

# The Effect of Caregiving Stress and Caregiving Service on their Depression and Suicide Ideation of Korean Married Woman

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**Abstract.** Purpose of this study was to identify the effects of caregiving stress and caregiving service on their depression and suicide ideation targeting Korean women who give care to parents-in-law. Study results showed that depression is mediating the effects of caregiving stress and caregiving service on suicide ideation, and direct path of caregiving stress and caregiving service on suicide ideation was not significant.

**Keywords:** Caregiving Stress, Caregiving Service, Depression, Suicide Ideation, Path Analysis

## 1 Introduction

A high level of stress given to the adult sons and daughters for caregiving their elderly parents is a well-known fact. However, rather than just simply being a stress, such caregiving stress has a problem of aggravating the depression of the caregiver. In severe cases, caregiving stress and its depression can lead to a suicide.

But, there was no direct research about the relationship between Korean woman's parents-in-law caregiving stress and suicide ideation. Especially, considerable amount of depression and suicide ideation related researches have been published regardless of ages. In recent years, the depression was reported to act as a mediating factor in the relationship between the stress and suicidal ideation[1-3]. However, the past studies lacked comprehensive and integrated perspectives on the caregiving stress, caregiving service, depression and suicidal ideation due to the increase in the elderly population. Mainly, a study on the caregiving stress was focused on the determining factors and influencing variables[4] and some studies[5] which have shown some degree of interest on the relationship between the caregiving stress and depression. The studies only gave proposals on the problems of mental health of caregivers and that it can lead to suicides.

Purpose of this study is to identify the effects of caregiving stress and caregiving service on their depression and suicide ideation targeting Korean women who give care to parents-in-law.

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## 2 Method

### 2.1 Data and Socio-demographic Characteristics

Study subjects are limited to the women who give cares for parents-in-law and survey was conducted. Survey was conducted targeting married women who live in the community regional community from 2014 September to December and quota sampling was executed according to living together. Final 152 survey papers were used for the analysis.

40's and 50's are 80.9% of the entire study subjects and average age is 46.03, which shows most study subjects were middle aged people. 51.3% graduated from high school and 39.3% graduated from which shows high level of education and 51.3% are living in large cities. Additionally, 66.4% had occupations and this percentage is about two times of 33.6% housewives.

### 2.2 Measurement

Caregiving stress is the scale of Zarit et. al.[6] and the scale has 22 items with 5 point Likert scale. Cronbach's alpha= .916. Caregiving service Kim[7] is the scale of 9 items with 5 point Likert scale and is composed of 3 questions in emotional caregiving service, physical caregiving service and economic caregiving service respectively. Cronbach's alpha= .815. Depression was measured by 10 items of SCL-90(Derogatis, 1977) which were translated by Choi[8]. 4 point Likert scale was amended into 5 point Likert scale. Cronbach's alpha= .911. Suicide Ideation was measured by 5 items with 5 point Likert scale of Harlow et.al.,(1986) which was translated by Kim[9]. Cronbach's alpha= .923.

### 2.3 Analysis

Path analysis about the relations between caregiving stress, caregiving service, depression and suicide ideation was conducted using AMOS 21.0.

## 3 Result

The model is corresponding with good of fit in each standard with NFI=.986, TLI=.989, CFI=.996, RMSEA=.047[10] and could be regarded as an acceptable model in general.

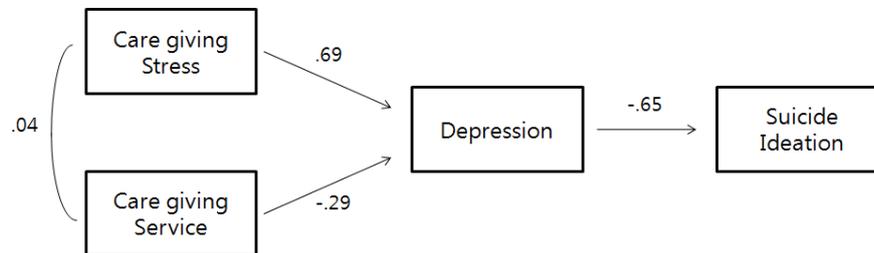


Fig. 1. Testing for path diagram of the Modified Model

Estimated path coefficients based on the modified model are shown in Table 3 and Figure 2. As a result of conducting a path analysis using the suicidal ideation as the subject and caregiving stress, caregiving service and depression as independent variables, the depression was shown to mediate the influence of caregiving stress and caregiving service on the suicidal ideation. In addition, it was found that the relationship of caregiving stress and caregiving stress as exogenous variables were not significant and independent of each other. The relative influence on the suicidal ideation was in the order of depression, caregiving stress and caregiving service, and the total effects of caregiving stress on the suicidal ideation was .477 and the caregiving stress was -.191 followed by depression at .649.

Therefore, it was shown that the caregiving stress and caregiving service had an indirect influence on the suicidal ideation through the depression, where the caregiving stress and depression were found to increase the thoughts on suicide but the caregiving service had lowered the suicidal ideation. The caregiving stress and caregiving service had explained the depression by 34.0% and the caregiving stress, caregiving service and depression had explained the suicidal ideation by 52.2%.

#### 4 Conclusions

Purpose of this study was to identify the effects of caregiving stress and caregiving service on their depression and suicide ideation targeting Korean women who give care to parents-in-law. For this, survey was conducted from 2014 September to December and 152 final data were used for the analysis.

Study results showed that depression is mediating the effects of caregiving stress and caregiving service on suicide ideation, and direct path of caregiving stress and caregiving service on suicide ideation was not significant. The effect of depression on suicide ideation was biggest in 3 variables, caregiving stress, caregiving service and depression explained 52.2% of suicide ideation of parents-in-law caregiving Korean women.

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