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A Descriptive Study of Burnout Among Caregiver in Caring Older People Living with Dementia

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ABSTRACT

Background: The prevalence of dementia increased significantly and give challenge for healthcare providers, especially in Indonesia because dementia has a serious psychological impact to the healthcare workers. In general, dementia caregivers have a more challenging task and role compared to non-dementia caregivers. People living with dementia has high dependency to the caregiver. The dependency of people with dementia can cause exhaustion and lack of social interaction because the caregivers always provide assistance to older people who live with dementia. It can be burden to the caregiver and cause burnout to people who caring people living with dementia, especially for those who does not have family relationship but they have to caring people with dementia.
Purpose: To know the incidence of burnout caregivers in caring for the elderly with dementia in residential aged care facility.
Methods: The study is a descriptive non-experimental quantitative research. Total sampling was used as a sampling technique. There were 37 staff participate as respondents. The study conducted in RACF Yogyakarta Unit Abiyoso and Unit Budi Luhur. Research instrument with questionnaire measuring instrument Burnout Syndrome.
Results: The study found that 28 respondents (75.7%) respondents experienced severe burnout, while 9 respondents (24.3%) of 37 respondents experience mild burnout. Respondents state that they feel overwhelmed on caring people with dementia and feel exhausted. In addition, more than 50% of respondents state that they feel exhausted to wake up every morning, realize that they have to go to workplace and taking care of people with dementia.
Conclusion: The majority of caregivers experience severe burnout while caring people living with dementia.

Keywords: *Burnout; Caregiver; Dementia*