

Single Caregivers and Stress Processes:

Focusing on their Perceptions of their own Household Budgets and Differing Marital Status

Kaoru OKAZE, Ph.D.(Ochanomizu University, ookaze.kaoru@ocha.ac.jp)

Abstract

- The role of main caregivers enhances the financial and psychological burden for single people and married women.
- In this research, I contribute to showing the need to focus on the economic aspects of caregivers' living situations and the situation in which sole caregivers face a heavy mental health burden.

Background & Objectives

Background:

- Single people are increasingly expected to take on caregiver roles (Sasatani 2012; Henz 2016).
- Single people find that their time spent as caregivers may overlap with the time needed to establish financial security.
- Families including persons requiring care face heavy expenses (Nakanishi 2013).

Objectives:

- To reveal the factors defining single caregivers' perceptions about their household budgets and psychological stress while assuming caregiving roles.

Data, Method & Sample Characteristics

Data:

- Web questionnaires conducted in 2014 by the Japan Institute for Labour Policy and Training
- Sample: 1,818 nursing-care providers for families at home (Single Men<SM> 295, Single Women<SW> 450, Married Men<MM> 305, Married Women<MW> 768)

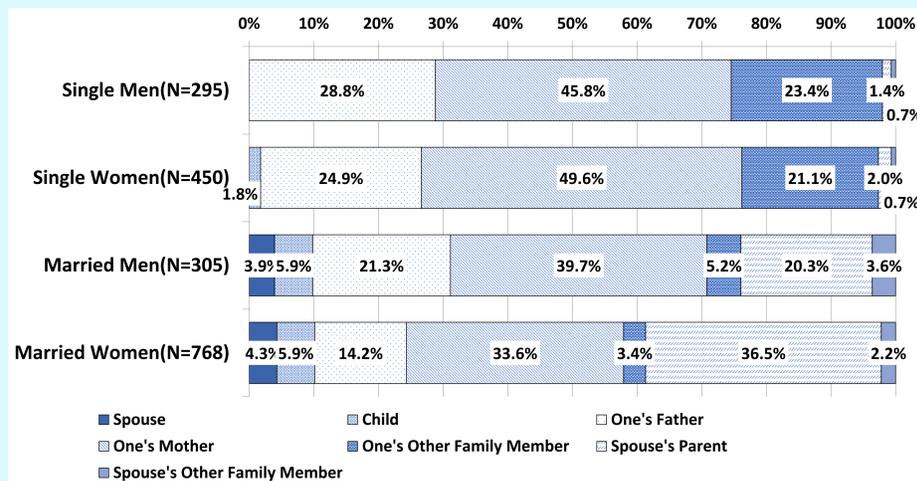
Methods:

- Descriptive statistics & Path Analysis (Multi-group structural equation modeling)

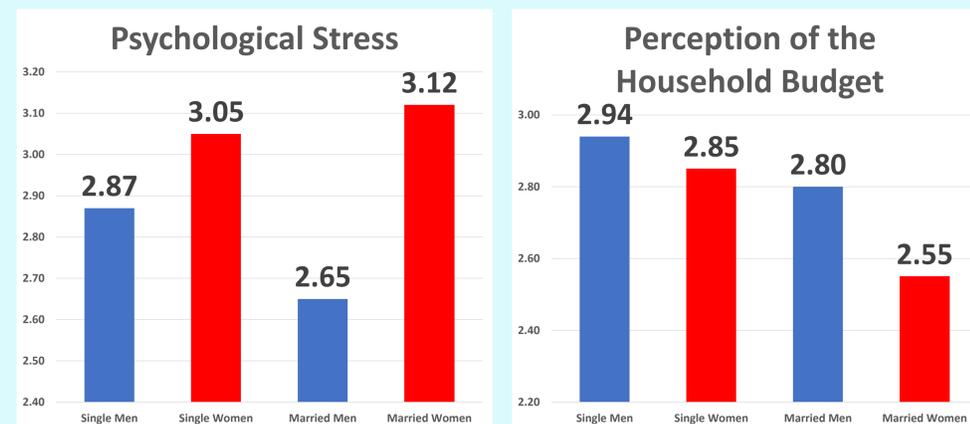
Sample Characteristics:

- Age: SM 45, SW&MM&MW around 50
- Full-time Employee: SM52%, SW32%, MM86%, MW21%
- Income/year: SM \$25,000, SW \$16,500, MM \$50,000, MW \$11,000

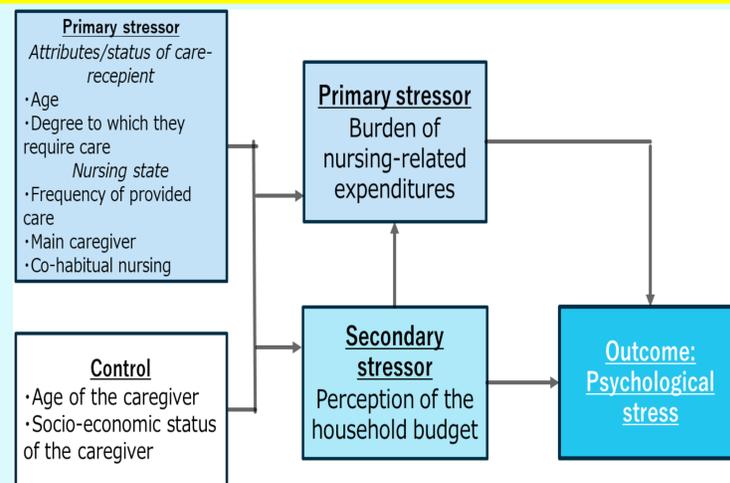
Result-1: Relationship to the Care-Recipient



Result-2 Psychological Stress & Perception of Caregivers' Household Budgets



Analysis Framework



Result-3: Factors on Psychological Stress (Path Analysis)

Outcome	Variables	Single Men	Single Women	Married Men	Married Women
Psychological Stress	<-- Secondary Stressor Perception of the Household Budgets	0.34 ***	0.16 ***	0.25 ***	0.21 ***
Psychological Stress	<-- Primary Stressor Duration of Caregiving	0.03	-0.06	-0.07	-0.04
Psychological Stress	<-- Primary Stressor Care Recipients' Age	0.11	-0.06	0.06	-0.03
Psychological Stress	<-- Primary Stressor Care-need Level	-0.08	-0.08 *	-0.13 *	-0.12 *
Psychological Stress	<-- Primary Stressor Continuing Current Employment after	-0.03	-0.02	0.05	0.00
Psychological Stress	<-- Primary Stressor Co-habitual Caregiving	-0.02	0.01	0.00	0.15 **
Psychological Stress	<-- Primary Stressor Caregivers' Nursing-related Expenditures	0.14 *	0.06	0.11	0.00
Psychological Stress	<-- Primary Stressor Caregiving Frequency	0.08	0.15 ***	0.00	-0.01
Psychological Stress	<-- Primary Stressor Role of Main Caregiver	0.09	0.20 ***	0.15 *	0.17 **
Psychological Stress	<-- Control Caregivers' Age	0.01	0.12 **	0.05	0.08
Psychological Stress	<-- Control Caregivers' Education	0.08	0.00	0.05	0.00
Psychological Stress	<-- Control Caregivers' Income	0.07	-0.04	0.07	0.05

Goodness of fit: χ^2 -value: 417.337(p<.000), GFI .967, AGFI .894, RMSEA .039

***p<.000, **p<.01, *p<.05

Findings & Conclusion

Findings: Common among groups

- The burden of nursing care-related expenditures lowered the perception of the household budget and increased psychological stress levels (the burden itself did not impact stress<excluding married men>).

Findings: Single Caregivers

- Men: Older caregivers tended to have a lower perception of the household budget.
- Women: Co-habitual care increased psychological stress levels.

Conclusion

- Responsibility for providing care lowered the perception of economic life and increased the psychological burden on caregivers.
- Playing the role of main caregiver affects psychological stress for single caregivers and married women.