

## The Relationship between Caregiver Burden and Life Satisfaction of Caregivers of Elderly Individuals

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**Abstract :** This descriptive study was conducted to determine the relationship between caregiver burden and life satisfaction who give home care to elderly individuals. The sample was recruited from the internal medicine unit and palliative unit of a state hospital located in Turkey on June 2016-2017. The study sample consisted of 231 primary caregiver family member, who met the eligibility criteria and agreed to participate in the study. The inclusion criteria were as follows: inpatient's caregiver, primary caregiver for at least 3 months, at least 18 years of age, no communication problem or mental disorder. Data were gathered using an Information Form prepared by the researchers based on previous literature, the Zarit Burden Interview (ZBI), and the Satisfaction with Life Scale (SWLS). The data were analyzed using IBM SPSS Statistics software version 20.0 (SPSS, Chicago, IL). The descriptive characteristics of the participant were analyzed using number, percentage, mean and standard deviation. The suitability of normal distribution of scale scores was analyzed using Kolmogorov-Smirnov and Shapiro-Wilk test. Relationships between scales were analyzed using Spearman's rank-correlation coefficient. P values less than 0.05 were considered to be significant. The average age of the caregivers was  $50.11 \pm 13.46$  (mean $\pm$ SD) years. Of the caregivers, 76.2% were women, 45% were primary school graduates, 89.2% were married, 38.1% were the daughters of their patients. Among these, 52.4% evaluated their income level to be good. Of them, 53.6% had been giving care less than 2 years. The patients' average age was  $77.1 \pm 8.0$  years. Of the patients, 55.8% were women, 56.3% were illiterate, 70.6% were married, and 97.4% had at least one chronic disease. The mean Zarit Burden Interview score was  $35.4 \pm 1.5$  and the Satisfaction with Life Scale score was  $20.6 \pm 6.8$ . A negative relationship was found between the patients' score average on the ZBI, and on the SWLS ( $r = -0.438$ ,  $p = 0.000$ ). The present study determined that the caregivers have a moderate caregiver burden and the life satisfaction. And the life satisfaction of caregivers decreased as their caregiver burden increase. In line with the results obtained from the research, it is recommended that to increase the effectiveness of discharge training, to arrange training and counseling programs for caregivers to cope with the problems they experienced, to monitor the caregivers at regular intervals and to provide necessary institutional support.

**Keywords :** caregiver burden, family caregivers, nurses, satisfaction

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