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A study to assess the relationship between quality of living and burden among caregivers of dependent patients in MMIMS & r hospital Mullana, Ambala, Haryana

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Abstract

Objective: To assess Quality of living and burden among caregivers of dependent patients, determine the relationship between Quality of living and burden among caregivers of dependent patients, determine the association of Quality of living and burden among caregivers of dependent patients with selected variables of Patients's caregivers admitted in M.M.I.M.S & R Hospital Mullana, Ambala, Haryana.

Methods: Non Experimental research approach with correlational research design was adopted on the 100 caregivers of dependent patients suffering from chronic illness and admitted in M.M.I.M.S & R Hospital Mullana, Ambala, Haryana. Purposive sampling technique was used and data was collected by WHO-QOL Questionnaire, Modified caregivers burden scale.

Result: The result showed that Majority (89%) of the caregivers had little or no burden as a caregiver of dependent patients. The majority of caregivers (82%) were having poor quality of living. Five areas of quality of living such as Global, Physical, Psychological, Social and Environmental shows Mean and Standard Deviation of Quality of living scores as, 5.44+1.38, 22.86+4.33, 19.5, 19.17+3.81, 10.77+1.91 and, 21.00+5.14 respectively. There is negative correlation between quality of living and burden of Caregivers of dependent patients (-0.566). There was significant association of quality of living with the average expenditure for health services in a month (3.040). The education status, place of living, occupation, family income were having the significant association of quality of living of caregivers with caregiver's variables by t and ANOVA test (5.006, 2.64, 3.573, 11.96) respectively. There was no significant association of Burden of Caregivers with any of the caregiver's Variables at 0.05 level of significance.

Conclusion: There is negative correlation between quality of living and burden of Caregivers of dependent patients. It indicates that when the burden score increases the quality of living decreases. It concludes that education status, place of living, occupation, family income were having the significant association of quality of living of caregivers with caregiver's variables by t and ANOVA test (5.006, 2.64, 3.573, 11.96) respectively. This indicates that there was no significant association of Burden of Caregivers with any of the caregiver's Variables at 0.05 level of significance.

Keywords: quality of living, caregivers, burden, dependent patients

1. Introduction

Care of a family member results in various adaptations in family routines, particularly for caregivers. This job is very often done on a full-time basis and without the help of other people, which forces caregivers to give up work outside the home and allows less free time. This can result in negative impacts on personal and professional relationships. The exercise of care can affect caregivers' social networks, as contacts are less frequent ^[1]. Family caregivers are essential partners in the delivery of complex health care services this case exemplifies the associated caregiver burden and stress. Unlike professional caregivers such as physicians and nurses, informal caregivers, typically family members or friends, provide care to individuals with a variety of conditions, most commonly advanced age, dementia, and cancer ^[2]. Care giving is deleterious to one's health, increased attention is being paid to the day to day well-being of caregivers. Compared to non-caregivers, caregivers often experience psychological, behavioral, and physiological effects that can contribute to impaired immune system function and coronary heart disease, and early death ^[3].

As a researcher it is observed that caregiving is extremely stressful and burdensome, with negative consequences for the physical and emotional health of caregivers. Researcher could locate only few studies about the relationship between caregivers 'burden and Quality of living. Therefore, the present study has been undertaken to assess the relationship between quality of living and burden among caregivers of dependent patients.

2. Methodology

The Quantitative research approach with Non experimental correlational research design was selected for the present study. A formal approval was obtained from the authorities and ethical consent was obtained from all subjects. A total of 100 caregivers of dependent patients suffering from chronic illness and admitted in M.M.I.M.S&R Hospital Mullana, Ambala, Haryana were selected by purposive sampling technique. Participants were eligible if they were Present at the time of data collection and can understand Hindi or English. Caregivers below the age of 18 years were excluded from the study. WHO-QOL Questionnaire and modified caregivers burden scale were used to collect the data. Pretesting of the tool (WHOQOL-BREF and Modified caregivers burden scale) was done to check the clarity of the items; their feasibility and practicability by administering it to 15 caregivers of dependent patients admitted in Intensive care unit in M.M.I.M.S&R Hospital Mullana, Ambala. The subjects chosen were similar in characteristics to those of the population under study. It was found that it took approximately 30-35 minutes for the WHOQOL-BREF questionnaire and 20 minutes to fill the modified care givers burden scale. It found that the items were clear and unambiguous. Reliability of the tools was checked by Cronbach's Alpha and it was 0.75 and 0.77 for WHOQOLBREF questionnaire and modified caregivers burden scale respectively. Selected variables of caregivers, quality of life and caregiver's burden were assessed with interview technique. It took 50 minutes for each sample.

The data was analyzed by SPSS 16.0 version by descriptive statistics.

3. Result

Frequency and percentage distribution of Caregivers according to selected variables. This indicates that 1/3rd of subjects (33%) were having the relationship with patient as children. Nearly half of the subjects (46%) were in the age group of 30-41 years. Majority of subjects (72%) were male and 87% were married. Nearly one third of the subjects (35%) were having primary level of education. Most of the subjects (65%) were living in selected hospitals. Nearly 1/4th of the subjects (27%) were having the private job and (61%) of the subjects were having the family income more than 15000 rupees per month. Majority of the subjects (63%) were residing in nuclear family and 92% of the subjects were having the source of information regarding disease condition from health professional. Majority of the subjects (89%) were not using any relaxation technique. Majority of the subjects (80%) were previously involved in care giving.

Frequency and percentage distribution of Caregivers of dependent Patients according to level of Burden. This indicates that majority (89%) of the subjects had little or no burden as a caregiver of dependent patients, (10%) had mild to moderate level of burden and only (1%) had moderate to severe burden whereas none (0%) of the subjects had severe burden as a caregiver of dependent patients.

Range, Mean, Median and Standard Deviation of Burden among care givers of dependent patients indicates that the burden score ranges from 2-41 whereas median, mean and standard deviation of burden score of care givers of dependent patients were 12.0, 13.84+ 6.22 respectively.

Range, Mean, Median and Standard Deviation of Quality of Living scores among care givers of dependent patients indicates that the quality of living ranges from 49-106 whereas Median, Mean and standard deviation of quality of living score of caregivers of dependent patients were 81, 79.24+ 12.95 respectively.

Table 1: Item wise analysis of each statement of Burden Scale Answered by caregivers of dependent patients

N=100									
S.N	Statements	Never (0)	Rarely (1)	Sometimes (2)	Quite Frequently (3)	Nearly Always (4)	Grand Total	Mean	Rank
	Do you feel that:								
1	Your relative asks or more help than he/she needs?	95	03	00	01	01	10	0.1	XV
2	Because of the time you spend with your relative that you don't have enough time for yourself?	75	20	05	00	00	30	0.30	X
3	Stressed between caring for your relative and trying to meet other responsibilities for your family or work?	70	16	14	00	00	44	0.44	IX
4	Embarrassed over your relative's behavior?	99	00	01	00	00	2	0.02	XIII
5	angry when you are around your relative	99	00	01	00	00	2	0.02	XIII
6	Afraid what future holds for your relative?	17	13	38	15	17	202	2.02	III
7	Your relative is dependent on you?	64	16	15	03	02	63	0.63	VII
8	Strained when you are around your relative?	93	04	03	00	00	10	0.10	XV
9	Your health has suffered because of your involvement with your relative?	85	05	10	00	00	25	0.25	XI
10	You don't have as much privacy as you would like?	55	15	28	02	00	77	0.77	V
11	Uncomfortable about having friends because of your relative?	97	03	00	00	00	3	0.03	XVII
12	Your relative seems to expect you to take care of him/her as if you were the only one he/she could depend on?	05	04	14	34	43	306	3.06	I
13	Don't have enough money to take care of your relative in addition to the rest of your expenses?	65	09	21	04	01	67	0.67	VI
14	You will be unable to take care of your relative much longer?	85	08	06	01	00	23	0.23	XII

15	You have lost control of your life since your Relatives illness?	84	13	03	00	00	19	0.19	XIII
16	Wish you could leave the care of your relative to someone else?	98	02	00	00	00	2	0.02	XVIII
17	Uncertain about what to do about your relative?	45	10	26	09	10	129	1.29	IV
18	Is some behavior is upsetting?	91	05	03	00	01	15	0.15	XIV
19	Your relative currently effect your relationship with other family members or friends in a negative way?	99	00	01	00	00	2	0.02	XVIII
20	Your social life suffered because of your relative?	94	04	02	00	00	8	0.08	XVI
21	You could do better job in caring for your relative?	11	00	11	43	35	291	2.91	II
22	Overall, how burdened do you feel in caring for your relative?	66	18	14	01	01	53	0.53	VIII

Table 1 depicts the Item Wise Analysis of Each Statement of Burden Scale Answered by caregivers of dependent patients. According to modified caregivers' burden scale the top five areas with mean score are, "your relative seems to expect you to take care of him/her as if you were the only one he/she could depend on" (3.06) followed by "you could do better job in caring for your relative" (2.91), "you afraid what future holds your relative" (2.02), "you feel uncertain about what to do about your relative" (1.29), "you feel that you don't have as much privacy as you would like" (0.77) and the least five areas with mean score are "is some behavior is upsetting"(0.15), followed by "you feel strained when you are around your relative" (0.10), "your social life suffered because of your relative" (0.08), "you feel uncomfortable about having friends because of your relative" (0.03) and "you feel that your relative currently effect your relationship with other family members or friends in a negative way" (0.02).

Table 2: Correlation Between Quality of Living and Burden of the Caregivers of dependent Patients N=100

Variables	Burden
Quality of Living	-0.566 (0.000*)

R (99) > 0.194 *Significant (p<0.05)

Table 2 shows Correlation between Quality of Living and Burden of the Caregivers of dependent Patients. There is negative correlation between quality of living and burden of Caregivers of dependent patients (-0.566). It indicates that when the burden score increases the quality of living decreases. The computed 'r' value between quality of living and burden obtained was significant at <0.05 level.

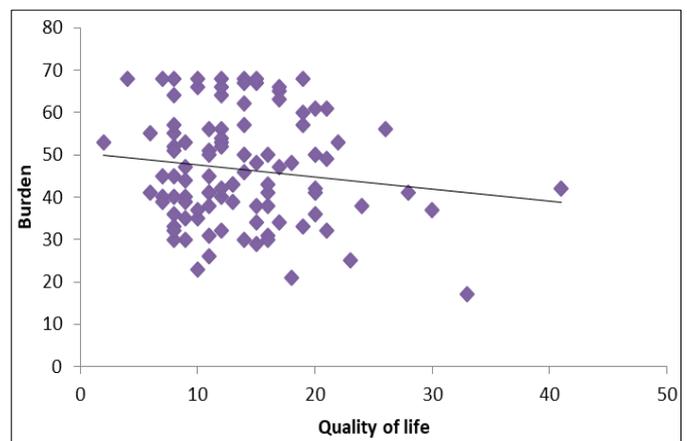


Fig 1: Scatter Diagram showing negative correlation between QOL and Burden of caregivers of dependent patients.

Table 3: ANOVA and 't' value showing Association of Burden of Caregivers with selected caregiver's Variables

N=100

S. No.	Caregiver's variables	Mean	df	t/F value	P value
1.	Relationship with the patient				
1.1	Spouse	14.19	4/95	0.30 ^{NS}	0.87
1.2	Parents	13.11			
1.3	Children	13.09			
1.4	Siblings	14.30			
1.5	Relatives	15.42			
2.	Age (years)				
2.1	18-29	12.45	3/96	2.05 ^{NS}	0.11
2.2	30-41	13.52			
2.3	42-53	15.89			
2.4	54-65	18.50			
3.	Gender				
3.1	Male	13.87	98	0.09 ^{NS}	0.92
3.2	Female	13.74			
4.	Marital Status				
4.1	Single	13.38	98	0.28 ^{NS}	0.77
4.2	Married	13.90			
5.	Education				
5.1	Non literate	22.33	5/94	2.25 ^{NS}	0.05
5.2	Primary	14.42			
5.3	Matriculate	14.24			
5.4	Higher Secondary	12.75			
5.5	Graduation	11.00			
5.6	post graduate	18.00			
6.	Place of Living		98	1.36 ^{NS}	0.17

6.1	Urban	12.68			
6.2	Rural	14.46			
7.	Occupation				
7.1	Unemployed	12.25	6/93	1.49 ^{NS}	0.19
7.2	Government job	12.10			
7.3	Private job	13.66			
7.4	Self-employed/business	13.09			
7.5	Farmer	13.63			
7.6	labourer	19.10			
7.7	Home maker	13.52			
8.	Family income (rupees)				
8.1	<15,000	15.01	2/97	3.13 ^{NS}	0.04
8.2	15000-30000	12.10			
8.3	30001-45000	8.0			
9.	Type of family				
9.1	Nuclear	13.12	98	0.50 ^{NS}	0.13
9.2	Joint	15.05			
10.	Source of information regarding disease condition				
10.1	Health professional	13.80	3/96	2.19 ^{NS}	0.09
10.2	Relatives	15.50			
10.3	Mass media	11.00			
10.5	Any other	28.00			
11.	Caregiver using Relaxation Technique				
11.1	Yes	13.45	98	0.21 ^{NS}	0.82
11.2	No	13.88			
12.	If previously they are involved in care giving.				
12.1	Yes	13.73	98	0.32 ^{NS}	0.74
12.2	No	14.25			

*Significant (p<0.05)

NS-Not significant

Table 3 shows the association of Burden of Caregivers with selected caregiver's Variables. This indicates that there was no significant association of Burden of Caregivers with any of the caregiver's Variables at 0.05 level of significance. Hence, the null hypothesis (H_0) was accepted and research hypothesis (H_5) was rejected.

4. Discussion

The present study shows that nearly half of the caregivers (46%) were in the age group of 30-41 years. The similar study conducted by Malathi G Nayak, Dr. Anice George shows that nearly half of the family caregivers (53.6%) were in the age group of 20-40 yrs [4].

The present study indicates that the mean burden score of care givers of dependent patients were 13.84. The similar study conducted by Ethel M Brinda, Anto P Rajkumar shows that Mean total score of Zarit burden scale, measuring caregivers' burden, was 17.9 [5].

The present study shows that majority of the caregivers' (89%) were having little or no burden as a caregiver of dependent patients and the mean Quality of living was 79.24 and SD was 12.95.

The similar study conducted by Malathi G Nayak, Dr. Anice George shows that majority of the family caregivers expressed that 'financial burden' had negative influence on the quality of living. The mean Quality of living was 63.36 and SD was 15.73 [4].

The present study shows that there is negative correlation between quality of living and burden of Caregivers of dependent patients was (-0.566). It indicates that when the burden score increases the quality of living decreases. The computed 'r' value between quality of living and burden obtained was significant at <0.05 level.

The similar study conducted by Panigrahi Sanjibani to assess quality of life in caregivers of patients with

schizophrenia and its correlation with severity of illness. It was found that Quality of life in schizophrenic caregivers had negative correlation with PANSS Positive score (p=0.111) and PANSS Negative score (p=0.062) but this correlation was not statistically significant [6].

The similar study conducted by UO Okoye, SS Asa to assess Experience of People Taking Care of Elderly Relations shows that there exists a significant relationship between caregiver's age and level of stress (p=0.001). The sex of care receiver, the level of education of caregivers, level of education of care receiver are all significantly related to the level of stress [7].

The present study shows that there is no significant association of Burden of Caregivers with any of the caregiver's Variables. i.e relationship with patient, age, marital status, level of education at 0.05 level of significance.

The study is inconsistent with the findings which showed that caregivers who experienced more caregiver burden, who were married to or living with the patients and had recently learned about the patients' cancer diagnosis also reported more psychological distress. Additionally, female caregivers, with larger social networks and lower levels of caregiver burden were associated with having more positive attitudes toward seeking psychological services.

5. Conclusion

- There is negative correlation between quality of living and burden of Caregivers of dependent patients. It indicates that when the burden score increases the quality of living decreases.
- There was significant association of quality of living with the Selected caregiver's variables.
- There was no significant association of burden Caregivers of dependent patients with patient's

variables but the family income were having the significant association with Burden among Caregivers of dependent patients with caregiver's Variables.

6. Recommendations

Based on the findings of the study following recommendations are offered for the future research.

- A Comparative study can be conducted to assess the relationship between quality of living and burden among male and female caregivers of dependent patients.
- A study can be conducted to assess the relationship between quality of living and burden among nurses caring the dependent patients.

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