

DEMENTIA CAREGIVER BURDEN, RESILIENCE, AND PERCEIVED STRESS: A MEDIATING ROLE OF SOCIAL SUPPORT

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ABSTRACT

The issues concerning old age are increasing in developing countries. To have a broader understanding of the current scenario in Pakistani society, the study investigated the relationship between Caregiver Burden, Perceived Stress, Resilience, and Social Support among the informal caregivers of dementia patients. The sample consisted of 101 adults with ages ranging from 18 years to 60 + years of age ($M = 61.93$, $SD = 9.85$). Employing the technique of convenient sampling, snowball sampling, and purposive sampling, data were collected from individuals who are informal caregivers (Immediate family members) of dementia patients. English versions of the scales were used to collect data for the variables test. The caregiver burden scale by Zarit (1988), the Brief Resilience Scale by Smith et al. (2008), the Perceived Stress Scale by Cohen, Kamarck, and Mermelstein (1983), and the multidimensional Scale for perceived social support by Zimet DG (1988) were used to collect data. The findings accepted the relationship hypothesis and the predicted hypothesis showing that caregiver burden is positively related to perceived stress and negatively related to resilience and social support. Likewise, social support was also positively related to resilience and had a negative relation to perceived stress. The mediation process of caregiver burden and perceived stress of having social support as a mediator proved to have complete and partial mediation both. The results revealed that social support is an integral part of sustaining the mental health of the informal caregivers of dementia patients. Implications and suggestions were given based on the research conducted for similar research in the field of gerontology.

Keywords: Gerontology, Dementia, Caregivers of Dementia, Alzheimer's, Elderly/Old Population.