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PSYCHOLOGICAL HEALTH AMONG CAREGIVERS OF STROKE PATIENTS IN A TEACHING HOSPITAL IN SELANGOR

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Introduction:

Studies have shown that caregiving is associated with high burden that could affect caregivers' mental and physical well-being. Unfortunately, caregivers are often overlooked even by healthcare professionals. With the rise of our elderly population and morbidity from stroke, there is a need to identify the psychological health among family caregivers in our society. Greater prevalence of stress and depression, economic burden, lack of social support and changes in social relationships have been reported in stroke caregiver's role. Thus, this is study vital to carried to identify psychological health among the caregiver of stroke patients in Hospital Pengajar Universiti Putra Malaysia which is now known as Hospital Sultan Abdul Aziz Shah (HSAAS).

Objectives:

The general objective to determine the psychological health among the caregiver of stroke patients in HSAAS. The specific objective of this study includes to investigate the relationship between sociodemographic characteristics and the psychological health of the caregivers of stroke patients in HSAAS.

Methods:

A cross-sectional design with convenience sampling was employed in this study. Pearson Chi-Square and Fisher's Exact Test was used to determine the association between sociodemographic and the level of physiological health among the caregivers of stroke patient.

Results:

A total of 102 respondents participated in the study. The findings revealed the level of anxiety among caregivers was 31.94% (n=32), followed with depression 19.60% (n=20) and stress 18.93% (n=19). There was no association between socio-demographic characteristic and psychological health, as evidence by p -value>0.05.

Conclusions:

In this study, the total sample size was small compared to other studies. Nevertheless, the findings of this study is important to be used to account in the evaluation of caregivers of stroke patients to ensure their emotional and psychological well-being.

Keywords: Caregiver, Stroke, Depression, Anxiety, Stress

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