

PSYCHOSOCIAL FACTORS AS PREDICTORS OF PERCEIVED BURDEN AMONG CEREBROVASCULAR ACCIDENT SURVIVOR CAREGIVERS

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ABSTRACT

The current study investigated the psychosocial factors that determine caregiver's burden among two hundred and ninety-eight (298) stroke survivor caregivers. Respondent's age ranges from 18-35 and 36-60 with mean (X) age of 26.5 and 48 and standard deviation of 4.43 and 7.52 respectively. A structured questionnaire formats were used to collect the data in this cross-sectional study. Sense of coherence, self-efficacy and life satisfaction jointly and independently influence burden. Caregivers with high sense of coherence significantly reported more burden than caregivers with low sense of coherence. Also, caregivers with low satisfaction with life were significantly high in burden than caregivers with high satisfaction with life. The study outcome demonstrates that stroke caregivers with high sense of coherence, perceived self-efficacy, and life satisfaction experience less strain, and can control challenging environmental demands, so interventions to improve these factors should be designed in order to reduce depression, build capacity to cope with burden and to promote family wellbeing.

Keywords: Burden, Caregivers, Stroke, Life purpose, Sense of coherence.