ABSTRACT

EFFECT OF PSYCHOEDUCATION ON CAREGIVER BURDEN FAMILY IN CARING FOR ELDERLY WITH FRAILTY SYNDROME

Pre Experiment Study

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Introduction: The condition of elderly who have frailty syndrome requiring longer treatment and care will affect the physical, psychological, social and financial caregiver. Psycho-education can improve knowledge, understanding and skills in caring for elderly relatives with frailty syndrome so positive coping increases. This study aims to determine the influence of psycho-education to the burden of caring for elderly relatives with frailty syndrome.

Methods: The study design was pre experiment one group pre post test. The population was family who care for the elderly with frailty syndrome in Padangan and Ngablak by purposive sampling with number of 15 respondents. The independent variable was psycho-education family and the dependent variable was family’s caregiver burden. Data were collected using questionnaire by Zarit’s caregiver burden scale and analyzed used Wilcoxon Sign Rank test with significance of p ≤ 0.05.

Results: Result showed that psycho-education can effect to family’s caregiver burden in caring for elderly was significantly (p ≤0.001).

Discussion: Psycho-education can have positive effect by lowering the burden on families.

Key words: Elderly, Caregiver, Frailty syndrome, Family, Caregiver burden, psycho-education