

Hip on Health CD: Health Information for Caregivers and Families

Original Research Article

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FACTORS AFFECTING QUALITY OF LIFE AMONG FAMILY CAREGIVERS OF PATIENTS WITH SCHIZOPHRENIA IN INDONESIA

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ABSTRACT:

Background: Schizophrenia is a severe mental illness that has significant effects for patients and their families. The impact of the illness has forced the family to assume the role of caregiver for their loved one. Since the caregiving activities help the patients functioning stably in the daily life, this situation could bring negative consequences for the quality of life (QoL) of the family caregivers. The study aimed to examine the factors affecting quality of life among family caregivers of patients with schizophrenia in Indonesia.

Methods: A cross-sectional study recruited 127 family caregivers of patients with schizophrenia in a mental hospital in Jakarta, Indonesia. The characteristics of caregiver form, Burden Assessment Schedule, Perceived Control of Symptom Scale, Multidimensional Scale of Perceived Social Support, and Schizophrenia Caregiver Quality of Life were provided based upon the validity and reliability test. A linear regression was performed to determine factors affecting the quality of life.

Results: The study revealed that caregiver burden negatively affected the QoL, though employment status and perceived social support positively affected quality of life among family caregivers taking care patients with schizophrenia in Indonesia, while gender, period of being a caregiver, education, health status, and perceived control of symptoms were not significant factors.

Conclusion: This study suggests that maintaining low caregiver burden, encouraging the caregivers to obtain high social support, and prioritizing the employed caregivers need to be considered for improving the QoL of family caregivers.

Keywords: Quality of life, Family caregivers, Schizophrenia, Indonesia

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INTRODUCTION

Schizophrenia is a severe mental illness, resulting in impairing and debilitating worldwide. The Global Burden of Diseases Report [1] revealed that schizophrenia mainly contributed to the disability around the world. The disability of the patients has disturbed the capabilities of people with mental illness and in turn could have an effect on their families. Consequently, the living skills of patients with schizophrenia will be dependent on their families.

As the shifting of health care system from hospital-based care to community-based care,

family members assumed the role as caregivers could give a positive contribution to the health status of the patients living in the family in the community. However, the situation also might bring a negative impact to the family caregivers while fulfilling their caregiving task. Previous studies found that family caregivers experienced physical and psychological problems while taking care patients with schizophrenia [2, 3]. Because of the chronicity of the illness, family caregivers have to provide long term care for their loved-one, and this situation in turn could affect to their quality of life as the impact of caregiving.

Quality of life (QoL) is defined by World Health Organization (WHO) [4] as an individual's perception of their position in life in the context of

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