

**A sociological study of the relationship between mental health illness and family conflict.  
(Western Province, Kaluthara District, Horana Divisional Secretariat Area)**

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**Abstract**


This article reviews the sociological factors that lead to family conflicts. Research problem of the study was how to intervene in the social work profession to minimize family conflicts in families caused by people with mental illness? The main objective of this study was to determine whether there is a relationship between family conflicts and mental health illness. The sub-objective of this study was to study how the social work profession can be used to reduce family conflict. The family is the basic unit of society. But today, many changes can be identified in the family related to the family background. But if one of the family members suffers from mental health illness, the family would suffer a great setback and stressful environment. In Sri Lanka, it is estimated that out of a total population of nearly 20 million approximately 600,000 persons experience different types of mental illnesses (WHO). According to the WHO (2006), almost 400,000 Sri Lankans experience serious mental disorders due to family conflicts. Therefore, many family conflicts can be identified due to mental health disorders. This study used a purposive sampling method based on the severity of the problems and the nature of the needs. The primary and the secondary method used in the research to collect information were in-depth interviews carried out via case studies. These case studies were taken from selected unique people, who are experiencing family conflicts and suffering from mental health illnesses. This study used thematic analysis as the data analysis method. Research has exposed that people, regardless of gender or age, are more likely to be mentally ill. As a result, people have to live with stress economically, socially and psychologically. Therefore, people have been labeled in society. It is a very stressful situation for their mentality. The stress that this creates in individuals is a major factor in the breakdown of relationships between family members. This pressure creates more conflict in such families. Accordingly, social work is a multidisciplinary approach and it has appropriate social work intervention to help to understand the reality of human life and to build a strong man as well as a strong family free from conflict. The social worker identifies the real problems and takes the necessary treatment, preventive and developmental approaches to reduce them. This situation, which is created in a family, affects the existence of the whole society. Therefore, a strong family properly protects the social order.

**Keywords:** *Mental health illness, family, relationship*

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