

## **The Influence of Married Women's Adult Children Care Burden and Stress on Depression: Testing the Moderated Mediating Effect of Satisfaction with Husbands' Sharing of the Care**

**Authors :** Soo-Bi Lee, Jun Young Jeong, Zehgn Lin, Chenminxi

**Abstract :** Background: In South Korea, a problematic phenomenon has recently arisen whereby adult children continue to receive parental caregiving in some cases. These phenomena have been shown to affect the mental health of mothers. Study Goals: The purposes of this study are to verify whether the mediating effects of stress on the relationship between a woman's care burden for their adult children and depression are moderated by their satisfaction about their husbands' sharing of the caregiving. Methodology: This study analyzed 3,053 married women with adult children using the most recent data from the "Korean Longitudinal Survey of Women & Families 7th(2018)" conducted at the national level. The analysis was conducted using the SPSS Process Macro Model 7 to verify the moderated mediating effects and subsequently confirm their significance based on the bootstrapping method. Results and Implications: (1) Stress was identified as a mediating factor in the relationship between the care burden for adult children and depression; and (2) the mediating effects of stress on depression from the burden of caring for adult children are modulated by the woman's satisfaction with her husband's sharing of the care burden. In other words, the higher the caring burden of adult children, the higher the mother's stress, which increases depression. At this time, the higher the their satisfaction with the husband's share of care in the path of mother's care burden and stress, the lower the mother's stress and, ultimately, the depression be alleviated. Conclusion: Programs that promote the mental health of married women heavily with the caring burden for their adult children, as well as those that improve social awareness regarding husbands' sharing of the care burden, should be implemented. Also, social welfare policy alternatives are needed at the national level to reduce the caring burden caused by adult children.

**Keywords :** married women, adult children care burden, stress, depression, satisfaction with husbands sharing of the care

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