

DOES MARITAL BLISS LOWER THE CAREGIVING BURDEN

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ABSTRACT

Indians share a mutual value culture considering which they regard care giving as a reflection of the cultural code of interdependency and reciprocity. Thus, not just the dearth of beds in a mental hospital or community care services but also strong family ties and innate felt responsibility for loved ones ingrained in the Indian culture made family members the crucial spokes wheel of therapeutic purpose. Carers often ignore their physical and emotional health while struggling to balance work and family alongside care giving. Not only for the wellbeing of self but also for a healthy recovery of the patient is it important for the caregiver to maintain his /her emotional and physical health. The changing social milieu in India such as urbanization and the nuclear family is placing a significant burden on family members. In this paper, an attempt has been made to analyze the challenges faced with respect to the marital status of the caregivers. The sample size of the study was 228, with 142 females and 86 males. The caregivers (of patients diagnosed by mental health professionals) were interviewed in a structured format by the researcher using Behavior and Symptom Identification Scale-32. Results revealed that there was no significant difference with respect to the marital status of the caregivers.

KEYWORDS: *Caregiver, Marital Status, Mental Health*

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