

Information Messages Related to Mental Health Status Among Caregivers in Rural of Thailand

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Abstract. This cross-sectional study aimed to explore the Mental Health Status and the relationship between socioeconomic background and mean scores of mental health variables among Caregivers (CG) in Maha Sarakham province, Northeast of Thailand. A total of 402 CGs were recruited from 32 sub-districts in 13 districts to participate with interviewing form. Data analysing used descriptive statistics and Chi-square test for the relationship of the socioeconomic and the level of mental health status of caregivers. The results shown that; 99.77% were female, age average 49.89±8.14 (range 23-75), spent time look after the elderly for average 3 days per week, worked experience for 1-4 years (mean=3.27±1.66 years). Over 59 % have lower income than 150 USD. The gender of CG was a mainly statistically significant with the mental health status (MHS) ($p=0.003$). Although, the other variables were not significantly statistics test, however, it found that all variables indicated in the poor level of mental health status. Therefore, the stakeholders who involves with CG should have concern to reduce their burnout, regardless of compensation as well as set up the potential of family caregivers or young carers to help the elderly in the community.

Keywords. Caregiver, capacity building, long term care

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1. Introduction

Since 2015, Thailand has driven the implementation of a long-term care. The majority of them are senior citizens with severe health issues, depression, and fear about dying or leaving a massive burden [1]. The village health volunteer caregivers sometimes experienced pressure from being in close proximity to those issues or losses and a deteriorating quality of life. In order to emphasize the concern for caregiving motivation among village health volunteer caregivers of dependent people, we sought out to better understand the linked mental health state.

2. Methods

A cross-sectional study was employed to a total of 402 caregivers from 32 sub-districts (13 districts) from Maha Sarakham province. The data were collected both socioeconomic status and the Thai Mental Health Indicator-15 (TMHI-1). Then transferred to SPSS IBM to analyze using descriptive statistics and Chi square to test the relationship between sociology background items and the scores of mental health.

3. Results

The socioeconomic variables shown that most of caregivers were female (99.77%) age average 49.89 ± 8.14 , married (78.61%), education as secondary school (73.13%), time to look after the elderly for 3 days a week, experiencing for their profession 1-4 years ($\text{mean} = 3.27 \pm 1.66$). Over 59% have lower income than 5,000 bath a month (about 150 USD). The association between socioeconomic status (SES) and mental health status (MHS) of caregiver was gender statistically significant with the mental health status (MHS) ($p = 0.003$). However, it was found that all variables indicated in the poor level of mental health status.

4. Discussion and Conclusions

The gender of caregiver was a mainly association with mental health status, in the past most women were often more depressed than men. Researchers [2] found that caregivers who have enough social support, was marginally more beneficial for males, and a feeling of control was beneficial for women.

References

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