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# FACTORS AFFECTING STRESS AMONG DEPENDENT PEOPLE CAREGIVERS IN SAMUT SONGKHRAM PROVINCE, THAILAND

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## ABSTRACT

This study uses a cross-sectional analytical approach. The objectives are as follows: 1) to investigate the stress levels of dependent-person caregivers in Samut Songkhram province. 2) to investigate stress-related factors among provincial dependent-person caregivers. The study used the Samut Songkhram sample. There are 227 people. In data analysis, we use percentages, means, and standard deviations, as well as relationship analysis statistics that use chi values. The findings of the study indicate that the majority of respondents (75.77%) are female. Individuals aged 41–45 constitute the majority, comprising 24.23 percent. 30.40 percent of the population gets a bachelor's degree, while 42.29 percent earn between 10,001 and 15,000 baht on a monthly basis. The majority of the population is married; cohabiting is at 48.90%; and contracted employment is at 48.46%. The duration of being a helper for dependent-person caregivers ranged from 1 to 4 years (87.67%), and the majority received information and knowledge about health care from public health officials, doctors, or nurses (63.88%). 53.30 percent of those who cared for dependents reported high levels of tension. Significant personal factors influencing stress levels included dependence, gender, age, social standing, occupation, duration of service as dependent-person caregivers, and status. Regarding tension levels, there is no correlation. Stress levels are associated with both educational achievement and average monthly income. At the 0.05 level of statistical significance.

**Keywords:** Stress, Dependent-Person Caregivers, Factors

## INTRODUCTION

A process induces a transient state of imbalance known as stress. The assessment or perception of an individual regarding an element that enters their experience. When this assessment or perception is the consequence of the collective activities of the external environment, which includes the social environment, natural labor, and varied events, it defines a threat. Two primary factors—external factors such as work-related obligations, divorce, relationship conflicts, and household relocations—can induce stress in addition to personal needs and internal factors such as attitude, emotional characteristics, and past experiences. (Lazarus & Folkman, 1984). Internal factors, in which some individuals have the propensity to overthink and stress over small issues or chemical imbalances in the brain that result in feelings of sadness and irritability, (Department of Mental Health., 2019) A survey of the global situation

reveals that family, finances, health, and society are all contributors to stress. Survey results indicate that 84% of the global population is experiencing stress-related issues. It is also responsible for as much as 75% of stress-related mortality. At that time, a survey of Thailand revealed that it has the fifth highest stress level globally, surpassing even the national average.

## **OBJECTIVES**

The objectives are as follows:

1) to investigate the stress levels of dependent-person caregivers in Samut Songkhram province.

2) to investigate stress-related factors among provincial dependent-person caregivers. The study used the Samut Songkhram sample.

## **LITERATURE REVIEW**

The global figure of 84% indicates that 81% of the population, particularly those of working age who must maintain constant mindfulness, are experiencing an increase in work-related tension. As a result, stress ensues (Nganvivattavorn et al., 2024), which inhibits the learning process and everyday existence (Prompil et al., 2023). Despite the difficult rate of expansion, depression remains an ongoing behavioral issue that has a significant impact on people's quality of life across nations. We categorize depression as a significant mental health condition. Provider for dependent individuals (National Health Security Office et al., 2017) A participant in a training program that has received approval from the LTC Subcommittee or another subcommittee operating under the auspices of the National Health Security Commission, or NHSO. Duties and provisions of an assistant. Care for the elderly includes assisting elderly individuals who are dependent on others with their daily activities. (Yoosamran et al., 2022) Caring for a dependent individual necessitates both physical and mental fortitude. It requires consistent effort over an extended period of time. Because providing care for dependent individuals necessitates expertise and compassion, including the requirement to utilize expertise and abilities in numerous areas, All individuals who provide care for dependent individuals not only grapple with unforeseen crises, but also face significant challenges. A buildup of tension may ensue. Additionally, tension has an impact on health status. (Department of Health, 2023)

Therefore, the researcher is interested in examining the factors that influence the stress levels of dependent caregivers in the province of Samut Songkhram. So, the objectives were to study the stress level of dependent-person caregivers and 2) to investigate factors that contribute to stress among them in Samut Songkhram Province to encourage caregivers to effectively manage and contend with stress. This will enhance the quality of life for dependent-person caregivers

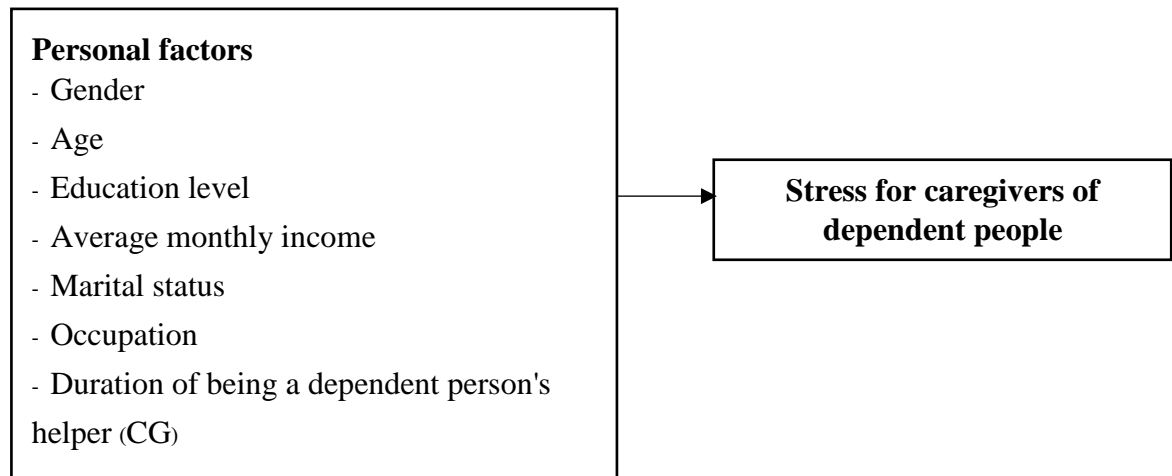


FIGURE 1 Conceptual framework: Factors Affecting Stress among Dependent-Person Caregivers in Samut Songkhram Province, Thailand

## METHODOLOGY

This study is cross-sectional analytical research. This study employs a cross-sectional analytical approach to investigate stress-related factors among dependent-person caregivers in Samut Songkhram Province, using a specific sample group. There are 227 people who take care of dependent people (caregivers: CG) in Samut Songkhram Province, as follows:

Part 1: Personal factors questionnaire for dependent-person caregivers.

Part 2: Stress assessment and analysis form about the symptoms various feelings and behaviors of dependent-person caregivers in Samut Songkhram province in the past 2 months of the Department of Mental Health Ministry of Public Health [1] with a total of 20 questions.

This research determined the content's IOC value between 0.67-1.00, and the Cronbach's alpha coefficient to be 0.77. It involves conducting a statistical analysis of the data. Therefore, we use descriptive statistics to analyze general information and characteristics of the sample, such as gender, age, and educational level. We measure stress levels using methods such as frequency distribution, percentage, mean, and standard deviation and analyze factors related to stress in dependent-person caregivers. Using the Chi-square test to find relationships.

## FINDINGS

The results of a general data analysis of dependent-person caregivers in Samut Songkhram Province revealed that 227 respondents, primarily female (75.33 percent), fell within the age range of 41–45 (24.23 percent). In terms of education, most had a bachelor's degree, and 30.4 percent had an average income. 10,001–15,000 baht per month 42.29 percent of married couples who live together earn more than 48.90 percent; 48.46 percent have employment; and 87.67 percent have been helping dependent people (CG) for 1-4 years. Additionally, public health officials, doctors, and nurses provide information and knowledge about health care to caregivers of dependent people, accounting for 27.75 percent.

**Table 1: Number Percentage Interpretation of stress levels of dependent- person caregivers in Samut Songkhram Province (N = 227)**

Interpret of Stress	Quantity	Percent
Normal level (score 0-17)	98	43.17
Moderate level (score 18-29)	85	37.44
High level (score 30-60)	44	19.38
Total	227	100.0

From Table 1, it was found that 43.17 percent of dependent-person caregivers had a normal stress level, followed by 37.44 percent of moderate stress levels and 19.38 percent of high stress levels.

**Table 2 : Factors related to stress among dependent- person caregivers in Samut Songkhram Province (N = 227)**

Personal Factors	Stress levels of caregivers of dependent people in Samut Songkhram Province	
	$\chi^2$	p-value
Gender	2.374	.305
Age	7.666	.661
Education level	25.586	.012*
Average monthly income	17.652	.007*
Marital status	12.768	.120
Occupation	12.609	.246
Duration of being a dependent person's helper (CG)	2.922	.232

\* Statistically significant at the 0.05 level.

Table 2 presents the analysis of the relationship between personal factors and stress levels. With the stress level of dependent-person caregivers in Samut Songkhram province, it was found that the level of education and average monthly income were related to stress levels. Statistically significant at the .05 level for gender, age, occupation, and length of time as a helper for dependent people (CG), it was found that there was no relationship with stress levels.

## CONCLUSION AND DISCUSSION

The study's findings relate to the stress levels of dependent-person caregivers in Samut Songkhram Province. The questionnaire received responses from a total of 227 individuals. Researchers found that 43.17 percent of them reported a normal level of stress, 37.44 percent

reported a moderate level, and 37.44 percent reported a high level of stress. The study aimed to investigate the correlation between individual variables and levels of stress. Stress levels were not found to be correlated with gender, age, marital status, occupation, or duration of time spent as the caregivers for dependent person (CG). There is a correlation between tension levels, average monthly income, and education level. Exists at the 0.05 level of statistical significance. In the following manner, we can elaborate on the findings: Education status It had to contend with stress. A majority of the dependent-person caregivers in Samut Songkhram province (43.17%) possessed a bachelor's degree and stated a normal level of stress, which contradicts the findings of Saksit Kulwong et al. (2023). At the 0.05 level, education is significantly associated with work-related stress. This may be the case due to the fact that perceptions regarding the performance of them who have suffered a fracture of dependencies vary across educational levels.

Monthly revenue in the province of Samut Songkhram creates tension among dependent-person caregivers. The condition for statistical significance is a p-value less than 0.05, which aligns with the findings of Nirankan Chandra et al. (2019) We identified a correlation between stress level and financial status at the 0.05 level of statistical significance. This may be due to the current economy's more expensive circumstances. When payment is insufficient, money becomes the primary factor in sustaining one's current standard of living, which aligns with Phannee Rojanabenjakun et al. (2021) . This leads to a discrepancy between the amount spent and the income received. As a result, individual caregivers experience stress.

## **ACKNOWLEDGMENT**

The author would like to express his gratitude to Suan Sunandha Rajabhat University, Bangkok, Thailand, for financial support, colleagues at the College of Allied Health Sciences, Samut Songkhram Campus, and caregivers for dependent people in Samut Songkhram province who cooperated well in filling out the questionnaire until the data collection was very successful.

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