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1. Learning Outcomes

After studying this module, you shall be able to

- Know meaning
- Learn types
- Identify concept of self-help groups.
- Evaluate dynamics including features, need and importance, functions.
- Analyze characteristics.

2. Introduction

Self-help groups constitute of group having a universal objective, generally concerning the healing of psychological, emotional, bodily, or behavioral matter. These groups labor on the law of shared maintenance. Adherents allocate a disability or difficulty, and meetings involve conversation and collective problem solving.

There are self-help groups of innumerable types. Groups subsist for alcohol dependence, cancer, and schizophrenia, along with many others. A few groups are for those who allocate a familiar interest, for instance new parents. There are also groups for families of people affected with an ill health or disability.

Self-help groups are perhaps led by peers or by an expert. Turnout is intentional in the majority of cases. Meetings are planned by participants and there are generally no prescribed taxes, though there can be a little price related to snacks or accommodation for conducting the meetings.

Some groups permit members to stay unidentified, with just first names. In online communities, members opt user names to safe guard confidentiality. This secrecy let people to experience extra comfort when sharing private experiences, at the same time as sharing familiar circumstances and emotion.

Self-help groups can be helpful in many ways. Member's frequently get profit from the assistance and suggestion of their peers. An additional benefit can be enhanced sense of worth linked to being competent to aid others. A common emotion of belongingness and the skill to converse with others who can identify with and comprehend alike thoughts can too be a precious advantage of cluster gatherings.

The majority of self-help groups possess a person in charge, either the person who incorporated the group, or somebody elected by the group, or an expert. The person in charge will arrange the gathering program and ease discussions. A person in charge should be capable to make certain that the group continue on path and that no one member dominate the talk. The person in charge can select speakers or resources associated with the group's rationale. A number of groups select co-leaders to take charge of the errands.

3. TYPES AND NATURE OF SHG

3.1 Type of self-help groups involves: Crisis, permanent and addiction groups.

- There exist groups that endeavor to transform the social order and groups that endeavor to change the way their members respond towards the social order.
- There are groups that endeavor to shape transformation among their member and folks who try to help members get a feel for the aim rather than change.
- There are groups that aim towards expansion or self-satisfaction (e.g. Recovery Inc.).
- There are groups that aim towards societal support (e.g. Committee for the rights of the disabled).
- There are groups that effort to generate substitute outline for existence (e.g. Gay rights groups).
- There are groups that endow with a protected shelter for people in the hunt for safety from the stress of life or the social order (e.g. addicts).
- There are varied categories of groups that emerge from mutual living or life state (e.g. bereavement groups)

3.2 NATURE OF SELF HELP GROUPS:

MUTUAL SUPPORT AND SELF-HELP

Common support or peer support is a procedure through which inhabitants willingly move towards in order to aid all and tackle or deal with widespread troubles. Mutual support is communal, disturbing or active support that is communally accessible or provided by people with comparable mental health situation wherever there is various mutual conformity on what is obliging.

Mutual support might comprise of numerous further mental health punters non-profits and social groups. Such groups are additional differentiated as both Individual Therapy (inner-focused) and Social Reform (outer-focused) groups. The previous is where associates look for to recover themselves, where as the second set includes encouragement by organizations in order to develop coping mechanism in order to eradicate serious mental traumatic situations.

Self-help groups are subsets of communal maintenance and peer support groups, and encompass a precise function for mutual aid in fulfilling a universal necessities, overcoming a communal handicap or life-disrupting mental problem. Self-help groups are not as much of bureaucratic and work on a more masses at grass root level. Self-help association is nationwide associates of restricted self-help groups or mental health consumer groups that sponsorship research maintains public relations or foyer for legislation in support of persons exaggerated. Self-help collections include Family-to-Family learning and hold up sustainable groups - the efficiency of which has been long-established in a current proscribed study.

BEHAVIOR CONTROL OR STRESS COPING GROUPS

Of Individual Therapy groups, researchers distinguish between Behavior Control groups (such as Alcoholics Anonymous and TOPS) and Stress Coping groups (such as mental health support groups, cancer patient support groups, and groups of single parents). German researchers refer to Stress Coping groups as Conversation Circles.

Considerable dissimilarities subsist among Behavioral Control groups plus Stress Coping groups. Gatherings of Behavior Control groups be liable to be considerably superior than Stress Coping complements (by more than a factor of two). Behavior Control group associates comprises a longer standard grouping possession than members of Stress Coping groups (45 months compared to 11 months), in addition to they are less expected to believe their connection as provisional. Whilst quite few members of both set witness specialized concomitantly while being vigorous in their grouping, Stress Coping members be additional expected to encompass beforehand seen proficiently than Behavior Control group members. Likewise, Stress Coping groups work more rapidly with mental health professionals.

MEMBER VS PROFESSIONAL LEADERSHIP

Member leadership. Definite subsets of talk Circles are classified as Talking Groups. In Talking Groups all associates within the group contain the identical privileges, every associate is accountable solitary for themselves (group associates cannot create conclusions for further group members), all groups are independent, every person concentrate the group on version of their own troubles, no matter what is talked about in the group stands top secret, in addition to it membership is without charge.

Proficiently lead group psychotherapy. Self-help groups are not deliberated to supply "deep" psychotherapy. However, their stress on psychosocial procedures, in addition to the appreciative communal by folks suffering with the identical or comparable mental illnesses does accomplish positive healing goals.

Interpersonal knowledge, which is completed in the course of procedures such as response plus consensus, is usually deemphasized in self-help groups. This is principally for the reason that it can be frightening, as well as necessitate guidance and considerate of little group procedures. Likewise, realism testing too deemphasized. Realism testing relies on consensual corroboration, presenting response, looking for feedback as well as conflict. These procedures hardly ever arise in self-help groups, although these habitually happen in proficiently intended groups.

Actions diverge and can comprise a hub on:

- Self-help
- Information
- Peer support
- Campaigning
- Fundraising

Many groups comprises of the entire of these. Group gatherings differ; various weekly, a few monthly in addition to others maintain each other by telephone and internet.

4. Underlying theory of Self Help Groups.

The efficiency of group maintains is supposed to obtain from a diversity of psychosocial course described: social support, experimental understanding, social learning theory, social comparison theory as well as the helper-therapy principle.

- Social support is the survival of optimistic psychosocial connections amid others by means of whom there is mutual trust and concern. Positive relationships put in to positive modification and barrier in opposition to stressors and adversities by donation.

(a) Emotional support (esteem, attachment, and reassurance),

(b) Instrumental support (material goods and services),

(c) Companionship and

(d) Information support (advice, guidance, and feedback).

- experimental understanding is particular information along with point of view that individual attain beginning from existing throughout a exacting understanding such as substance violence, a substantial disability, chronic bodily or psychological infirmity, or a disturbing occasions such as struggle, a unusual tragedy, family hostility or a brutal offense, sexual violence, or captivity. Experimental understanding be liable to be distinctive plus realistic and while communal add to resolving troubles as well as humanizing superiority of living.

- Social learning theory hypothesizes that peers, since they have undergone plus survived pertinent practices, are additional realistic role models for others. Connections through peers who

are effectively coping amid their practices or ill health are more probable to consequence in positive activities revolutionize.

- Social comparison states that individuals are more contented interacting with others who allocate a common distinguishing features within themselves, such as a psychiatric infirmity, in order to set up a good judgment of normalcy. By interrelated interactions with others who are alleged to be superior to them, peers are provided with wisdom of optimism as well as something to struggle toward.

- The helper-therapy belief suggests facilitating here are four considerable profit to individuals who give peer support:

(a) Enlarged wisdom of interpersonal competencies as a consequence of creating an impact happening in another individual's existence;

(b) Expansion of a sense of equal opportunity in providing as well as pleasing among himself or herself and others;

(c) Collaborator achieve innovative personally-relevant acquaintance as serving; and

(d) The co-worker receives community support from the individual they facilitate, along with others.

4.3 CHARACTERISTICS:

- Small size.
- Flexible and responsive.
- Collective leadership, mutual discussion,
- Democracy in operations.
- Group solidarity, self-help, awareness, social and economic empowerment.

DISTINGUISHING FEATURES OF SELF HELP GROUPS

These groups essentially have five distinguishing features:

- Central concern: existence troubles, crises, problems as well as challenging circumstances are widespread to each and every members of the group.
- Sociable interaction inspite of client- patient relations.
- Shared Reciprocity of serving: getting and providing support by each and every associate.
- Observed understanding used for coping mental health troubles.
- A community narrative that comprises the wisdom and experience of its members.

4.5 Roles and effectiveness of SHGs

Social support and mutual aid

Self-help groups offer together a society as well as a intellect of belonging. The social support and mutual aid accessible in a group might be serious to improvement, psychotherapy, or strong coping. This is particularly accurate for communally inaccessible inhabitants or individuals from dysfunctional family units who possibly will incorporate modest or null disturbing support. Taking part in a community set-up of peers decreases social as well as emotional remoteness along with supports strong behavior. Group members can suggest absolute support plus, jointly, be a depository of useful experimental understanding.

Self-esteem and self-efficacy

Self-help groups encourages self-respect or self-confidence by hopeful give-and-take relationship; the idea of self-efficacy, or the faith to facilitate that one is skilled, is supported by strengthening suitable performance as well as attitude and by means of sharing significant information concerning the sickness or circumstance. For instance, there might be an substitute of information on the subject of how to manage with unsuccessful or disturbed relations, regarding what is sensible to anticipate as of health care experts, regarding how to handle as well as deal with the pain or community embarrassment, with reference to where to set off as well as to whom for a variety of requirements.

EFFICIENCY OF THE SELF HELP GROUP

Self-help groups are efficient intended for serving community deal with, as well as recover from, a broad diversity of troubles. These Groups have been revealed to be as efficient as psychoanalytically oriented group therapy. Effects of 12-step procedures go further than individuals of cognitive-behavioral inpatient programs. Individuals in self-help groups for mental health are interrelated with diminutions in psychiatric hospitalizations, in addition to the shorter hospitalizations if they happen. Members' exhibits enhanced coping skills, superior approval of their mental health problems, enhanced medication adherence, reductions in the height of worry, superior contentment with their wellbeing, and enhanced functioning on a daily basis plus superior illness administration. Involvement in self-help groups for mental health encourages more appropriate use of professional services, making the time spent in care more efficient. The amount of time spent in the programs, and how proactive the members are in them, has also been correlated with increased benefits. Decreased hospitalization and shorter durations of hospitalization indicate that self-help groups result in financial savings for the health care system, as hospitalization is one of the most expensive mental health services. Similarly, reduced utilization of other mental health services may translate into additional savings for the system.

As self-help groups for mental health boosts self-worth as well as confidence, decreases disgrace, speed up healing plus rehabilitation, progresses decision making executives, reduces affinity to decompensate beneath anxiety, plus recover community performance, they are not forever revealed to decrease psychiatric symptomatology. The healing possessions are accredited in order to amplify community support, intellect of community, learning as well as personal empowerment.

Associates of self-help grouping for mental health rate their awareness for the group's efficiency on standard at 4.3 on a 5-point Likert scale.

5. Summary.

- Self-help groups comprise inhabitants amid a familiar connection who willingly approach mutually in order to contribute to, arrive at, in addition to become expert from each other in a trust, sympathetic, also open surroundings. The mutual relationship is definite as the communal knowledge connected to being established as having a severe mental illness (such as bipolar illness, schizophrenia, or major depression) furthermore getting services from the mental health organization.
- Self-help is foundation on the theory of serving oneself as well as others at the similar instance. Consequently, self-help is a shared development, devoid of a dichotomy amid the helper as well as the individual being assisted. Association in self-help is neither authorization nor contributions.
- Association is a self-selection procedure. Self-help group develop preliminary from the underneath up or at the grass roots. Decision making rests exclusively in the hands of the community in...Necessitates... (Of being) mutually, that is, group associates.
- Self-help is concerning on distribution of widespread incidents and occurrences amid inhabitants with widespread frequent traumatic mental problems, in this case, natives with severe mental illnesses.
- The responsibility of experts is to provide referrals in addition to slot in additional supportive and caring works outside the grouping, not to scamper the groups, which would defeat the mechanism of self-efficacy.