

## Social Work Practice with Chronic Illness : Effective Coping with Chronic Illness and Factors Related to Coping

### **ABSTRACT**

Coping is considered as a key element in the solution of a patient's psychosocial problems related to chronic illness as stressor. Social workers in health care settings must fully understand what coping is more effective for chronic illness patients and their families in an ecological context, to help chronic illness patients and their families more effectively. In this article, the author explores effective coping with chronic illness and factors related to it through a literature review.

Chronic illness influences patients, their family members, and all aspects of their life for a long time, and causes some psychosocial problems. They need to cope with such problems continuously and effectively, and must acquire some coping skills, for example, seeking information related to their illness, or seeking social support. Whether chronic illness patients can cope with illness or not depends on the following factors ; appraisal of stress caused by chronic illness, patient's personality attributes, such as locus of control or self-efficacy, social support for patients in their environment, and so on.

Finally, the importance of future research and the development of helping programs is also discussed.

**Key Words:** social work practice, chronic illness, coping