

# Effect of Caregiver's Burden and Life Satisfaction on Older Adults Care Providers Psychological Well-Being in Ondo State

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## Abstract

This study investigated the effects caregivers' burden and life satisfaction on older adults care providers psychological well-being in Ondo state. Descriptive research design was adopted for the study and the population comprised of older adults care providers in Akure South Local Government Area of Ondo State. A random sampling technique was used to select 180 participants. Three instruments were used measure the studied variables. The data collected were analysed using two-ways analysis of variance. Results obtained from this study showed that there were significant joint effects of caregiver's burden and life satisfaction on older adults care providers psychological well-being in Ondo state. Based on these findings, it was recommended that the government and non-governmental organizations should endeavours to find means of managing psychological attributes such as caregiver's self-efficacy, emotional labour, psychological well-being, and social networks of older adults care providers in Nigeria and it also recommended that, training programmes should be designed for older adult's caregivers to enhance psychological well-being and life satisfaction, including coping strategies for caregiver burden in Nigeria.

**Keywords:** Caregiver's Burden, Life Satisfaction and Psychological Well-Being.

## Introduction

The health (both mental and physical) of caregivers of older people in Nigeria is in uncertain even with the rapidly increasing number of older people in recent times. As a group, elderly over the age of 85 are a growing segment of the Nigerian population. According to Oshodi *et al.*, (2012) caregivers in Nigeria are 51 % male and 49% female. Most were above 35years in age (66.1%). They were either parents (38.8%), siblings (1 8.4%), uncle/aunt (14.3%), first cousins (12.2%) or other extended family relatives (1 6.3%). The burden placed on caregivers can be enormous. Expectations and burden placed on the caregivers may lead to their having poor psychological well-being (Jayakrishnan, Shaline & Savitha, 2014). Providing care especially to the elderly, is an enormous tasking job, both physically and psychological for the caregiver (Okoye & Asa, 2012).

Frankline (2003) conceptualized psychological well-being as the capacity for good decision-making, effective stress management, good communication skill, effective parenting, caring for one and other emotionally. Psychological well-being is an internal state; it is affected by external factors, such as economic stability, interpersonal and intimate relationships, and perceived social support. Caregiver burden was viewed by Zarit *et al.*, (1986) as the extent to which individual perceived being physically, socially, financially, psychologically exhausted as result of providing care for their elders. Novak & Guest (1989) explained the concept caregiver's burden as many dimensions contributing to a caregiver's feeling of distress, such as feeling of overburden, hopelessness and inability to cope. Life satisfaction is a prominent concept within the framework of caregiving because it is affected by the particular burden of caregiving as well as the efficacy of coping. Life satisfaction can be conceptualized as the happiness and contentment one feels in his or her life as an overall synthesis of the many individual domains that compromise one's life (Lewinsohn, *et al.*, 1991).

Large scale of research shows that life satisfaction is affected negatively by the caregiver role (Arango-Lasprilla, *et al.*, 2010; Borg & Hallberg, 2006; Haley, *et al.*, 1996; Haley, *et al.*, 2003). Lawton, Moss, Kleban, Glicksman, & Rovine (1991), proposed a two-factor model which argues that caregiving can be both a source of satisfaction as well as exhaustion. Giving care to a loved one can result in feelings of life satisfaction (Morano, 2003). The caregiver's perceived satisfaction, or what is termed caregiving gain (Krame, 1997), has been linked with positive outcomes (Morano, 2003). Just as burden is a risk factor to burnout and older person maltreatment, satisfaction is an important protective factor that can mediate the effects of burden (Morano & Morano, 2006). Research evidence shows that there is a significant relationship between the burden caregiver's bear and psychological distress (Oshodi *et al.*, 2012). Studies for the need for caregiver training revealed that family caregivers provide a fabulous amount of care to loved ones; they often carry out these activities with little to no formal training (McDonald, Stetz, & Compton, 1996; Navaie-Waliser *et al.*, 2001; Navaie-Waliser, *et al.*, 2002). Lack of training and support for the caregiver often worsens the caregiver's psychological distress (Knight, Lutzky, & Macofsky-Urban, 1993; Gallo, Reichel & Andersen, 1995; Schmall, 1995). Recent studies have shown that family caregivers experience substantial anxiety about the provision of care (Hennessy, John, & Anderson, 1999; Miller, Shewchuk, Elliot, & Richards, 2000; Silliman, Bhatti, Khan, Dukes, & Sullivan, 1996).

Research show that the level of burden experienced by caregiver in Nigeria is significantly associated with place of residence and family size (Yusu, Nuhu, & Akinbiyi, 2009). And that there exists a significant

relationship between caregiver's age and level of stress (Okoye & Asa, 2012). Also caregivers' interpretations of the situation appeared to have a more significant impact on the well-being of the caregiver than did objective characteristics of the experience (Roscoe *et al.*, 2009).

### Methodology

The study is on effect of caregiver's burden and life satisfaction on the older adults care providers psychological well-being in Ondo State. The study adopted descriptive survey design. This is because the study used questionnaire in collecting data on all variables under survey. The design showed the relationship among the variables in the study. This means that none of the variables was manipulate in the study. The descriptive survey design was used to examine the effects caregiver's burden and life satisfaction on older adults care providers psychological well-being in Ondo State.

### Participants

The participants in the study were older adults care providers purposely drawn from Akure-South Local Government Area of Ondo State. A random sampling technique was used to select 180 participants.

### Research instruments

The research instruments used in this study were – The Zarit Burden Interview (ZBI), and Scale of Psychological Well-Being (PWB). The three instruments were adapted to measure the studied variables.

**Scales of Psychological Well-Being:** Scales of Psychological Well-Being (SPW) is a structured, self-report instrument based on the six dimensions of psychological well-being and developed by Ryff (1989, 1995). The six (6) dimensions of the scales are autonomy, positive relationships with others, environmental mastery, self-acceptance, personal growth, and purpose in life. Each item is responded to using a 6-point Likert scale and the scale includes 18 reversed scored items. Internal consistency values of Dierendonck, (2005) 18 items scale were significantly higher than the values of other versions; reliability coefficient of sub-scales range between 0.72 (personal growth) and 0.81 (self-acceptance, autonomy and purpose in life).

**The Zarit Burden Interview (ZBI):** Levels of burden were measured using The Burden Interview (Zarit, *et al.*, 1980). The 22 item questionnaire assesses subjective caregiver burden by using qualitative information (for example, the affective response of the caregiver) to assess specific areas which are usually affected in a caregivers life (Zarit, *et al.*, 1980). The instructions asked the participants to circle the response which best describe their feelings. Caregivers endorsed each item along a five point likert scale ranging from (0) never to (4) nearly always present (Zarit, *et al.*, 1980). Higher ratings on the items indicated more elevated levels of burden. It is a valid and reliable measure (Cronbach's  $\alpha = 0.86$ ; Bedard *et al.*, 2001).

**The Satisfaction with Life Scale:** Levels of life satisfaction were measured using The Satisfaction with Life Scale (Diener, *et al.*, 1985). The narrowband five item questionnaire conceptualizes life satisfaction as a subjective appraisal of how close one's living conditions are to their ideal situation (Diener, *et al.*, 1985). Questions are worded so that participants evaluate their lives on the basis of their own individual beliefs as to what constitutes the ideal (for example, 'the conditions of my life are excellent'). Caregivers rated their agreement with each item based on a seven point likert scale ranging from (1) strongly disagree to (7) strongly agree. A higher score on the scale indicates elevated levels of life satisfaction. The internal consistency of the SWLS has shown repeated high alpha coefficients of above .80 (Pavot & Diener, 1993). One month test-retest correlation coefficients range from .80 to .84 (Pavot, Diener, Colvin, & Sandvik, 1991; Steger, Frazier, Oishi, & Kaler, 2006), with a two month test-retest correlation of .82 (Diener *et al.*, 1985). Magnus, Diener, Fujita, & Pavot (1992) found a five year test-retest reliability of .54, suggesting that time and/or life events impact one's appraisals of life satisfaction.

### Procedure

The questionnaires were administered to older adults care providers in Akure-South Local Government Area of Ondo State. A total of 200 questionnaires were distributed out of which 180 were returned and well administered. This represents return of 180, which is considered adequate, bearing in mind the sensitivity of the issues under investigation.

**Data Analysis:** The data collected were analyzed, using Analysis of Variance (ANOVA) to examine the effects of caregiver's burden and life satisfaction on psychological well-being older adults care providers in Akure-South local government area of Ondo State. Analysis was out with the Programmes of the Statistics Package for Social Sciences (SPSS Version 22.0)

## Results

**Table 1:** Means, Standard Deviations, and n for Psychological Well-Being as a Function of Caregivers Burden and Life Satisfaction

Psychological Well-being	n	Low		High			Total		SD
		M	SD	n	M	SD	n	M	
little or no burden to moderate burden	39	62.87	5.93	52	63.19	8.931	91	63.05	7.75
moderate burden to severe burden	52	63.04	8.83	37	62.68	5.74	89	62.89	7.66
Total	91	62.97	62.89	89	62.98	7.73	180	62.97	7.69

**Table 2:** Analysis of Variance for Psychological Well-being as a Caregivers Burden and Life Satisfaction

Variable and source	df	MS	F	$\eta^2$
<b>Psychological Well-being</b>				
Caregivers burden	1	1.34	.022	.000
Life satisfaction	1	.020	.000	.000
Caregivers burden*life satisfaction	1	5.12	.085	.000
Error	176	60.04		

\*\* $p < .005$

Table 1. shows the means and standard deviations for caregivers burden separately for the life satisfaction groups. Table 2. Shows that there was significant interaction between caregivers burden and life satisfaction on older adults care providers psychological well-being, ( $p = .085$ ). The also revealed a significant main effect of caregivers burden on psychological well-being,  $F(1,176) = .02$ ,  $P < .005$ . Furthermore, was a significant main effect of life satisfaction on psychological well-being,  $F(1,176) = .000$ ,  $p < .005$ . The results have shown significant effect on caregiver's burden and life satisfaction on older adults care providers psychological well-being in Ondo State.

## Discussion of findings

The focus of the present research study was to extend the current understanding of how caregivers burden and life satisfaction affect psychological well-being of older adults care providers. The results on table 2 revealed that there were significant effects of caregiver's burden on older adults care providers psychological well-being in Ondo State in Nigeria. This result supports the research findings Roscoe, Corsentino, Watkins, McCall, & Sanchez-Ramos, (2009) that burden of older adult care providers have a more significant impact on the well-being of the caregivers. This result also supported findings Oshodi, Adeyemi, Aina, Suleiman, Erinfoam, & Umeh, (2012) that there is a significant level of burden and psychological distress experienced by caregivers in Nigeria.

The results on table also indicated that there were significant effects of life satisfaction on older adults care providers psychological well-being in Ondo State. This study supports the research findings Pasupuleti, Allen, Lambert, & Cluse-Tolar, (2009) that elevated life satisfaction has been linked to general well-being and positive effects on mood and emotions.

The results obtained from this study on table 2 further revealed that, there was significant joint effect between caregivers burden and life satisfaction on older adults care providers psychological well-being in Ondo State. This study supports the research findings of Lawton, Moss, Kleban, Glicksman, & Rovine, (1991) that both caregiver burden and satisfaction are often linked with the caregiver's coping capabilities and perception of mechanisms he or she can use to assist in handling the stresses inherent in the caregiving situation.

## Implications of the Findings and Recommendations

Nevertheless, the present study provides useful information on psychological well-being of older adults care providers in Nigeria. The findings show that certain caregivers could benefit from learning more effective coping strategies to lessen their burden and improve their life satisfaction including their psychological well-being.

Upshot to the findings of this study, the following recommendations were made: It is recommended that,

training programmes should be designed for older adult's caregivers to enhance psychological well-being and life satisfaction, including coping strategies for caregiver burden in Nigeria. This is necessary because the demands of caring for older adult tell on the caregiver emotionally, psychologically, financially and physically.

This recommendation goes to government and non-governmental organizations in that, they should endeavour to find means of managing psychological attributes such as caregiver's self-efficacy, emotional labour, psychological well-being, and social networks of older adults care providers in Nigeria.

### Conclusion

In conclusion, the present study has highlighted points of interventions for therapists who seek to increase levels of life satisfaction, psychological well-being and decrease levels of burden in caregivers. The effects of certain coping skills were reported in efforts to guide interventions aimed at improving the quality of coping methods employed by caregivers. Furthermore, this study has added to the literature by not only discussing the effects of caregiver's burden and life satisfaction on caregiver psychological well-being, but also by expanding the opportunities for future research.

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