

Abstract

The purpose of the present study was to find out the links between sense of coherence, Interpersonal needs and Codependency among Bipolar Caregivers. A sample of 70 caregivers were selected for this study of which 71 % were women and 23 % were men. Three questionnaires were administered and they were the Sense of coherence-orientation to life questionnaire- 13 item (Antonovsky, 1991), Interpersonal Needs Questionnaire- INQ- R (Orden, Cukrowicz, Witte & Joiner, 2012) and the Codependency scale (Fischer, Spann & Crawford, 1991). Pearson Correlation and t test were conducted. The results of the present study revealed that there was no difference between male and female caregivers among the three variables. The Relationship between sense of coherence and Codependency was significant but with a weaker correlation (0.263). Manageability and comprehensibility had weak negative significant relationship with thwarted belongingness. For future, proper counseling sessions could be provided for the caregivers as it would help them tackle their problems because families also need therapy.

Keywords: Sense of coherence, Codependency, Interpersonal Needs and Bipolar Caregivers