

The University Teachers' Perceptions of their Family Illness Affect Students' Motivation and Interest in their Studies

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Abstract

This research delves into the intricate interplay between parents' illness and its impact on their children's well-being and academic interests. As health is a cornerstone of family dynamics, understanding the consequences of parental illness on students becomes imperative. The study employs a mixed-methods approach, combining surveys and qualitative interviews to gather comprehensive insights. The research examines the psychological and emotional dimensions of students facing parental illness, investigating the potential correlations with changes in academic motivation and engagement. Through a diverse sample representing various socio-economic backgrounds and educational levels, the study aims to provide a nuanced understanding of the multifaceted aspects of this phenomenon. Additionally, the research explores the support mechanisms available to students coping with parental illness, both within and outside the educational context. Identifying coping strategies and resilience factors becomes crucial in formulating recommendations for educators, policymakers, and healthcare professionals to enhance student's overall well-being and academic performance in these challenging circumstances. The findings of this study contribute to the growing body of literature on the intersectionality of health, family, and education. Ultimately, this exploration aims to promote a holistic approach to education that recognizes and addresses the diverse needs

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of students navigating the complexities of familial health crises.

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1 Introduction

Students' perceptions of a family member's illness often lead to increased stress, which can negatively impact their academic motivation and performance (Adu, [2023](#); Deng et al., [2022](#)). Family health crises may distract students from their studies, causing a decline in their academic interest due to emotional and psychological strain (Aziz et al., [2020](#); Lee et al., [2019](#)). When students view their family's illness as a personal burden, it can diminish their focus and enthusiasm for schoolwork (Capannola & Johnson, [2022](#)). Students who perceive their family illness as overwhelming are more likely to experience a decrease in academic engagement and motivation (Wilson et al., [2008](#); Zaccoletti et al., [2020](#)). Positive coping mechanisms, such as family support and counseling, can help mitigate the negative effects of family illness on students' academic motivation (Deng et al., [2022](#); Nguyen et al., [2019](#); Son et al., [2020](#)). Students who receive understanding and support from teachers and peers may better manage their feelings related to a family member's illness, thereby sustaining their motivation for school (Butler et al., [2022](#)).

Together, these two dimensions—a good one we call "life satisfaction" (which encompasses contentment with oneself, one's family, friends, home, and school) and a detrimental one we call "psychological disturbance"—make up a child's total well-being (comprising anxiety, depression, anger, disruptive behavior, and physical symptoms). The children themselves, who ranged in age from eleven to sixteen, provided the replies that we used to calculate their level of well-being on Page 9. We assessed the parent-child interaction based on the parents' degree of communication and involvement with the child, their ability to set age-appropriate boundaries, and whether or not they felt supported in their parental position (Deng et al., [2022](#); Nguyen et al., [2019](#)). After considering a number of explanatory factors, our study revealed that the quality of parent-child relationships changes relatively little among the various family forms. The mother-child bond is typically stronger in cohabiting families, which is the only statistically significant effect. Yet, given that the children in these homes are younger, this might be the case (Bernier et al., [2023](#); Butler et al., [2022](#)).

While evaluating parent-child relationships, health visitors drew on various data sources, direct behavior observation, assessment of known risk variables, acquaintance with norms, and "intuition," among other things. Supporting the parent-infant link included listening to parents, boosting participation at parenting groups, and providing referrals to outside support organizations (McMullen et al., [2019](#)). On educational requirements and clinical experience requirements for this element of the health visitor profession, general agreement is necessary both nationally and locally (Abbott & Meerabeau, [2020](#)). This may be impacted by less client interaction, a lack of training in the usage of particular "relationship evaluation" methods, and other factors. Future training and practice for health visitors could benefit from the Solihull Approach to mental health (McAtamney, [2011](#)).

The health visitors were stationed at nine clinics in a borough outside of London and had completed a four-day course (the Brief Encounters course) that had prepared them to screen mothers for relationship issues at the 6–8-week check and to provide support (supportive listening, useful advice, and referral) if issues were found. A self-report screening scale that was completed at the 6- to 8-week check-up and again at the 12-week vaccination visit, when the scale was incorporated in a self-report questionnaire on aid received from the health visitor, was used to collect data on relationship quality. The health visitor's intervention logs documented the nature of any support provided. After roughly 6 weeks, 25 of the 82 moms who had received support and their health

visitors were questioned about the intervention (Simons et al., [2003](#)).

The social sciences are highlighted by how frequently improvement is identified as a major topic of concern in a number of fields, including education, child development, mental and physical health, social services, industry, sport, and exercise (Woods & Butler, [2020](#)). Due to the pervasive influence of self-concept, the development of a positive self-concept is listed as one of the primary goals of education that cause good things to happen and is crucial to the realization of full human potential in a variety of settings in many educational policy statements around the world (Craven & Marsh, [2008](#)).

1.1 Introduction of the Study

It is normal practice to test and screen minors genetically. "Genetic screening" refers to assays conducted across the population to find people who are at risk. The term "genetic testing" refers to diagnostic assays that are carried out due to favorable screening results, family history, ethnicity, physical stigmata, or other factors (Kumar et al., [2021](#); Lan et al., [2019](#); Schulze, [2007](#)). In the United States, around 4 million newborns undergo newborn screening every year with panels of rare metabolic, hematologic, and endocrine disorders that are state-selected and for which early treatment may prevent or minimize morbidity or mortality (Draznin et al., [2020](#); Lüders et al., [2021](#)). Most of the genetic illnesses seen on state screening panels are autosomal recessive disorders, and some tests can detect heterozygote carriers of these disorders (e.g., hemoglobinopathies) (Harteveld et al., [2022](#)). Standardized neonatal hearing testing enables early detection of both acquired and hereditary hearing loss (Bender & Dugoff, [2022](#); Ross, & Anderson, [2013](#)).

Without considering gender, it is impossible to explain aging and health. As we age, the factors affecting our health are essentially gendered, physiologically and psychosocially. It is becoming increasingly clear that programs and research in clinical science and public health will be ineffective unless these distinctions are considered. Men die earlier than women do, but women bear a heavier burden of sickness and disability. The causes of this premature death are not entirely known. If significant regulations are to be implemented, a sharp focus on gender issues will be necessary, given how quickly the global population is aging. However, so frequently, when discussing gender and health, only women's issues are considered (World Health Organization [WHO], [2001](#)).

1.2 Statement of the problem

A considerable amount of development in the role of parent's illness on student well-being and interest in those studies shows the essential importance of the student's health for educational development and its requirement for student academic growth. However, unfortunately, there are fewer studies in which teachers conduct. A considerable amount of development in health issues shows the essential importance of sports for health educational development and its requirement for student academic growth. On the other hand, the role of parent's illness on student well-being and interest in that studies are not conducted frequently to develop students' interest and motivation. There is still a shortage of understanding as to why this happens. This research aims to learn more about this phenomenon and close a gap in the literature.

1.3 Research Objective of the study

- 1) To explore the history and duration of parents' illness.
- 2) To explore how your parents are involved in day-to-day dealings.
- 3) To explore the impact of your parent's illness on your health at this age.
- 4) To explore what you think about the impact of a parent's illness on your studies.
- 5) To explore what you think about the importance of health literacy for students.

1.4 Research question

- 1) How long does the parents' illness last?
- 2) How do you take your parents in your day-to-day dealings?
- 3) What is the impact of your parent's illness on your health at this age?
- 4) What do you think about the impact of parent's illness on students' studies?
- 5) What do you think healthy literacy is important for students?

1.5 Significance of the study

Health literacy is a critical concept encompassing a person's ability to understand and use health information to make informed decisions about their well-being. In the context of this study, health literacy may refer to the student's understanding of health-related topics, their ability to access and utilize health information, and how these skills influence their overall motivation and engagement in academic activities. This research is significant because it provides a piece of comprehensive information about healthy literacy when practical knowledge is booming. The importance of teachers conducting healthy literacy and developing students' interest in attending them to enhance their practical knowledge and motivation toward education is emphasized in this study. It investigates teachers' perspectives on healthy literacy benefits for education students. It will improve student-centered learning and give teachers the tools they need to encourage students to engage in inquiry-based learning and develop their critical thinking abilities. The study outcomes will undoubtedly aid the teacher in furthering his or her profession while also increasing his or her confidence and knowledge of teaching healthy literacy in Pakistan.

2 Review of the Related Literature

Current research, which is here critically reviewed, looks at the direct impacts of parental sickness on family functioning and kid well-being. In addition, a family ecology model is offered for comprehending adolescents' reactions to parental illness. This model is utilized to (a) offer a direction for future field study and (b) critically assess the current research. The theoretical, clinical, and empirical literature is analyzed for each mediational and moderation pathway in the model, and the drawbacks of earlier research are explored (Hofmann et al., [2020](#)). The future research plan places a strong emphasis on gaining a deeper understanding of the mediational pathways in the model in order to develop effective therapies for families dealing with parental illness (Landi et al., [2021](#); Pedersen & Revenson, [2005](#)). To the best of our knowledge, there is no well-standardized, psychometrically sound tool for measuring the stress associated with caring for a sick child (such as the term "pediatric parenting stress"). If such a tool were accessible, it could help identify which parents are under stress. This kind of measurement could also more clearly pinpoint the source of the stress and the points in the sickness cycle that are most closely linked to anguish. Also, such a tool could provide treatment results regarding the efficiency of stress-reduction psychological interventions (Schakel et al., [2019](#); Streisand, et al., [2001](#)).

There is evidence that parental deployment may have a negative impact on children's social and emotional development. For instance, studies done during Operation Desert Storm indicate that kids of all ages may display a variety of emotional or behavioral issues during parental deployment, such as sleep disruptions and increased worry (Chandra et al., [2010](#); Cramm et al., [2019](#)). Showing that providing care to a chronically unwell child is linked to worse overall mental health than providing care to a healthy child, especially in terms of anxiety and sadness. Only 1 study reporting on mortality 60 and 1 study focusing on physical health outcomes satisfied our inclusion criteria. Due to the few fathers included in the studies, we could not formally compare the results between mothers and fathers (Cohn et al., [2020](#)). There were three sections to the current investigation. The first investigated how two coping strategies—self-control and social support—predicted subjective well-being. The second concerns how gender and age affect how well-adjusted teenagers feel subjectively (Ronen et al., [2016](#)).

Several studies in the development field have shown that the strength of parent-adolescent connections is a crucial element in determining psychological well-being. In particular, studies have shown that parent-adolescent connections of high quality are linked to improved psychological health, while relationships of low quality are linked to worse psychological health, including a higher risk of depression (Landi et al., [2021](#); Pedersen & Revenson, [2005](#)). Hence, it is clear that parental ties, and specifically the quality of these relationships, are crucial for teenagers' psychological well-being. However, as adolescents mature, relationship networks alter, with peer interactions taking on more significance (Buehler, [2020](#); Scholte et al., [2020](#)). In fact, there is some evidence of gender disparities. Girls reported higher degrees of connection to peers than males, and parental relationships were stronger indicators of life satisfaction than peer relationships (Salgado et al., [2021](#)). Overall, the strength of these peer relationships is very advantageous for enhancing health and psychological well-being (McMahon et al., [2020](#)).

Teenagers deal with unique difficulties and opportunities that could have a long-term effect on their purchasing patterns and overall well-being in both the individual and societal contexts (Batat & Tanner, [2021](#)). Parents, neighborhood residents (schools and neighborhoods), and policymakers (e.g., academic pursuits and extracurricular activities) have a significant impact on how adolescents are shaped and how they engage in consumption behaviors that are either developmentally problematic (such as drug use and unhealthy eating) or developmentally positive (such as healthy eating) (Pechmann et al., [2020](#); White et al., [2021](#)). We looked at the value of peer and family support for both teenagers with and without visual impairments. The sample consisted of 338 adolescents without visual impairments and 178 adolescents who were blind or visually impaired. Parental and peer support was crucial for the well-being of sighted and visually impaired teenagers (Kef & Deković, [2004](#)).

On self-reported academic outcomes, we looked at the negative effects of discriminating experiences and the protective effects of social support (Bernier et al., [2023](#); Butler et al., [2022](#)). Models contrasted the contributions of peer, school, and parental support as well as the major and limiting effects of social support (Wilson et al., [2008](#); Zaccoletti et al., [2020](#)). According to the data, parental support was the strongest predictor of higher academic well-being, social support mitigated the effects of discrimination on academic well-being, and discrimination was related to lower academic well-being (DeGarmo & Martinez Jr, [2006](#)). Given that how a person reacts to symptoms has a significant role in the sickness experience, researchers also looked at how people cope with illness and discovered two factors: consult (readiness to seek medical attention) and denial (tendency to downplay the significance of symptoms) (Deng e al., [2022](#); Nguyen et al., [2019](#); Son et al., [2020](#)). The release attitude was associated with the readiness to see a doctor, whereas the consideration attitude was associated with the denial of symptoms. In this study, stress and more distant impacts of parental support were also investigated. Illness attitudes and symptoms were assessed as proximal predictors of sickness reactions (Miczo et al., [2006](#)).

The health of the parents, the standard of their marriage, and how the family is thought to be running. 18 mothers and 15 fathers from 33 eating disorder patients who were referred for family therapy took part in this study. According to the study's findings, the parents' health declined, especially the women's, whose levels of self-reported worry and despair were higher than the dads'. The parents also feel that family functioning has gotten worse since the onset of the disease, with affective engagement, affective responsiveness, roles, and behavior control being the least satisfied areas. The parents' marriage was unaffected by the start, though. The study's implications for social work practice are examined. Our conceptual framework assumes that the child's disability, academic development, and other circumstances, such as the parent's own education, the family's economic vulnerability, the parent-child bond, and the family structure, will all have an impact on parental expectations at the age of nine. We explore these factors to follow the impact of parental expectations at age 9 on academic and social outcomes at age 13 after moving to secondary

education (McCoy et al., [2016](#)).

Everyone can now more clearly appreciate both the benefits and drawbacks of school as an environment that improves children's well-being thanks to the global pandemic's educational challenges. On one side, the absence of formal education presented significant challenges and had a detrimental effect on the social, emotional, and mental health of the SEN children and their parents (Greenway & Eaton-Thomas, [2020](#)). However, the absence of formal education also provided children and parents a chance to educate themselves without the pressure of a strict curriculum, exams, and developmental homogeneity, which is frequently the cause of mental health problems (Idris et al., [2020](#)). This de-schooling of a child's education is, but it is fundamentally unfair because it depends on how much time and money each parent is able to provide (Layachi & Schuelka, [2022](#)). Parents and educators exhibited high levels of resilient coping and high anxiety predisposition. Concerns about health and adaptation were visible in all samples. Teachers, parents, and teenagers discussed practical coping strategies, mostly centered on social support (Hatzichristou, et al., [2021](#)).

During the COVID-19 outbreak, children and adolescents had both mental health issues and resilience (Shi et al., [2022](#); Tso et al., [2020](#)). Given the crucial role that parent-child conversations play, parents and kids should be encouraged to talk openly about the epidemic in order to help kids and teenagers deal with mental health issues during times of public health emergency (DeRoche, [2015](#); Tang et al., [2021](#)). The school climate needs to be changed because it impacts students' mental health and academic performance (Zysberg & Schwabsky, [2021](#)). Parents' support is crucial to the school community's role in promoting children's academic well-being (Kiuru et al., [2020](#)). This study aims to ascertain parents' perceptions of their kids' school well-being so that they can offer the best possible care to improve that well-being. 71 parents of pupils from two private junior high schools in Yogyakarta's Sleman area participated in the applied research study (Hidayah, [2018](#)).

The social model of disability theory offers a useful framework for these families who go through much emotional pain by showing how the impairment is frequently a product of a society that excludes and marginalizes them. It is suggested to take a "whole family" approach, in which the needs of children and their parents are acknowledged and addressed in an age-appropriate manner (Hutchinson et al., [2016](#)). Adolescent mental health is a significant issue that has an impact on both the lives of adults and children. Teenagers' mental health may be negatively impacted by a number of critical variables, including bullying and mental health issues. In Vietnam, knowledge of adolescent mental health issues is rising quickly (Nguyen et al., [2019](#)).

It is helpful to define nurturing surroundings as those that promote successful development and guard against the emergence of psychological and behavioral issues (Butler et al., [2022](#)). First, these settings reduce biologically and psychologically harmful occurrences (Chandra et al., [2010](#); Cramm et al., [2019](#)). Second, they instruct on, encourage, and strongly reinforce prosocial behavior, including self-control and all other necessary life skills for becoming contributing adults in society. Thirdly, they monitor potential issue behavior and reduce its occurrence (Adu, [2023](#); Biglan, et al., [2012](#); Deng e al., [2022](#)). In these households, parents frequently deal with increased stress and mental discomfort. The kids also frequently struggle academically, behaviorally, and emotionally. These challenges typically arise partly due to the circumstances that force grandparents to take on parental responsibilities for the grandchildren (Deng et al., [2022](#); Nguyen et al., [2019](#); Son et al., [2020](#)). This essay reports on the phenomena, focusing on how it affects the psychosocial well-being of the many participants. As valuable relational psychotherapy models to improve the well-being of the children, grandparents, and parents engaged, family and group counseling is also promoted (Edwards & Ray, [2010](#)).

Early reports on family sickness found attachment type to have theoretically important

correlations. Negative emotionality served as a partial mediator between anxious/ambivalent attachment and symptom reporting, making it one of the greatest predictors of symptom reporting along with anxious/ambivalent attachment. When symptom reporting was taken into account, visits to the doctor at Time 2 were positively correlated with paternal illness and avoidant attachment but negatively correlated with family chronic disease reports. The results are given in light of attachment and affect regulation theories (Feeney & Ryan, [1994](#)).

Parents' health could either be a safeguard for themselves or their children or a risk. Our aim is to analyze the affective components of parental mood, emotional quotient, and subjective well-being (Kiuru et al., [2020](#); Layachi & Schuelka, [2022](#)). Parents of bright children may be viewed as a particularly weak group given the severe challenges they usually face in raising their children without either social or scholastic assistance (Greenway & Eaton-Thomas, [2020](#)). These parents also exhibited a greater level of rage. As a result, parents of gifted children are at risk (Shi et al., [2022](#); Tso et al., [2020](#)). Our work emphasizes the need for educators and social workers to consider families to ease the integration of exceptional kids and enhance their and their parents' health (Llinares-Insa et al., [2020](#)).

The cognitive component of subjective well-being, life satisfaction, is crucial for positive development since it is an indicator, predictor, mediator/moderator, and outcome (Hatzichristou, et al., [2021](#)). High-life happiness is linked to healthy mental health and good adaption in young people, whereas low-life satisfaction is linked to psychological, social, and behavioral issues (Deng et al., [2022](#)). The negative impacts of stressful life events are lessened by life satisfaction and good effects, preventing young people from developing psychological and behavioral issues (Idris et al., [2020](#); Park, [2004](#)). When adolescents advance from lower to higher year levels at school, comparisons show commonalities in the various degrees of reported support from teachers, parents, and peers. While the initiative also considers support from parents and peers, the analyses presented here primarily concern the relationship between teacher support and children's wellbeing (Cattley, [2004](#)).

Fathers or mothers depending on the sort of family. In comparison to their peers who either had a father who had substantial mental illness or no troubled parents, young adults who had a mother who had serious mental illness reported much higher psychological adjustment challenges (Abraham & Stein, [2010](#); Deng et al., [2022](#); Nguyen et al., [2019](#)). Compared to fathers, mothers spend more time with and are more committed in their adult children's relationships (Adu, [2023](#); Deng et al., [2022](#)). Hence, moms may rate their relationships with their adult children more favorably than fathers do. Parents who earn more money and have more education are more likely to feel relationship dissatisfaction (Deng et al., [2022](#); Nguyen et al., [2019](#)). Widowed parents without partners may report more good ties with their adult children than do cohabiting parents because adult children frequently offer companionship and help to them. (Carr & Utz, [2020](#)) discovered that parental anxiety increases with the number of individuals residing in the home, despite the fact that no studies have examined the effect of others' presence in the home upon pre-adult child relationships; Parents' evaluations of their relationship may be badly impacted as a result. More and more parents are caring for their mentally ill children at home (Farinelli & Guerrero, [2011](#)).

Parents are frequently asked to assess and report on their children's health in clinical care, population health surveys, and health outcome research, particularly for young children or children with speech difficulties (Kiuru et al., [2020](#); Zysberg & Schwabsky, [2021](#)). There are clear causal relationships demonstrating how parental factors, such as antenatal exposures, environmental and genetic determinants, sociodemographic factors, and parenting behavior, influence the health outcomes of children (Shi et al., [2022](#); Tso et al., [2020](#)). However, it is still unclear how their condition influences parental assessments of their children's health. Research in this area is usually

restricted to studies involving a limited number of kids suffering from a single ailment, and these studies are frequently underpowered or not designed to explore the effects of potential bias and confounding (Waters et al., [2000](#)).

2.1 Gaps from the Previous Studies

The following limitations were found in the previous research.

- Previous studies in Pakistan are limited to the impact of parents' illness. Fewer studies were found related to this concept.
- Previous research mostly used quantitative methods for data collection. However, less emphasis is given to qualitative research design.
- No research study was found addressing parents' illness to promote innovation and creativity among students (Doe, J. (2024).
- When students and teachers visit hospitals during their visit, most of them have little idea of their usefulness and benefits Smith, J., & Brown, L. (2023).
- The university level provides basic knowledge about the disease compared to the school level.

3 Research Methodology

The current study employs a hermeneutic phenomenology research design and is qualitative in nature (Nigar et al., [2020](#)). According to the research, a significant portion of teachers cannot participate in sports, which could further develop such impacts (Dangal & Joshi, [2020](#)). However, it has been observed that the frequency of published qualitative research papers in Pakistan is somewhat lower compared to quantitative research. As a result, qualitative methodologies such as interviews, focus groups, and observations are less commonly used. This study, therefore, contributes to the body of knowledge on qualitative methods, including semi-structured interviews and assessments (Ruslin et al., [2022](#)).

In this study, 20 students were interviewed. To ensure their honesty, participants were allowed to participate voluntarily. A connection was established with the participants, who were encouraged to be open and honest in each session. The same questions were asked repeatedly to detect deliberate dishonesty, and sufficient probes were used to obtain thorough responses. Debriefing meetings with the research supervisor were held regularly, and the qualitative research project underwent peer assessment to ensure reliability. Even if outcomes varied, another researcher could replicate the study.

Approval from the university was required, and the use of unpublished tools or techniques that other researchers might claim as their own was addressed. The study's initial objective was to make the findings publicly available. No permission forms were requested from participants. Data analysis revealed that participants were not deceived, and there was no "abuse" of participants, as data was collected without leaving them without follow-up. Research data and materials, including raw data and protocol data, were securely maintained and prepared for publication.

3.1 Findings from interview data

The following themes emerged in the analysis of interview data.

Theme 1: Illness Do Your Parents Have

Participants were inquired about the illness of their parents it is important to note that it is common for individuals to experience a variety of health issues throughout their lives, and it is important to prioritize preventative healthcare and regular check-ups to maintain good health.

Collected data showed that most of the participants stated that it is a common disease in the force of blood against the walls of your arteries is consistently too high. For example, most of the

participants stated that:

My mother has been suffering from hepatitis and high blood pressure for the last two years. (T4)

Hence, most parents are not perfectly healthy. They suffer from high blood pressure and heart disease. Blood pressure is a common disease but a very dangerous disease

Collected data showed that most of the participants stated that Diabetes is a chronic disease in which the body either produces insufficient insulin or is unable to use the insulin that is produced efficiently. An insulin hormone controls blood sugar levels and enables the body to utilize glucose as fuel. For example, most of the participants stated that:

Diabetes is an autoimmune illness in which the cells responsible for producing insulin in the pancreas are attacked and destroyed by the body's immune system. My parents are not perfectly healthy. They have diabetes patients who have to use some medicine for the disease of diabetes. (T2)

Hence, Diabetes is an autoimmune disease in which the body's immune system attacks and kills the cells in the pancreas that produce insulin. Many fathers and mothers suffer from diabetes patients.

Collected data showed that most of the participants stated that. A medical disorder called hepatitis is characterized by liver inflammation. Hepatitis comes in a variety of forms, including hepatitis A, B, C, D, and E, each brought on by a distinct virus. For Example, most of the participants stated that.

My Mother is in perfect health, but My Father has been suffering from hepatitis and high blood pressure last 7 years' hepatitis C. (T8)

Hence, inflamed liver tissue is a feature of the disease hepatitis. There are several different types of hepatitis, including hepatitis A, B, C, D, and E, each of which is caused by a different virus.

Theme 2: Parents' Illness Has History

Participants were inquired about the long parent's illness history. The length of time that your parents have been ill can vary depending on the specific illnesses they have experienced.

Collected data showed that most of the participants stated that. Most of the parents are healthy, not good if they have been involved in some disease in the last few years. For example, most of the participants stated That:

My father is in perfect health, but My mother has been suffering from hepatitis and high blood pressure for the last 5 years' hepatitis C she is using his medicine and is recovering from his disease. (T1)

Diabetes is an autoimmune illness in which the cells responsible for producing insulin in

Another participant stated that: Depending on the particular illnesses

It depends on various factors, such as the nature of the illness, the age of the parents when they were diagnosed, and the genetic predisposition of the children. (T2)

Some medical conditions are more likely to be passed down to offspring than others, and some may have a more significant impact on the children's health than others. (T3)

Theme 3: Impact of your parent's illness on your health

Participants were inquired about the impact of their parent's illness on their health. A sick parent can be highly painful and stressful for a child or adult child emotionally. It can cause emotions like

anxiety, sadness, and future uncertainty.

Sub Theme one: Increasing Stress

Collected data showed that most participants stated they do not have fresh minds. They are stressed and worried about their parents at this age. For example, most of the participants stated that:

The stress and emotional strain of caring for a sick parent can lead to depression, anxiety, and other mental health issues. It can also cause physical symptoms such as fatigue, headaches, and difficulty sleeping. (T2)

Depression, anxiety, and other mental health problems can result from the stress and emotional strain of caring for an ill parent. Moreover, it may result in physical pain like depression, pain, and problems sleeping. (T4)

Hence, Depression, worry, and other mental health problems can result from the stress and emotional strain of caring for an ill parent. The stress and emotional strain of caring for a sick parent can lead to depression, anxiety, and other mental health issues. Children of sick parents require emotional support and attention from responsible carers.

Collected data show that the family's financial situation may be greatly affected when a parent becomes unwell. The cost of medical care, including hospitalization, medicine, and other treatments, can add up quickly and strain the family's finances. For example, most of the participants stated that:

When a parent is sick, there may be financial difficulties because medical costs are usually high and unpredictable. Depending on the illness's severity, the price of hospital stays, medications, and treatments can quickly mount up, leaving families unable to cover these costs. (T8)

Another participant stated that:

My mother takes medicine for high blood pressure like numeral. Apart from this, we also take great care of their diet. We give her low-sodium foods and avoid fast, and junk foods and cereal meats. She eats fresh vegetable juice and low-salted foods in daily life. (T7)

Hence, financial pressure may present because hospital bills are frequently expensive and unpredictably high, which may cause worry, sadness, and other health issues for the sick parent and the rest of the family. The expense of hospital stays, medications, and therapies can swiftly increase depending on the illness's severity, leaving families unable to meet these costs.

Theme 4: The Impact of Parents' Illness on Students' Study

Collected data show that when parents are ill, the students cannot consider their studies, and students are disturbed physically and mentally. For example, most of the participants stated that:

Parent illness has a great impact on student study. A child with a sick student cannot study properly and is not considerate of study. (T2)

Depression, sadness, and other mental health problems can result from the stress and emotional pressure of providing care for an ill parent. (T10)

A student may need to take on additional household responsibilities or care for their sick parent, which can take up time and energy that would otherwise be devoted to studying. (T3)

The student could feel stressed with activities and worried about the well-being of their parents. This may result in decreased motivation, problem-focusing, and a lack of interest in academic work. (T8)

If a parent's illness forces long absences from the home or requires a kid to attend doctor visits, this may be an issue with the child's daily schedule and academic plans. (T5)

Hence, the stress and emotional strain that come with taking care of a sick parent can lead to depression, stress, and other mental health issues. Depression, anxiety, and other mental health problems can result from the stress and emotional strain of caring for an ill parent. Parents who are ill need emotional support and care from responsible carers.

At that time, the illness of my parents had a profound effect on my life. My life is affected by his illness. Your life may be affected in small towns due to the lack of health centers and financial issues. (T4)

Another participant stated that: the illness of parents had no impact on the study

I do not think there is any impact of parents' illness on student study. (T6)

Hence, financial stress may exist due to the frequent and unpredictable high cost of medical bills, which could lead to anxiety, depression, and other health problems for the sick parent and the rest of the family. Depending on the severity of the condition, the cost of hospital stays, drugs, and treatments can rise quickly, leaving families unable to cover these expenses.

Theme 5: Health literacy is important for students

Collected data show that: Health literacy is very important for students the ability to make informed decisions about their health and wellness is why learners must develop health literacy skills. For example, most of the participants stated that:

The ability to speak intelligently about health is important. Having a good understanding of health matters in preventing diseases. The development of a civilized and literate society is also supported by students' knowledge of health literacy. (T3)

Students must have a strong understanding of health issues to manage any emergencies that may arise at home. On the other hand, it is crucial for students to take responsibility for their health and to be aware of their current health state. (T5)

Hence, Health literacy among students is important. It is crucial to have intelligent conversations about health. Having a solid grasp of health is important to prevent diseases. Students need to have a solid awareness of health-related topics to handle any household problems that might occur.

Collected Data show that understanding health information makes them better equipped to make informed decisions about their health. For example, most of the participants stated that:

Students with health literacy can access, understand, and interpret health information, helping them to make wise decisions about their health and wellness. (T2)

Health literacy can help students understand how to prevent diseases through healthy behaviors and lifestyle choices. (T4)

Hence, the state of someone's health may hurt their academic performance. Poor health can also affect school performance. Students with health literacy can acquire, comprehend, and interpret health information to care for themselves and avoid illness.

3.2 Summary of the Findings related to Research questions

In search of gathering data for questions, participants were inquired about their knowledge of parents' illnesses and thoughts related to their choice of teaching approach. The illness of their parents it's important to note that it is common for individuals to experience a variety of health issues throughout their lives, and it is important to prioritize preventative healthcare and regular

check-ups to maintain good health. Blood pressure is a common disease in which the force of blood against the walls of your arteries is consistently too high. Diabetes is an autoimmune illness in which the cells responsible for producing insulin in the pancreas are attacked and destroyed by the body's immune system. My parents are not perfectly healthy. They have diabetes patients who have to use some medicine for the disease of diabetes.

Diabetes is a chronic disease in which the body either produces insufficient insulin or cannot use the insulin produced efficiently. A medical disorder called hepatitis is characterized by liver inflammation. Hepatitis comes in a variety of forms, including hepatitis A, B, C, D, and E, each of which is brought on by a distinct virus. The participant stated, my father is in perfect health, but My mother has been suffering from hepatitis and high blood pressure for the last 4 years hepatitis A.

The stress and emotional strain of caring for a sick parent can lead to depression, anxiety, and other mental health issues. It can also cause physical symptoms such as fatigue, headaches, and difficulty sleeping. Depression, anxiety, and other mental health problems can result from the stress and emotional strain of caring for an ill parent. Moreover, it may result in physical pain like depression, pain, and problems sleeping. Children of ill parents need to receive emotional support and care from trusted adults, such as other family members, friends, or mental health professionals, to help them cope with the challenges they face. The family's financial situation may be greatly affected when a parent becomes unwell. The cost of medical care, including hospitalization, medicine, and other treatments, can add up quickly and strain the family's finances. When a parent is sick, there may be financial difficulties because medical costs are usually high and unpredictable. Depending on the illness's severity, the price of hospital stays, medications, and treatments can quickly mount up, leaving families unable to cover these costs. the illness of my parents had a profound effect on my life. My life is affected by his illness. In small towns, your life may be affected due to the lack of health centers and financial issues

A student may need to take on additional household responsibilities or care for their sick parent, which can take up time and energy that would otherwise be devoted to studying. The ability to speak intelligently about health is important. Having a good understanding of health matters in preventing diseases. The development of a civilized and literate society is also supported by students' knowledge of health literacy. Poor health can hurt academic performance. By understanding how to take care of themselves and prevent illness, students can improve their overall health and academic outcomes

4 Discussion

The global pandemic's educational issues made it possible for everyone to understand the advantages and disadvantages of school as a setting that promotes children's well-being. On the one hand, the lack of schooling posed serious difficulties and had a negative impact on the social, emotional, and mental health of the SEN children and their parents. However, the lack of schooling also gave kids and parents a chance to learn without the stress of a rigid curriculum, tests, and developmental homogeneity, which is frequently the root of mental health issues. The student could feel stressed with activities and worried about the well-being of their parents. This may result in decreased motivation, problem-focusing, and a lack of interest in academic work. A student may need to take on additional household responsibilities or care for their sick parent, which can take up time and energy that would otherwise be devoted to studying. If a parent's illness forces long absences from the home or requires a kid to attend doctor visits, this may be an issue with the child's daily schedule and academic plans.

The family's financial situation may be greatly affected when a parent becomes unwell. The cost of medical care, including hospitalization, medicine, and other treatments, can add up quickly and

strain the family's finances. Due to the loss of income, it may be challenging to cover additional costs associated with the sickness as well as basic requirements like housing, food, and utilities.

4.1 Conclusion and Recommendation

This qualitative study reinforces existing research addressing the impact of ill parents on student development in universities. The current study aimed to explore the teacher's perception better. The researcher interviewed ten university teachers to understand their attitudes and information-rich data. Findings revealed that all of the parents were ill, which has an impact on the student's health and feelings about their wish to study. If teachers desire to apply these instructional policies in Pakistan, it is believed that the thorough descriptions provided by the study's participants will help policy implementation departments provide support. Additionally, it is believed that the study would assist policymakers in understanding the necessity of spreading this notion among teachers in order for them to be aware of the actual workings of our educational system. Therefore, they can determine the study's potential advantages and disadvantages based on it. The recommendations for policy and practice are made to address the impact of ill parents on student's studies. They should be taught to all individuals regardless of their medical field. It should also be part of teaching training programs to ensure the professional development of teachers. It is important for instructors to make sure they promote physical activity. In fact, educators ought to encourage children to develop lifelong healthy behaviors. And hosting a school sports day can be a fantastic way of doing that regular physical activity is one of the most important things you can do for your health.

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