



Building Resilience: The Influence of Parenting and Coping Strategies in Psychosomatic Disorder Patients

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DESCRIPTION

Parenting and coping strategies significantly influence the resilience of patients with psychosomatic disorders. Effective parenting provides emotional support and stability, crucial for managing these conditions. Parents who model healthy coping mechanisms and foster open communication help their children develop similar skills, essential for dealing with stress and psychological challenges. Additionally, teaching adaptive coping strategies, such as problem-solving, stress management, and emotional regulation, empowers patients to handle their symptoms more effectively. This combined approach of supportive parenting and robust coping strategies not only enhances the patient's resilience but also contributes to improved long-term outcomes in managing psychosomatic disorders. Resilience is a critical factor in the well-being and recovery of individuals with psychosomatic disorders. This study explores how parenting styles and coping strategies influence the prediction of resilience among patients with psychosomatic disorders, offering insights into the complex interplay of psychological, familial, and adaptive factors in promoting resilience and recovery. Parenting styles play a significant role in shaping an individual's resilience. Supportive and nurturing parenting characterized by warmth, empathy, and emotional responsiveness fosters secure attachment, self-esteem, and adaptive coping skills in children. In contrast, authoritarian or neglectful parenting styles may contribute to insecurity, low self-worth, and maladaptive coping strategies, increasing vulnerability to stress and psychosomatic symptoms later in life. The study examines how different parenting styles, as perceived by patients with psychosomatic disorders, influence their resilience levels. Patients who report positive and supportive parenting experiences are more likely to exhibit higher levels of resilience, characterized by the ability to bounce back from adversity, maintain a sense of purpose and optimism, and adapt effectively to stressors. Coping strategies are

another key factor in predicting resilience among patients with psychosomatic disorders. Effective coping strategies, such as problem-solving, emotional regulation, seeking social support, and positive reframing, are associated with greater resilience and better psychological outcomes. Patients who employ adaptive coping strategies are better equipped to manage symptoms, navigate challenges, and maintain a sense of control and well-being. The study explores the relationship between coping strategies and resilience, examining how patients' coping styles influence their resilience levels. Individuals who utilize proactive coping strategies, such as seeking professional help, engaging in self-care activities, and practicing mindfulness, are more likely to exhibit higher levels of resilience and better adaptation to psychosomatic symptoms. Furthermore, the study investigates the interaction between parenting styles and coping strategies in predicting resilience among patients with psychosomatic disorders. Positive parenting experiences characterized by emotional support, communication, and encouragement of adaptive coping behaviors may enhance the effectiveness of coping strategies and promote resilience in the face of psychosomatic symptoms. The findings of this study have implications for clinical practice and interventions aimed at enhancing resilience in patients with psychosomatic disorders. Therapeutic approaches that incorporate elements of positive parenting skills, such as enhancing communication, fostering emotional support, and promoting problem-solving skills, may facilitate resilience-building in patients and improve treatment outcomes.

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CONFLICT OF INTEREST

The authors declare that they have no conflict of interest.

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