Psychological impact of caregiving: A psychological study among the main caregiver of patient with mental disorder and cancer patients

Zokaitluangi
Mizoram University, India

The aim was to study the general health, depression, resilience and burden of the caregivers of patients with mental disorders and cancer patients. The sample incorporates 100 main caregivers of patients with mental disorders and 100 main caregivers of cancer patients who are residents of Mizoram. They were partitioned on the basis of duration of care giving as the main caregiver and have been giving care to the patient (either with mental disorder or cancer) for more than 6 months in their respective places or at the hospitals, within the age range of 18 years and above were selected following random sampling procedures from targeted population. The psychological test such as - the socio-demographic data sheet, followed by the General Health Questionnaire-28, The Beck Depression Inventory- II, The Resilience Scale, and finally The Zarit Burden Interview were employed for psychological evaluation. The psychometric properties of the tests were checked with an objective to justify the appropriate statistical treatment for further analyses. The results highlighted that being a main caregiver has significant impact on different facets of the caregiver's life and that in many situations the impact also tended to be mostly negative. Many are on the brink of having a major mental illness, while some even exhibited clear cut signs of a serious mental illness. The results suggest the needs of psychological diagnosis and interventions for the main caregiver of patient with mental disorder.

Biography
Zokaitluangi is a Professor in Psychology at Mizoram University (India) for more than 28 years. She developed Positive Psychology paper and has been teaching the paper for more than 7 years at the same university. She has published more than 25 research articles in reputed journals. She has completed two major research projects of University Grant Commission (New Delhi) and Indian Council of Social Sciences Research (New Delhi), and two major researches are going of Indian council of Social Sciences Research (New Delhi) and National Commission for Women (New Delhi). She has been supervising PhD and MPhil Researches, and 17 Scholars were awarded PhD degree under her supervision. She has been honored in different academic and government bodies - Expert Member to Indian Council of Social Sciences Research (New Delhi), Expert Member of University Grant Commission for Eastern Region (ERO, Kolkata), Expert Member for selection of Teacher in Magadh University (Gaya Bihar), Nagaland University (Nagaland), Jai Prakash University (Chabra), Lalit Narayan Mithila University (Darbang), Patna University (Patna), Gauhati University (Guwahati), Member of Mizoram State Commission for Women, expert of Arunachal Pradesh Public commission and expert of Mizoram Public Service Commission.

Notes: