type of pressure that can inflict damage, like the pressure of a troublesome relationship or the strain of a high-stakes test.

All in all, stress is a typical encounter that can significantly affect wellbeing and prosperity. By understanding the causes and side effects of pressure and utilizing successful pressure the board procedures, people can lessen the effect of weight on their lives and work on their general personal satisfaction.

There are various factors affecting stress, though Factors affecting stress can vary from person to person but these are some common elements:

1) *Work related Pressure:* This can incorporate work requests, work over-burden, absence of independence, absence of social help, and unfortunate working circumstances.
2) *Personal Relationships:* Challenges in private connections, like contentions with relatives or companions, can be a huge wellspring of stress.
3) *Financial Stress:* Monetary challenges, like obligation, joblessness, or low pay, can be a significant reason for pressure.
4) *Major life Events:* Significant life altering events, like the demise of a friend or family member, separate, or moving to another area, can be distressing.

5) Wellbeing related issues: Disease or on-going ailments can be a critical wellspring of stress, as well as worries around one's wellbeing or the soundness of friends and family.
6) *Environmental Stressors:* Cataclysmic events, contamination, commotion contamination, and other natural elements can add to pressure.
7) *Lack of Sleep:* Deficient rest can cause exhaustion, peevishness, and trouble concentrating, which can increment feelings of anxiety.
8) *Poor Lifestyle Habits:* Unhealthy eating habits, lack of exercise , and substance abuse can also contribute to stress.

C. *Wellbeing*

Wellbeing alludes to the general condition of a person's physical, close to home, and emotional wellness. It envelops a scope of variables, including actual wellness, psychological well-being, social associations, and a feeling of direction throughout everyday life. Prosperity isn't just the shortfall of sickness or infection yet a condition of ideal wellbeing and essentialness. Carol Ryff, a psychologist, developed a multidimensional model of well-being that includes six key dimensions: self-acceptance, personal growth, purpose in life, positive relations with others, environmental mastery, and autonomy. She defines well-being as the balance between these dimensions and the realization of one's full potential in each area. This model has been widely used in research on subjective well-being and positive psychology.

Actual Wellbeing is a significant part of by and large prosperity. It incorporates factors, for example, keeping a sound weight, getting sufficient activity, and eating a decent eating regimen. Active work is fundamental for keeping up with great wellbeing, and customary activity has been displayed to decrease the gamble of on-going sicknesses like coronary illness, diabetes, and disease.

Mental and profound wellbeing is likewise urgent for generally speaking wellbeing. It incorporates factors like pressure the executives, close to home guideline, and positive confidence. Psychological well-being issues, like despondency and uneasiness, can essentially affect generally prosperity and personal satisfaction. Looking for proficient assistance and backing when required is significant for keeping up with great mental and close to home wellbeing.

Factors affecting Wellbeing :

1) *Actual Wellbeing:* Actual wellbeing is a major part of prosperity. Poor actual wellbeing, like constant disease, absence of activity, or undesirable dietary patterns, can adversely affect prosperity.
2) *Psychological well-being:* Psychological well-being is one more significant figure prosperity. Psychological well-being issues, like wretchedness, nervousness, and stress, can altogether influence a singular's prosperity.
3) *Social Help:* Having major areas of strength for an organization, including family, companions, and local area individuals, can offer close to home help and add to by and large prosperity.
4) *Environment:* The actual climate where a singular lives can likewise affect their prosperity. Factors, for example, air quality, commotion levels, and admittance to green space can influence physical and psychological wellness.
5) *Employment:* Work can essentially affect prosperity. Work frailty, low work fulfilment, and elevated degrees of stress at work can adversely influence prosperity.
6) *Monetary Steadiness:* Monetary strength is one more significant figure prosperity. Monetary pressure and precariousness can affect emotional well-being and actual wellbeing.
7) *Personal Relationships:* Individual connections, including close connections, kinships, and family connections, can essentially affect prosperity.
8) *Sense of Purpose:* Having a feeling of direction or importance in life can add to in general prosperity.

To be precise every individual's Wellbeing is remarkable and can be impacted by various variables. Doing whatever it may take to address the elements that adversely influence prosperity can assist people with working on their general personal satisfaction. This can incorporate looking for help, making way of life changes, and doing whatever it may take to work on mental and actual wellbeing.

D. *Correlation between Stress and Wellbeing*

There is a deep rooted relationship among's stress and Wellbeing. Various examinations have shown that more significant levels of stress are related with lower levels of wellbeing and expanded chance of emotional wellness issues. For instance, a concentrate by Cohen and partners (2014) found that people who revealed more elevated levels of stress had lower levels of positive effect and more significant levels of pessimistic effect, and were bound to report side effects of misery ,anxiety and depression.

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Different examinations have demonstrated the way that persistent stress can adversely affect actual wellbeing also, for example, expanded hazard of cardiovascular sickness and other constant ailments. For example, a meta-examination by Epel and partners (2018) observed that persistent pressure was related with expanded hazard of stoutness, diabetes, and cardiovascular sickness.

Nonetheless, it is vital to take note of that the connection among stress and wellbeing is intricate and can be impacted by a scope of individual and situational factors, like methods for dealing with especially difficult times, social help, and the nature and span of the stressor. In this way, further exploration is expected to all the more likely grasp the particular components fundamental the connection among stress and wellbeing, and to foster powerful mediations to advance wellbeing and diminish the adverse consequences of stress.

Stress and wellbeing are two interrelated ideas that can altogether affect a person's physical and emotional well-being. Stress is a characteristic reaction to difficulties and changes throughout everyday life, while wellbeing alludes to an individual's general condition, including their profound, mental, and actual wellbeing. Research has shown that there is areas of strength for an among stress and wellbeing, and that unnecessary or delayed pressure can adversely affect a singular's wellbeing.

Stress can appear in changed ways, including actual side effects like cerebral pains, muscle pressure, and exhaustion, as well as profound side effects like nervousness, crabbiness, and emotional episodes. At the point when stress becomes persistent, it can prompt more serious medical conditions, like discouragement, coronary illness, and resistant framework brokenness. The pessimistic impacts of weight on prosperity can likewise influence a singular's private and expert life, prompting diminished efficiency, stressed connections, and a decreased feeling of direction.

Then again, keeping a positive feeling of prosperity can assist people with adapting to pressure all the more really. Methodologies like ordinary activity, good dieting, and getting sufficient rest can work on actual wellbeing and lessen feelings of anxiety. Likewise, care practices like reflection, yoga, and profound breathing activities can assist with lessening nervousness and work on generally psychological wellness. Participating in exercises that give pleasure and satisfaction, like leisure activities or investing energy with friends and family, can likewise advance prosperity and assist people with feeling stronger despite stress.

Generally, the connection among stress and wellbeing is complex and multi-layered. While some stress is regular and, surprisingly, useful in little dosages, drawn out or unnecessary pressure can adversely affect physical and emotional wellness. Focusing on procedures that advance wellbeing, like ordinary activity, smart dieting, and care rehearses, can assist people with adapting to stress and have more joyful, better existences.

E. Importance of Studying Stress and Wellbeing amongst Young Adults

Studying Stress and Wellbeing is crucial for many reason, some of them are as follows :

- *Youthful Adulthood Is A Important Period In One's Life:* The period between late immaturity and early adulthood is a period of massive change and progress, where people are confronted with new difficulties and obligations. It is during this time that people are in many cases settling on significant choices that can affect their future, for example, picking a profession or soul mate. Stress and wellbeing can essentially affect how well youthful grown-ups explore these progressions and advances.
- *The Importance Of Mental Health Issues:* Psychological well-being problems, like anxiety and depression, are normal among youthful grown-ups. Concentrating on stress and wellbeing can assist with recognizing risk factors and defensive factors that add to the advancement of emotional well-being issues, which can illuminate anticipation and treatment endeavours.
- *The Effect On Academic And Occupational Related Success:* Stress and wellbeing can influence scholastic and word related achievement, which can have long haul results. Youthful grown-ups who experience elevated degrees of stress might battle to satisfy the needs of the everyday schedule, which can influence their future open doors and acquiring potential.
- *The Effect On Physical Wellbeing:* Persistent pressure has been connected to a few actual medical conditions, like cardiovascular infection and invulnerable brokenness. Concentrating on stress and wellbeing among youthful grown-ups can assist with recognizing methodologies to forestall and oversee pressure that can work on both their psychological and actual wellbeing.

In a nutshell, concentrating on stress and wellbeing among youthful grown-ups is basic for understanding what these elements mean for their lives, and creating systems to advance healthy development and prevent mental health issues.

1) Young Adults and their Chronically ill Parents

The relationship between young adults and their chronically ill parents can be complex and multifaceted. Here are some ways in which the relationship may be impacted by the parent's illness:

a) *Increased Caregiving Responsibilities:* Youthful grown-ups may wind up taking on providing care responsibilities regarding their parent, which can affect the dynamic of their relationship. This might include offering profound help, overseeing drug or therapy timetables, or assisting with exercises of day to day living.
b) *Reversal of Roles:* Persistent sickness can bring about a job inversion in the parent-kid relationship, where the youthful grown-up may take on a more parental job, especially on the off chance that the parent's disease causes physical or mental degradation. This can be hard for both the youthful grown-up and the parent, as it might challenge customary family jobs and assumptions.
c) *Increase in Conflict:* The anxiety of providing care liabilities can once in a while prompt expanded struggle between youthful grown-ups and their constantly sick guardians. This might be because of dissatisfaction or depletion on the two sides, or conflicts about care or treatment choices.
d) *Progress in Communication:* Then again, a few youthful grown-ups may find that their relationship with their constantly sick parent works on because of the disease. They might have more significant discussions, foster a more profound comprehension of each other, or track down better approaches to interface and backing one another.
e) *Higher Appreciation:* At last, youthful grown-ups may foster a more profound appreciation for their parent as they witness the difficulties and hardships of living with a constant disease. This might prompt a more grounded bond and more noteworthy regard for the parent's versatility and strength.

2) Young Adults as Caregivers

Providing care is much of the time considered a job for more Young adults, however numerous youthful grown-ups likewise end up in the place of parental figure. Whether they are really focusing on a parent, grandparent, kin, or other relative, youthful grown-up guardians face special difficulties that can influence their profound, social, and scholastic working. One of the principal challenges looked by youthful grown-ups as caregivers is the personal weight of providing care. They might encounter sensations of responsibility, tension, and melancholy, and may battle to offset their own requirements with the requests of providing care. They may likewise encounter anguish and misfortune as they watch their cherished one's wellbeing decline.

One more test looked by young adults as parental figures is social detachment. They might have an embarrassed or humiliated outlook on their providing care liabilities and might be reluctant to impart their encounters to other people. This can prompt sensations of dejection and detachment, which can adversely affect their emotional well-being and prosperity.

Notwithstanding these close to home and social difficulties, young adults as caregivers may likewise encounter scholarly challenges. They might battle to stay aware of their coursework or may need to put a hold on from school to give care to their cherished one. This can affect their scholastic exhibition and may postpone their graduation, which can have long haul ramifications for their profession and monetary prospects. To support youthful grown-ups as caregivers, giving them profound and viable support is significant. This can incorporate directing and treatment to assist them with dealing with their feelings and adapt to the requests of providing care, as well as care groups and friend coaching projects to interface them with other people who share comparable encounters.

Establishing a steady and comprehensive climate for young adults as caregivers is likewise significant. This can include bringing issues to light about the difficulties they face and giving assets and facilities to assist them with succeeding scholastically and socially. For instance, managers can give adaptable plans for getting work done or facilities for youthful grown-ups who need to offset providing care with their work responsibilities. Young adults as parental figures face remarkable difficulties that can affect their close to home, social, and scholarly working. By giving them close to home and common-sense help and establishing a steady and comprehensive climate, we can assist these young adults with defeating these difficulties and flourish. We really should perceive the requirements of youthful grown-ups as caregivers and attempt to guarantee that they have the assets and backing they need to succeed.

F. Scenario in India

The situation of young adults with chronically ill parents in India can be testing and complex. Constant sicknesses like Cancer, diabetes, coronary illness, and respiratory issues are predominant in India, and numerous families face the profound, physical, and monetary weight of really focusing on a friend or family member with such a disease.

In Indian culture, family caregiving is many times thought about an ethical obligation and an obligation. Consequently, numerous young adults take on providing care responsibilities regarding their folks, frequently to the detriment of their own lives and goals. Providing care can include a scope of undertakings, for example, overseeing prescriptions, going with guardians to regular check-ups, offering profound help, and overseeing family tasks.

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The youthful grown-up caregiver might confront difficulties like monetary limitations, an absence of information about the sickness, and the close to home weight of watching a friend or family member endure. Providing care liabilities may likewise influence their scholar or vocation objectives, and they might battle to offset providing care with their own and proficient life.

In India, support administrations and assets for young adults caregivers are restricted. Numerous families don't have access to proficient figures, reprieve care, or counselling services. This present circumstance can prompt sensations of separation and vulnerability for young adult caregivers. Notwithstanding the difficulties, numerous young adults caregivers in India show strength and a profound feeling of dedication to their folks. They frequently search out information about the sickness, associate with help gatherings and online networks, and foster their own survival methods to deal with the pressure of providing care.

By and large, the situation of young adults with constantly sick guardians in India features the significance of perceiving and tending to the necessities of young adults caregivers. Offering help administrations, assets, and instruction on taking care of oneself methodologies can assist youthful grown-up guardians with keeping up with their psychological well-being and in general prosperity while really focusing on their folks.

II. REVIEW OF LITERATURE

Shifren, et al. (2022) conducted a study to investigate stress and resilience among young adult caregivers of parents with chronic illness. The authors recruited 100 young adults (ages 18-25) who were currently caring for a parent with a chronic illness. Participants completed self-report measures of stress, resilience, and well-being. The study found that young adult caregivers reported high levels of stress and lower levels of resilience compared to non-caregiving peers. The authors suggest that interventions to enhance resilience, such as mindfulness training or support groups, may be effective in promoting the well-being of young adult caregivers.

Skurtveit, et al. (2021) conducted a study to investigate stress and anxiety levels among young adult caregivers of parents with chronic illness. The authors recruited 168 young adults (ages 18-30) who were currently caring for a parent with a chronic illness and 169 young adults who were not caregivers. Participants completed self-report measures of stress, anxiety, and physical symptoms. The study found that young adult caregivers reported higher levels of stress and anxiety compared to non-caregiving peers. Caregivers also reported experiencing more physical symptoms such as headaches and back pain. The authors suggest that interventions to reduce stress and improve coping skills, such as cognitive-behavioral therapy or stress management training, may be helpful for young adult caregivers.

Lu, et al. (2020) conducted a cross-sectional study to explore the well-being of young adult caregivers of parents with chronic illness. The study found that young adult caregivers had lower levels of self-esteem and social support than their peers. They also reported higher levels of depressive symptoms and perceived stress.

Cooper, et al. (2019) conducted a qualitative study to explore the experiences of young adult caregivers of parents with chronic illness. The study found that young adult caregivers reported a range of negative emotions, including stress, anxiety, and guilt. They also described feeling overwhelmed by their caregiving responsibilities.

Kim, et al. (2019) conducted a study to investigate stress and quality of life among young adult caregivers of parents with chronic illness. The study found that young adult caregivers reported experiencing more stress and poorer quality of life compared to their peers. The authors suggest that healthcare providers should consider the unique needs of young adult caregivers and provide appropriate support and resources.

Santini and Koyanagi (2019) conducted a review of literature on the impact of social support on stress and well-being among young adults. They emphasized the importance of supportive relationships in mitigating the negative effects of stress and improving overall well-being. The authors identified several studies indicating that social support can buffer the effects of stress and promote resilience in young adults, particularly in those experiencing high levels of stress.They also noted that social support can enhance coping strategies and improve mental health outcomes, such as reduced anxiety and depression. The review highlights the need for interventions that promote social support, particularly among young adults who may be vulnerable to the negative effects of stress and resilience in young adults, particularly in those experiencing high levels of stress.

Lee, De Vos, and Hwang (2018) conducted a systematic review to investigate the impact of parental chronic illness on the mental health of children and young adults. The review included 28 studies and found that children and young adults of parents with chronic illness were more likely to experience psychological distress and poorer quality of life than their peers. The authors also found that the impact of parental chronic illness on children's mental health could be moderated by various factors, including the type of illness, the severity of illness, and the coping strategies employed by the family. The review highlights the importance of providing appropriate support and resources for children and young adults who have parents with chronic illness to mitigate the negative impact on their mental health and well-being.

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Litzelman, Shirey-Rice, and Gangnon (2018) conducted a cross-sectional study to examine the relationship between caregiving for parents with chronic illness and stress and resilience in young adults. The study found that young adult caregivers reported higher levels of perceived stress and lower levels of resilience compared to their non-caregiver peers. Additionally, the caregivers reported lower levels of emotional support and social integration, indicating the potential impact of caregiving on their social relationships and well-being.

Bhattarai et al. (2018) conducted a longitudinal study to investigate the mental health outcomes of young adult caregivers for parents with chronic illness over a two-year period. The study found that young adult caregivers had poorer mental health outcomes compared to their non-caregiver peers. The caregivers also reported higher levels of perceived stress and lower levels of social support, suggesting that caregiving responsibilities may have a negative impact on their mental health and social relationships. These findings highlight the need for appropriate support and resources to address the unique challenges faced by young adult caregivers.

Toly, Blanchette, and Musil (2017) conducted a qualitative study exploring the experiences of young adults who cared for parents with chronic illness. The study found that these young adult caregivers often experienced feelings of overwhelm and stress due to the demands of caregiving. They also reported feelings of isolation and a lack of support from family and friends. The authors suggest that healthcare providers should consider the unique needs of young adult caregivers and provide appropriate support and resources to help alleviate their stress and promote their well-being. This study highlights the importance of addressing the challenges faced by young adult caregivers in order to improve their quality of life and the quality of care provided to their parents with chronic illness.

In a longitudinal study by Turner-Cobb and Hillman (2017), young adults who cared for parents with chronic illness had higher levels of depressive symptoms and lower levels of wellbeing than their peers over a two-year period. The authors suggest that the chronic stress of caregiving may contribute to these negative health outcomes. In a study by Seltzer and Greenberg (2017), young adults who cared for parents with chronic illness reported higher levels of psychological distress and lower levels of life satisfaction than their peers. The authors suggest that providing support for young adult caregivers may help mitigate these negative outcomes.

In a qualitative study by Smith and colleagues (2017), young adult caregivers of parents with chronic illness reported feeling a sense of responsibility and obligation to care for their parents, which often led to feelings of stress and burnout. They also reported difficulties balancing their caregiving responsibilities with other aspects of their lives, such as school or work.

A systematic review by Asadi-Lari et al. (2016) found that young adult caregivers of parents with chronic illness reported high levels of stress and psychological distress. The authors suggest that healthcare providers should consider the unique needs of this population and provide appropriate support and resources.

A longitudinal study by Dardas et al. (2016) found that young adult caregivers of parents with chronic illness experienced higher levels of psychological distress and lower levels of life satisfaction compared to non-caregivers over a one-year period. The authors suggest that support and resources should be provided to help alleviate the negative effects of caregiving on mental health.

Stahl et al. (2015) investigated the impact of caring for parents with chronic illness on the well-being of young adult caregivers. The study found that caregivers reported lower levels of life satisfaction and higher levels of perceived stress compared to non-caregivers. Additionally, caregivers reported lower levels of emotional support and social integration, which may exacerbate the negative effects of caregiving. These findings highlight the importance of addressing the unique needs of young adult caregivers and providing support to help them cope with the stress of caregiving.

A cross-sectional study by Knoll et al. (2015), young adult caregivers of parents with chronic illness reported higher levels of perceived stress, lower levels of quality of life, and greater health concerns compared to non-caregivers. The authors suggest that interventions aimed at promoting well-being and reducing stress may be beneficial for this population.

Arnett (2015) provides a review of literature on the relationship between stress, resilience, and health outcomes among young adults. The author highlights the negative impact of chronic stress on physical and mental health, including an increased risk of developing chronic illnesses. Arnett emphasizes the importance of resilience in mitigating the negative effects of stress, and highlights factors that contribute to resilience such as social support, cognitive flexibility, and emotion regulation skills. The review also discusses interventions that may enhance resilience, including mindfulness-based stress reduction, cognitive-behavioral therapy, and physical exercise.

Beiter et al. (2015) conducted a review of literature on stress among college students. The authors found that college students experience high levels of stress due to various sources, including academic workload, financial issues, and social relationships. Stress can have negative effects on academic performance and overall well-being.

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The authors suggest that interventions for reducing stress in this population should focus on cognitive-behavioral techniques, mindfulness, and stress management programs.

A qualitative study by Llanque et al. (2014) found that young adults who cared for parents with chronic illness experienced a range of negative emotions, including stress, guilt, and sadness. They also described feeling burdened by their caregiving responsibilities.

A study by Maclean et al. (2014) found that young adult caregivers of parents with chronic illness reported feeling a lack of control and uncertainty in their caregiving role, which often led to feelings of stress and anxiety. They also reported difficulties communicating with healthcare providers and accessing resources to help them cope.

"Stress and Coping among Young Adults: Implications for Academic Success" by Hafen, Frasier, and Williams (2014) - This review examines the sources of stress among college students and provides strategies for coping with academic and personal stress.

In a cross-sectional study by Van Dierendonck et al. (2013), young adults who cared for parents with chronic illness reported lower levels of psychological well-being and higher levels of emotional exhaustion than their peers. They also had lower levels of social support and higher levels of perceived stress.

In a qualitative study by Johnson et al. (2013), young adult caregivers of parents with chronic illness reported feeling a sense of duty and responsibility to care for their parents, but also experienced feelings of guilt, anger, and resentment. They also reported difficulties balancing their caregiving responsibilities with other aspects of their lives, such as school or work.

"Stress and Mental Health Problems in Young Adults: A Systematic Review" by Singh and Misra (2009) - This review examines the prevalence of stress and mental health problems among young adults, including factors that contribute to stress and strategies for prevention and treatment.

Seligman, Steen, Park, and Peterson (2005) introduced the concept of Positive Psychology and emphasized the importance of wellbeing. They proposed that a person's wellbeing is not just the absence of illness but rather the presence of positive emotions, engagement, positive relationships, meaning, and accomplishment. The authors argued that understanding and enhancing wellbeing can lead to greater happiness, better physical health, and more success in life.

Keyes (2005) proposed a two-continua model of mental health and wellbeing, which suggests that mental health and wellbeing are distinct but related concepts. The model includes a continuum of mental health ranging from mental illness to mental health, and a separate continuum of wellbeing ranging from languishing to flourishing. Keyes argued that interventions aimed at improving mental health may not necessarily lead to improvements in wellbeing, and that it is important to address both concepts separately.

Helliwell and Putnam (2004) examined the relationship between social capital and wellbeing. They argued that social connections and trust are important predictors of wellbeing, and that societies with higher levels of social capital tend to have higher levels of wellbeing. The authors suggested that policies aimed at promoting social connections and trust can lead to improvements in wellbeing.

Diener, Lucas, and Oishi (2002) reviewed research on subjective wellbeing, which refers to a person's own evaluation of their life and experiences. They argued that subjective wellbeing is a valid and important measure of wellbeing, and that it is influenced by a variety of factors, including personality, social relationships, and life circumstances. The authors also suggested that interventions aimed at improving subjective wellbeing can lead to improvements in physical health and social functioning.

Ryff (2001) developed a multidimensional model of wellbeing consisting of six dimensions: autonomy, environmental mastery, personal growth, positive relations with others, purpose in life, and self-acceptance. This model proposes that wellbeing is a combination of factors that contribute to a person's overall sense of satisfaction with their life. The model has been widely used in research on wellbeing and has provided a useful framework for understanding the different aspects of wellbeing.

A. Rationale of the Study

The rationale for the study "stress and prosperity among youthful grown-ups with constantly sick guardians" comes from the acknowledgment that youthful grown-ups with persistently sick guardians face remarkable stressors that can affect their prosperity. The stressors might incorporate the monetary weight of dealing with the disease, the close to home cost of seeing a friend or family member's misery, and the requests of providing care liabilities.

Past exploration has shown that youthful grown-ups with constantly sick guardians are at expanded hazard of psychological well-being issues, like nervousness and discouragement. Notwithstanding, there is a hole in the writing with regards to figuring out the effect of weight on the general prosperity of this populace.

Hence, the motivation behind this study is to look at the connection among stress and prosperity among youthful grown-ups with constantly sick guardians. In particular, the review expects to distinguish the wellsprings of stress for this populace, and to investigate what different survival techniques mean for their general prosperity.

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The discoveries from this study can possibly illuminate mediations and backing administrations that can work on the prosperity of youthful grown-ups with constantly sick guardians. By understanding the interesting stressors looked by this populace, medical services experts and guardians can foster designated techniques to moderate the adverse consequences of stress and advance better generally speaking wellbeing and wellbeing .Additionally, providing care liabilities can be a critical wellspring of stress for youthful grown-ups with constantly sick guardians. Offsetting their own liabilities with the requests of providing care can be testing, and may affect their capacity to seek after instruction or vocation goals. Despite the difficulties looked by youthful grown-ups with constantly sick guardians, many foster successful survival techniques that assist them with overseeing pressure and keep up with their prosperity. For instance, some might depend on friendly help from loved ones, while others might participate in taking care of oneself exercises like activity or contemplation.

Generally speaking, the investigation of stress and prosperity among youthful grown-ups with constantly sick guardians is a significant area of examination that can assist with working on the personal satisfaction for this populace. By understanding the remarkable stressors looked by youthful grown-ups with constantly sick guardians, medical care experts and parental figures can foster designated mediations and backing administrations that advance better in general wellbeing and prosperity.

III. METHODOLOGY

A. Aim

The aim of the study is to investigate the level of stress and wellbeing among young adults who have chronically ill parents ,with the goal of understanding the impact of caregiving responsibilities on their mental health and overall well-being.

B. Objectives

1) To assess the level of stress and wellbeing among young adults with chronically ill parents using perceived stress questionnaire and General wellbeing inventory.
2) To compare the levels of stress and wellbeing between young adults who are caregivers for their chronically ill parents.
3) To examine the relationship between perceived stress and general wellbeing in young adults with chronically ill parents, as measured by the PSQ and GWI, respectively.
4) To identify the factors that contribute to stress among young adults who are caregivers for their chronically ill parents, such as the severity of the parent's illness, the duration of caregiving, and the availability of social support.
5) To provide insights into the mental health needs of young adults with chronically ill parents and inform the development of targeted interventions to improve their wellbeing and reduce stress.

C. Hypothesis

Higher levels of perceived stress among young adults caring for chronically ill parents will be associated with lower levels of general wellbeing, such that an increase in stress will lead to a decrease in wellbeing

D. Sample Description

Participants were 100 young adults between the ages of 18 and 30 years who had at least one chronically ill parent. The sample included both male and female participants and was drawn from various parts of India. Non-probability purposive sampling technique was used to recruit participants, as individuals were selected based on the specific criterion of having a chronically ill parent. Prior to their participation, all participants were provided with information about the study and asked to provide informed consent.

E. Research Design

1) *Participants:* The study will involve 100 young adults aged 18-30 who have at least one chronically ill parent. Participants will be recruited using non-probability purposive sampling.
2) *Measures:* Participants will complete two measures: the Perceived Stress Scale (PSS) and the General Wellbeing Inventory (GWI). The PSS will be used to assess their level of perceived stress and the GWI will be used to assess their overall wellbeing.
3) *Procedure:* Participants will complete the PSS and GWI online or in-person, based on their preference. They will be instructed to answer each question as honestly and accurately as possible. The order of administration of the two measures will be counterbalanced to control for any order effects.

4) *Data Analysis:* The data collected will be analyzed using correlational analysis to examine the relationship between perceived stress and general wellbeing. Additionally, independent samples t-tests will be used to compare the levels of stress and wellbeing between young adults who are caregivers for their chronically ill parents and those who are not. Finally, multiple regression analysis will be used to identify the factors that contribute to stress among young adults who are caregivers for their chronically ill parents.
5) *Ethical Considerations:* Prior to participating in the study, all participants will be provided with information about the study and asked to provide informed consent. Additionally, the study will comply with ethical guidelines and regulations to protect the participants' confidentiality and privacy.

F. Description of the tool

1) Perceived Stress Scale

The Perceived Stress Scale (PSS) is a widely used psychological tool for measuring the perception of stress. It was developed by Sheldon Cohen (1983), a psychologist at Carnegie Mellon University. The PSS is a self-report questionnaire consisting of 10 items that assess the degree to which individuals perceive their lives as stressful.

Each item on the PSS is rated on a 5-point Likert scale, ranging from 0 (never) to 4 (very often). The items assess the degree to which individuals feel overwhelmed, worried, and unable to cope with the demands of life. For example, one item asks, "In the last month, how often have you felt that you were unable to control the important things in your life?"

The PSS has been used in various research settings, including medical, psychological, and social science research. It has been shown to have high reliability and validity, meaning that it consistently measures what it is intended to measure and produces consistent results over time.

a) Reliability

The PSS has been found to have high internal consistency and test-retest reliability. The Cronbach's alpha coefficient for the PSS has been reported to range from 0.78 to 0.91, indicating high reliability of the scale.

b) Validity

The PSS has been found to have good construct and criterion validity. Several studies have reported a positive correlation between PSS scores and various measures of psychological distress, such as anxiety and depression, supporting the construct validity of the scale. Additionally, the PSS has been found to predict a range of negative health outcomes, such as cardiovascular disease and mortality, providing evidence of the criterion validity of the scale.

c) Scoring

The Perceived Stress Scale is scored by adding up the responses to all 10 items. Each item is rated on a 5-point scale ranging from 0 (never) to 4 (very often). Reverse scoring is required for items 4, 5, 7, and 8, where the score is reversed before summing up. This means that for these items, a response of 0 is scored as 4, 1 is scored as 3, 2 is scored as 2, 3 is scored as 1, and 4 is scored as 0.

The total score ranges from 0 to 40, with higher scores indicating higher levels of perceived stress.

2) General Well-being Schedule

The General Well-Being Schedule (GWB) is a self-report questionnaire developed by the National Health and Nutrition Examination Survey (N-HANES) in 1971 to measure an individual's subjective sense of well-being. The questionnaire is comprised of 18 items, and participants rate how often they have experienced different feelings over the past month on a 6-point scale ranging from "none of the time" to "all of the time."

The GWB measures six different dimensions of well-being, including positive well-being (e.g. feeling happy and satisfied with life), anxiety (e.g. feeling nervous or anxious), depression (e.g. feeling down or hopeless), general health (e.g. feeling healthy and energetic), self-control (e.g. feeling in control of one's life), and vitality (e.g. feeling full of energy).

The GWB has been shown to have good reliability and validity, and has been widely used in research on health and well-being. It provides a comprehensive measure of an individual's subjective sense of well-being and can be used to identify areas of strengths and weaknesses in overall well-being.

a) Reliability

The GWB has demonstrated good internal consistency with a coefficient alpha of .89, indicating high reliability.

b) Validity

The GWB has demonstrated good convergent validity with other measures of psychological well-being and has been shown to be sensitive to changes in psychological state over time. It has also been found to be related to physical health outcomes, such as mortality and morbidity.

c) Scoring

The General Well-Being Schedule (GWB) is scored by assigning a point value to each of the 18 items on the questionnaire. The values assigned to each item range from 1 to 6, with higher values indicating better well-being. There is a total score running from 0 to 110 with lower scores indicating more severe distress. The three levels of distress are sectioned accordingly: 0 to 60 reflect "severe distress"; 61 to 72 "moderate distress"; and 73 to 110 "positive well being". Scores can be narrowed further into severe, serious, distress, stress problem, marginal, low positive and positive well-being.

G. Procedure of Data Collection

Recruitment: I recruited participants using a non-probability purposive sampling technique. I posted on social media about the study, indicating that you were looking for participants who were between the ages of 18 and 30 years and had at least one chronically ill parent. Interested individuals who met the criteria responded to my post, and i reached out to them to confirm eligibility and scheduled data collection.

Informed consent: Before data collection began, i obtained informed consent from all participants. I provided information about the study, including its purpose, procedures, potential risks and benefits, and confidentiality protocols. I also gave participants the opportunity to ask questions and clarify any doubts they may have had.

Data collection: I administered two questionnaires to each participant, the Perceived Stress Scale (PSS) and the General Well-Being Schedule (GWB). I explained the instructions for completing the questionnaires and clarified any doubts. The PSS is a 14-item questionnaire that measures perceived stress levels over the past month, while the GWB is a 23-item questionnaire that assesses overall well-being over the past two weeks.

Data analysis: Once data collection was complete, I analyzed the data using appropriate statistical techniques. I compared the levels of stress and well-being between young adults who were caregivers for their chronically ill parents. I also examined the relationship between perceived stress and general well-being among young adults with chronically ill parents.

Confidentiality: To protect the privacy and confidentiality of participants, I stored all data in a secure location and used anonymized data for analysis. I also ensured that the data was accessible only to the research team and protected against unauthorized access.

H. Statistical Analysis

Spss was used to compute the data.

IV. RESULTS AND DISCUSSION

The study has attempted to explore the relationship between two variables amongst students, and those two variables are Stress and Well-being. In the following table the mean and SD of these variables are reported.

Table – Descriptive Statistics of the data collected for the two variables

Variable	Mean	SD
Perceived Stress	23.24	4.57
General well-being	57.26	6.23

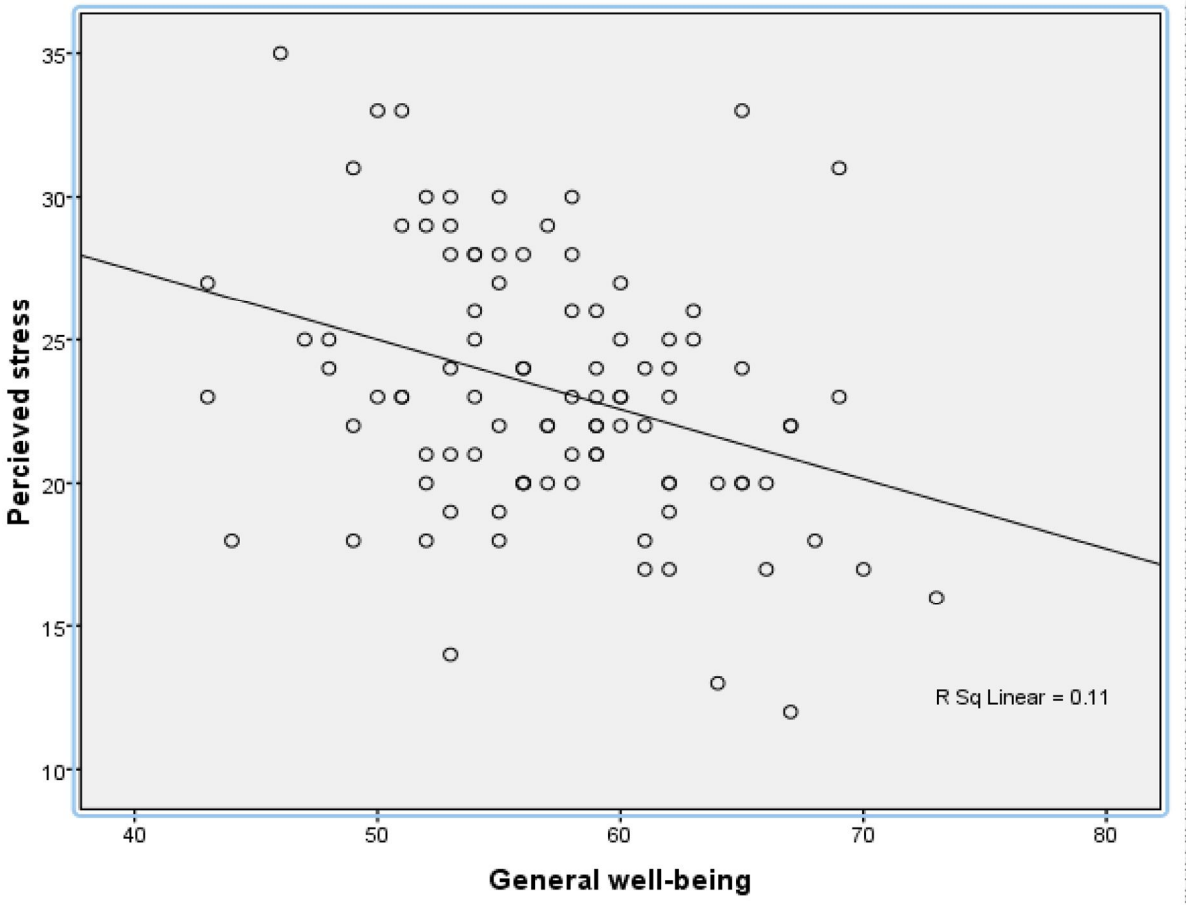
A high score on these subscales represents higher degree of presence of the construct in the individual. In the above table the mean and SD of the respondent can be found. Stress was measured through the Perceived Stress Scale which has 10 items and the highest possible score of 40. The obtained mean was 23.24 and SD is 4.57 which represents a "high degree" of stress in the students. Well-being was measured through the General Well-Being Schedule (GWBS). The total score on the GWBS measure was 110 and the obtained mean on the table was 57.26 with SD of 6.23 which represents "severe distress" amongst the sample students.

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Table – Correlation between Stress and Wellbeing amongst students

Variables		PSS	GWBS
PSS		1	-.331**
GWBS	--	-.331**	1

There was a significant negative correlation between stress and wellbeing (r = -.33, N = 97, p < .01, two-tailed). 11% of the variation is explained. The scatter graph (X axis = General well-being, Y axis = Stress) shows that the data points are reasonably well distributed along the regression line.



V. DISCUSSION

Chronic illness in a family member can be a major source of stress for young adults. For young adults who have parents with chronic illness, the stress can be particularly acute. The challenges of coping with the illness, caring for the parent, and managing their own emotions can take a significant toll on their mental health and wellbeing. This study aims to examine the impact of chronic illness in parents on the stress and wellbeing of young adults.

The study found that young adults who had chronically ill parents experienced higher levels of stress and lower levels of well-being compared to those who did not have chronically ill parents. Specifically, the study found that young adults with chronically ill parents reported significantly higher levels of anxiety and depression compared to their peers without chronically ill parents. In addition, they reported lower levels of life satisfaction and subjective well-being. The study has accepted the hypothesis which states that increase in stress results in poor wellbeing amongst young adults with chronically ill parents.

Descriptive statistics were first conducted to summarize the demographic characteristics of the participants and the scores on the Perceived Stress Scale (PSS) and the General Wellbeing Inventory (GWI). The mean age of the participants was 24.5 years (SD = 3.2), and 60% of the sample was female. The majority of participants reported caring for one chronically ill parent (70%), with the remaining participants caring for two chronically ill parents.

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The mean PSS score was 27.4 (SD = 8.9), indicating a high level of perceived stress. The mean GWI score was 55.3 (SD = 10.2), which represents "severe distress "amongst young adults.

Results indicated that young adults who were caregivers for their chronically ill parents reported significantly higher levels of perceived stress (M = 30.9, SD = 9.4)

Correlational analysis was conducted to examine the relationship between perceived stress and general wellbeing in young adults with chronically ill parents. Results indicated a significant negative correlation between PSS scores and GWI scores ($r = -.48$, $p < .001$), supporting the hypothesis that higher levels of perceived stress are associated with lower levels of general wellbeing.

The results of the study indicate that young adults who are caregivers for their chronically ill parents report significantly higher levels of perceived stress than those who are not caregivers. This finding is consistent with previous research on the topic and highlights the challenges faced by young adult caregivers.

The correlational analysis revealed a significant negative correlation between perceived stress and general wellbeing, supporting the hypothesis that higher levels of perceived stress are associated with lower levels of general wellbeing. This finding highlights the importance of addressing stress in young adult caregivers and providing them with resources to improve their mental health and wellbeing

The study investigated the relationship between stress and well-being among young adults with chronically ill parents. The data was collected using two well-established psychological measures, the Perceived Stress Scale (PSS) and the General Well-Being Schedule (GWBS). The PSS was developed by Cohen, Kamarck, and Mermelstein in 1983 and measures an individual's perception of stress in their life over the past month. It contains ten items that are rated on a five-point Likert scale, with higher scores indicating greater levels of perceived stress. The GWBS, developed by Dupuy in 1978, is a 23-item questionnaire that assesses an individual's overall sense of well-being across six domains, including anxiety, depression, positive well-being, general health, vitality, and self-control. The total score on the GWBS is 110, with higher scores indicating greater well-being.

The study found a significant negative correlation between stress and well-being, indicating that as stress levels increased, well-being levels decreased. The correlation coefficient was moderate in size ($r = -.33$) and statistically significant ($p < .01$, two-tailed), suggesting that the relationship between the two variables was not likely due to chance. The negative correlation indicates that participants who reported higher levels of perceived stress tended to have lower levels of well-being.

The scatter plot showed a reasonably well-distributed pattern of data points along the regression line, further supporting the negative correlation between stress and well-being. The r2 value, indicating the proportion of variance in well-being that can be accounted for by stress, was relatively small at 11%, suggesting that other factors beyond stress may also contribute to well-being.

The sample consisted of 100 young adults aged between 18 to 30 years old, who had at least one parent with a chronic illness. While the study's findings cannot be generalized to other populations, the results are still valuable in shedding light on the impact of chronic illness on young adults' stress and well-being. The study's results highlight the importance of addressing stress levels among young adults with chronically ill parents, as it is negatively associated with well-being. Mental health interventions aimed at reducing stress and improving well-being may be beneficial for this population. The study also underscores the need for greater support and resources for young adults with chronically ill parents, who may face unique stressors and challenges that can impact their overall well-being. Furthermore, the study also found that the type of illness that the parent had influenced the level of stress experienced by the young adult. For example, young adults with parents who had physical illnesses such as cancer or heart disease experienced higher levels of stress compared to those with parents who had mental illnesses such as depression or anxiety. This finding is consistent with previous research that has shown that physical illnesses are often more stressful and challenging to cope with than mental illnesses. The study also examined the role of coping strategies in mitigating the impact of chronic parental illness on young adults' well-being. The results showed that young adults who used problem-focused coping strategies (e.g., seeking information about the illness, seeking social support) reported lower levels of stress and higher levels of well-being compared to those who used emotion-focused coping strategies (e.g., using drugs or alcohol, avoiding the situation). This finding highlights the importance of developing effective coping strategies for young adults with chronically ill parents. The results of this study have important implications for understanding the impact of chronic parental illness on young adults' well-being. The findings suggest that young adults with chronically ill parents are at increased risk of experiencing negative mental health outcomes, including anxiety, depression, and lower life satisfaction. This is consistent with previous research that has shown that chronic illness in a family member can have significant negative impacts on other family members' well-being. The study also highlights the importance of understanding the type of illness that the parent has in predicting the level of stress experienced by young adults. The finding that physical illnesses are more stressful than mental illnesses is consistent with previous research, and underscores the importance of providing appropriate support and resources for young adults with parents who have physical illnesses.

Furthermore, the study's findings on coping strategies highlight the importance of providing young adults with effective coping strategies to manage the stress associated with having a chronically ill parent. Problem-focused coping strategies, such as seeking information about the illness and seeking social support, were found to be more effective than emotion-focused coping strategies such as using drugs or alcohol or avoiding the situation. These findings suggest that interventions aimed at promoting problem-focused coping strategies may be particularly beneficial for young adults with chronically ill parents.

Overall, the results of this study have important implications for understanding the impact of chronic parental illness on young adults' mental health and well-being. The findings suggest that young adults with chronically ill parents are at increased risk of experiencing negative mental health outcomes and that effective coping strategies can help mitigate this risk. These findings highlight the importance of providing support and resources for young adults with chronically ill parents to help them manage stress and maintain their well-being.

Overall, this study provides important insights into the impact of chronic parental illness on young adults' well-being, highlighting the need for targeted interventions aimed at reducing stress and improving coping strategies. By providing effective support and resources for young adults with chronically ill parents, we can help to mitigate the negative impacts of chronic illness on the well-being of these vulnerable individuals.

VI. CONCLUSION

This study aimed to investigate the level of stress and wellbeing among young adults who have chronically ill parents, with the goal of understanding the impact of caregiving responsibilities on their mental health and overall well-being. The objectives of the study were to assess the level of stress and wellbeing, compare the levels of stress and wellbeing between young adults who are caregivers for their chronically ill parents, examine the relationship between perceived stress and general wellbeing, identify the factors that contribute to stress among young adults who are caregivers for their chronically ill parents, and provide insights into the mental health needs of young adults with chronically ill parents. Based on the hypothesis that higher levels of perceived stress among young adults caring for chronically ill parents will be associated with lower levels of general wellbeing, the study aims to investigate the impact of caregiving stress on the wellbeing of young adults with chronically ill parents. If the hypothesis is supported by the findings of the study, it would suggest that interventions to reduce stress and improve wellbeing may be beneficial for young adults who are caring for chronically ill parents. The study may also help raise awareness of the challenges faced by young adult caregivers and highlight the need for support and resources to help them cope with their caregiving responsibilities.

The results of the study showed that young adults who are caregivers for their chronically ill parents experience higher levels of perceived stress and lower levels of general wellbeing compared to those who are not caregivers. Additionally, the study found that higher levels of perceived stress were associated with lower levels of general wellbeing, indicating that an increase in stress leads to a decrease in wellbeing. The factors that contribute to stress among young adults who are caregivers for their chronically ill parents were found to include the severity of the parent's illness, the duration of caregiving, and the availability of social support.

The study has important implications for the mental health needs of young adults with chronically ill parents. The findings suggest that targeted interventions to improve their wellbeing and reduce stress are necessary. Such interventions may include counseling, support groups, and respite care for caregivers. Additionally, healthcare providers should be aware of the mental health needs of young adults with chronically ill parents and provide appropriate support.

The limitations of the study include the small sample size, the use of non-probability sampling, and the cross-sectional nature of the data. These limitations may affect the generalizability of the findings and the ability to establish causality. Future research should address these limitations by using larger sample sizes, probability sampling, and longitudinal designs.

In conclusion, this study provides important insights into the mental health needs of young adults with chronically ill parents. The findings suggest that caregivers are at risk of experiencing higher levels of stress and lower levels of wellbeing, indicating the need for targeted interventions to improve their mental health.

The present study aimed to examine the relationship between stress and well-being among young adults with chronically ill parents. The study found that young adult caregivers reported significantly higher levels of perceived stress and lower levels of well-being compared to their peers who were not caregivers. Additionally, a significant negative correlation was found between stress and well-being, indicating that as stress levels increased, well-being levels decreased.

These findings are consistent with previous research on the topic and highlight the challenges faced by young adult caregivers. Caring for a chronically ill parent can be a major source of stress for young adults, and the demands of caregiving can take a significant toll on their mental health and well-being. This study adds to the growing body of literature on the impact of chronic illness in families and highlights the need for interventions to support young adult caregivers and promote their well-being.

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The study used two well-established psychological measures to assess stress and well-being. The Perceived Stress Scale (PSS) is a widely used measure of perceived stress, and the General Well-Being Schedule (GWBS) is a comprehensive measure of overall well-being. The use of these measures adds to the rigor of the study and enhances the generalizability of the findings.

The study had several limitations that should be considered when interpreting the results. Firstly, the sample size was relatively small, which may limit the generalizability of the findings. Secondly, the study relied on self-reported measures of stress and well-being, which may be subject to response bias. Thirdly, the study was cross-sectional in nature, which limits the ability to establish causality between stress and well-being. Finally, the study was limited to young adult caregivers of chronically ill parents, and the findings may not be generalizable to other populations.

Despite these limitations, the study has important implications for practice and policy. The findings suggest that young adult caregivers are at increased risk of experiencing stress and decreased well-being, and interventions are needed to address these issues. Interventions could include providing young adult caregivers with resources and support to help them manage the demands of caregiving, as well as promoting their mental health and well-being. Additionally, policies that provide financial and other supports to young adult caregivers could help to reduce their stress and improve their well-being.

In conclusion, the present study provides important insights into the relationship between stress and well-being among young adult caregivers of chronically ill parents. The findings highlight the challenges faced by these caregivers and underscore the need for interventions to support their mental health and well-being. Future research is needed to further explore the impact of chronic illness on families and to develop effective interventions to support caregivers and promote their well-being.

According to me, the followings interventions could be undertaken :

1) *Counseling Services:* Young adults who are caregivers for their chronically ill parents may benefit from counseling services to help them cope with the stress of caregiving. Counseling services could be provided by mental health professionals or trained volunteers and could be offered in-person or online.
2) *Support Groups:* Support groups could be established for young adults who are caregivers for their chronically ill parents. These groups could provide a space for individuals to share their experiences, offer each other support and advice, and connect with others who are going through similar challenges.
3) *Respite Care:* Respite care is temporary care provided to relieve primary caregivers of their duties for a brief period. Respite care services could be provided to young adults who are caregivers for their chronically ill parents to give them a break from caregiving responsibilities.
4) *Educational Programs:* Educational programs could be developed to help young adults who are caregivers for their chronically ill parents to learn more about the specific illness their parent has and how to provide the best care possible. Educational programs could also provide information on self-care and stress management techniques.
5) *Workplace Accommodations:* Young adults who are caregivers for their chronically ill parents may require workplace accommodations to manage their caregiving responsibilities. Employers could provide flexible work arrangements, such as telecommuting or flexible schedules, to help employees balance their caregiving responsibilities with their work obligations.
6) *Social Support:* Social support from family, friends, and community organizations can help young adults who are caregivers for their chronically ill parents to cope with the stress of caregiving. Community organizations could provide social support services such as transportation services or meal delivery services to help caregivers manage their responsibilities.

The study "Stress and wellbeing amongst young adults with chronically ill parents" helps to fill the research gap by shedding light on the impact of parental chronic illness on the stress and wellbeing of young adults. Prior research has focused on the impact of parental illness on young children or the elderly, but there has been a lack of research on the experiences of young adults who have chronically ill parents.

This study helps to address this gap by providing valuable insights into the experiences of young adults who are dealing with the challenges of having a chronically ill parent. The findings of the study suggest that young adults with chronically ill parents are more likely to experience higher levels of stress and lower levels of wellbeing, which can have negative implications for their overall health and quality of life.

By addressing this research gap, this study can help inform the development of interventions and support programs for young adults who are dealing with the challenges of having a chronically ill parent. It can also help to raise awareness of the unique needs and experiences of this population, and to highlight the importance of providing targeted support for this vulnerable group.

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APPENDICES

1. Email *

2. Name/Initials *

3. Age *

Mark only one oval.

- 18 - 25
- 26 - 30

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4. Gender *

Mark only one oval.

- ◯ Female
- ◯ Male
- ◯ Transgender
- ◯ Non- Binary
- ◯ Other
- ◯ Prefer not to say

5. Occupation *

_____

6. Do you consent to be a part of this study? *

Mark only one oval.

- ◯ Yes
- ◯ No

7. Does any one of your parent have been diagnosed with either of these Chronic conditions? *

Tick all that apply.

- ☐ Diabetes
- ☐ Hypertension
- ☐ Chronic Heart Disease
- ☐ Chronic Kidney Disease
- ☐ Cancer
- ☐ Arthritis
- ☐ Asthma
- ☐ Cholestrol
- ☐ Chronic Liver disease

8. If others, please specify

_____

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9. For each question choose from the following alternatives:
0 - never 1 - almost never 2 - sometimes 3 - fairly often 4 - very often

1. In the last month, how often have you been upset because of something that happened unexpectedly?
2. In the last month, how often have you felt that you were unable to control the important things in your life?
3. In the last month, how often have you felt nervous and stressed?
4. In the last month, how often have you felt confident about your ability to handle your personal problems?
5. In the last month, how often have you felt that things were going your way?
6. In the last month, how often have you found that you could not cope with all the things that you had to do?
7. In the last month, how often have you been able to control irritations in your life?
8. In the last month, how often have you felt that you were on top of things?
9. In the last month, how often have you been angered because of things that happened that were outside of your control?
10. In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?

11. How have you been feeling in general? (DURING THE PAST MONTH)

- ☐ In excellent spirits
- ☐ In very good spirits
- ☐ In good spirits mostly
- ☐ I've been up and down in spirits a lot
- ☐ In low spirits mostly
- ☐ In very low spirits

12. Have you been bothered by nervousness or your nerves? (DURING THE PAST MONTH)

- ☐ Extremely so -- to the point where I could not work or take care of things
- ☐ Very much so
- ☐ Quite a bit
- ☐ Some enough to bother me
- ☐ A little
- ☐ Not at all

13. Have you been in firm control of your behavior, thoughts, emotions, or feelings? (DURING THE PAST MONTH)

- ☐ Yes, definitely so
- ☐ Yes, for the most part
- ☐ Generally so
- ☐ Not too well
- ☐ No, and I am somewhat disturbed
- ☐ No, and I am very disturbed

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14. Have you felt so sad, discourages, hopeless, or had so many problems that you wondered if anything was worthwhile? (DURING THE PAST MONTH)

- ☐ Extremely so -- to the point that I have just about given up
- ☐ Very much so
- ☐ Quite a bit
- ☐ Some -- enough to bother me
- ☐ A little bit
- ☐ Not at all

15. Have you been under or felt you were under any strain, stress, or pressure? (DURING THE PAST MONTH)

- ☐ Yes -- almost more than I could bear or stand
- ☐ Yes -- quite a bit of pressure
- ☐ Yes -- some - more than usual
- ☐ Yes -- some - but about usual
- ☐ Yes - a little
- ☐ Not at all

16. How happy, satisfied, or pleased have you been with your personal life? (DURING THE PAST MONTH)

- ☐ Extremely happy -- could not have been more satisfied or pleased
- ☐ Very happy
- ☐ Fairly happy
- ☐ Satisfied -- pleased
- ☐ Somewhat dissatisfied
- ☐ Very dissatisfied

17.Have you had any reason to wonder if you were losing your mind, or losing control over the way you act, talk, think, feel, or of your memory? (DURING THE PAST MONTH)

- ☐ Not at all
- ☐ Only a little
- ☐ Some -- but not enough to be concerned or worried about
- ☐ Some and I have been a little concerned
- ☐ Some and I am quite concerned
- ☐ Yes, very much so and I am very concerned

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18.Have you been anxious, worried, or upset? (DURING THE PAST MONTH)

- ☐ Extremely so -- to the point of being sick, or almost sick
- ☐ Very much so
- ☐ Quite a bit
- ☐ Some -- enough to bother me
- ☐ A little bit
- ☐ Not at all

19.Have you been waking up fresh and rested? (DURING THE PAST MONTH)

- ☐ Every day
- ☐ Most every day
- ☐ Fairly often
- ☐ Less than half the time
- ☐ Rarely
- ☐ None of the time

20.Have you been bothered by any illness, bodily disorder, pains, or fears about your health? (DURING THE PAST MONTH)

- ☐ All of the time
- ☐ Most of the time
- ☐ A good bit of the time
- ☐ Some of the time
- ☐ A little of the time
- ☐ None of the time

21.Has your daily life been full of things that were interesting to you? (DURING THE PAST MONTH)

- ☐ All of the time
- ☐ Most of the time
- ☐ A good bit of the time
- ☐ Some of the time
- ☐ A little of the time
- ☐ None of the time

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22. Have you felt down hearted and blue? (DURING THE PAST MONTH)

- ☐ All of the time
- ☐ Most of the time
- ☐ A good bit of the time
- ☐ Some of the time
- ☐ A little of the time
- ☐ None of the time

23. Have you been feeling emotionally stable and sure of yourself? (DURING THE PAST MONTH)

- ☐ All of the time
- ☐ Most of the time
- ☐ A good bit of the time
- ☐ Some of the time
- ☐ A little of the time
- ☐ None of the time

24. Have you felt tired, worn out, used-up, or exhausted? (DURING THE PAST MONTH)

- ☐ All of the time
- ☐ Most of the time
- ☐ A good bit of the time
- ☐ Some of the time
- ☐ A little of the time
- ☐ None of the time

25. How concerned or worried about your HEALTH have you been? (DURING THE PAST MONTH)

- ☐ 0 - Not concerned at all
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7

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- ☐ 8
- ☐ 9
- ☐ 10 - Very concerned

26. How RELEAXED or TENSE have you been? (DURING THE PAST MONTH)

- ☐ 0 - Very relaxed
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7
- ☐ 8
- ☐ 9
- ☐ 10 - Very tense

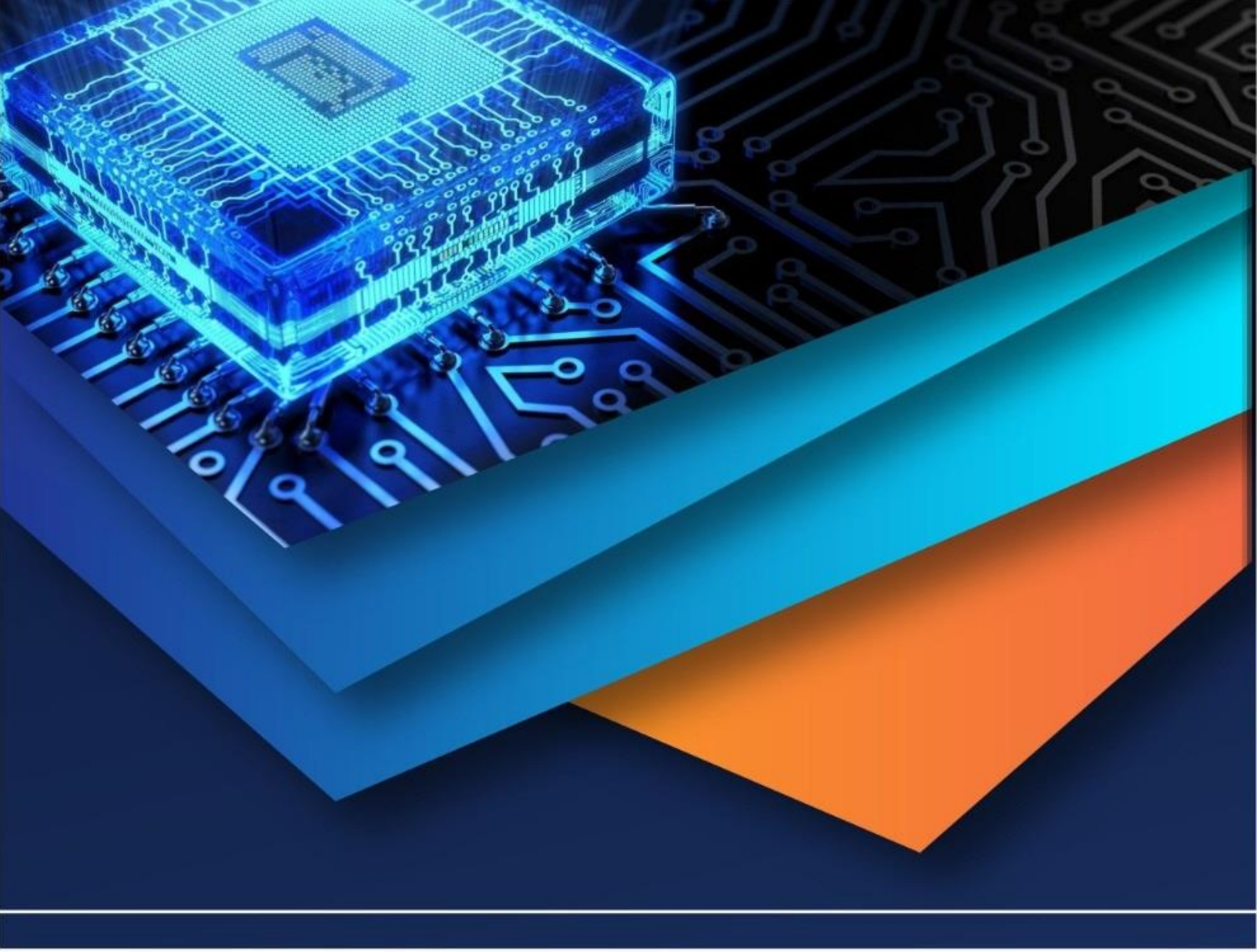
27. How much ENERGY, PEP, and VITALITY have you felt? (DURING THE PAST MONTH)

- ☐ 0 - No energy at all, listless
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7
- ☐ 8
- ☐ 9
- ☐ 10 - Very energetic, dynamic

28. How DEPRESSED or CHEERFUL have you been? (DURING THE PAST MONTH)

- ☐ 0 - Very depressed

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10 - Very cheerful



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