

**THE EXPERIENCES AND EMOTIONS OF FAMILY CAREGIVERS TO PERSONS
WITH SEVERE MENTAL HEALTH PROBLEMS: IN PERSPECTIVE OF RURAL
NAMIBIA**

An Abstract of the Thesis By

Rebekka Johannes

This is a qualitative study that explored the experiences and emotions of family members caring for persons with severe mental problems in rural settings of Namibia. The study strived to understand the emotions within the roles and responsibilities of the caregivers; to identify the needs and support systems in their care-giving routines; and to investigate policies that attempt to enhance and protect the human rights of caregivers and of those under their care. Literature review from secondary sources is discussed to provide a pool of findings gathered by other scholars within this arena.

The Hardap Region was the target population and data was collected by means of semi-structured interviews. Creswell`s model of analysis was used and research ethical principles were considered to guide the study.