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Caregiver Burden on Caregiver with Chronis Disease

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ABSTRACT

Background: The prevalence of chronic diseases in Indonesia increases every year with various accompanying physical and psychological problems. In this state, patients with chronic diseases require the assistance of their families as caregivers. Family caregivers are an important source of care for patients. Even though caring for a family member offers a pleasant feeling, experiencing the physical and psychological burden of caregiving could affect the quality of life among the patient's family caregivers. Caregivers faced physical, psychological, social, and economic challenges when providing care.

Purpose: This research aimed to determine the factors associated with caregiver burden in caring for family members who suffer from chronic diseases.

Methods: This is quantitative research with a cross-sectional design. The research was concocted in PKU Muhammadiyah Hospital and Community Health Center (Puskesmas) Gamping II. This research involved 180 respondents with inclusion and exclusion criteria determined using the purposive sampling technique. The instrument used a Caregiver Reaction Assessment- Indonesian Version (CRA-ID) questionnaire. Data were analyzed using an independent t-test and Pearson correlation.

Results: The results of the research showed a significant relationship between caregiver burden and age (p -value = 0.000), but no relationship was found between gender, marital status, relationship with patients, caregiver education, caregiver job, and income with each p -value 0.756- 0.725- 0.791- 1.000- 0.354 and 0.301.

Conclusion: Age was significantly related to caregiver burden in caring for family members who suffered from chronic diseases. Health services were expected to provide adequate information for caregivers about caring for chronic disease patients to reduce caregiver burden.

Keywords: Caregiver; Caregiver Burden; Chronic Diseases; Family

Topic: Caring for Communicable and Non-Communicable Diseases