THE PSYCHOLOGICAL BURDEN OF CAREGIVER WITH A FAMILY MEMBERS OF SCHIZOPHRENIA: A SYSTEMATIC REVIEW

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Abstract:
Introduction: Mental health is still one of the significant health problem in the world, including in Indonesia. Approximately 90% of schizophrenic lives with family hence the role of caregiver in the family felt important. The growing burden and caregiver tasks can cause the incidence of psychological distress such as depression, stress and anxiety. Methods: Literature searches with the keyword do in some of the major databases such as Proquest, Scopus, and Google Scholar with the limitation of the time used is the journal from January 2011 until February 2018. Results: As many as thirteen research raised in this study, almost all of which state that the psychological burden felt by the caregiver are described with stress, depression and anxiety that is on moderate to high level. Conclusion: Caring for families with psychiatric raises the psychological problems on caregiver, this thing needs to get the handling to lower the psychological burden experienced by caregiver, with decreased psychological burden expected caregiver can take care of with a maximum.

1 INTRODUCTION

Mental health is still one of the significant health problem in the world, including in Indonesia. According to the WHO (2016), there are about 35 million people are affected by depression, 60 million people affected by bipolar disorder, 21 million from which are schizophrenia, and the rest (47.5 million) are dementia. Schizophrenia is a severe mental disorder, characterized by of deep thought, affect, perception, language and sense of self disorder (WHO, 2014). Approximately 90% of schizophrenic lives with family hence the role of caregiver in the family felt it important (Chadda, 2014). A good interaction between families with clients is an attempt of action that can prevent the occurrence of recurrences in patients of schizophrenia (Sariah, Outwater and Malima, 2014). In addition to concern for the patients of schizophrenia, families also need to get attention on the aspects of the physical and psychosocial well-being, because the process can interfere with family health care (Vitaliano, Zhang and Scanlan, 2003).

The increasing burden of family care tasks and can cause the incidence of psychological distress such as depression or anxiety (Ong et al., 2016). The psychological burden experienced by the caregiver who takes care of the client of schizophrenia are at a moderate level, 56% feel frustrated, 66% feel stress and anxiety 37.9%. The ongoing anxiety and a long period of time and cannot be solved then it can cause depression. The depression experienced by 29% caregiver and 5% of them experienced severe depression (Gupta et al., 2015). The impact felt by the families by the presence of family members experiencing schizophrenia is the high economic burden, the burden of family emotions, stress against a patient’s behavior distracted, impaired in performing activities of daily household and the limitations of social activities. The views of the public or the public stigma against psychiatric disorders, sufferers of the soul.

Considered diseases caused by sin from her family and is a disgrace for the patient and his family, so that there are still many families who hide their family members misbehaving souls, families feel ashamed, disappointed, and despair (WHO, 2003). The burden of care on Schizophrenia include psychological and emotional problems like sadness, distress, feelings of loss, the negative stigma, low self esteem and lack of productive role (Awad and Voruganti, 2008). The abundance of the burden faced by families become families in providing family care against family members who experience schizophrenia. The family suffered a lot of pressure in the face of stressfull situations in treating families with schizophrenia. This situation can disrupt the structure and
function of families unless they can adapt with the new situation (Vaghee, Rezaei and Chamanzari, 2017).

2 METODE

Search strategy study that is relevant to the topic is done using the database Proquest, Scopus, and Google Scholar with the limitation of the time used is the journal from January 2011 until February 2018. Keyword that is used is "psychological, burden, family, schizophrenia", abstract and fulltext articles in review to choose the studies in accordance with the criteria. Criteria for inclusion in this review is the psychological burden, on a family caregiver with schizophrenia. Journal searches using keywords at the top get 15 journals and articles that fit the criteria for inclusion there are 13 journals.

3 RESULT

Journals that were investigated in this study is a research journal that uses descriptive method and cross sectional. Whole journal using the questionnaire results can illustrate the demographic characteristics, and the psychological burden of caregiver schizophrenia. The sampling method used in the study, namely a number of 13 research has been conducted in random. Random sampling or random is important so that research results can be generalized to the population and suppress the occurrence of bias in research. The criteria of inclusion and esklusi must be considered in the selection of the sample, such as in the study inclusion criteria mentioned include the caregiver is a family, has been caring for more than 6 months, and taking care of the family home of schizophrenia. Of 13 such research, shows that the level of psychological burden on journal showed levels of moderate to severe, with the female caregiver shows a higher burden than men, and lower education have a high load, as well as economic factors can also cause psychological burden on a family.

4 DISCUSSION

From 13 researches shows that family caregiver with schizophrenia has psychological burden experienced. This psychological burden experienced caused by several factors, including education and economic’s factors. The psychological burden on a caregiver can be a severe problem or hinder caregiver in conducting treatment to the family member with schizophrenia.

5 CONCLUSION

The results of the review on the psychological burden of families with family members of schizophrenia can be used as a rationale, that a caregiver experiencing schizophrenia psychological impact than do care to family who experience schizophrenia, it is necessary the intervention of the nurse to reduce the psychological burden of caregiver.

REFERENCES


