

WHEN CARE BECOMES DETRIMENTAL TO THE CARER: EXAMINING THE PSYCHOLOGICAL OUTCOMES OF ELDERLY CARE IN ILOILO, PHILIPPINES

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Abstract

The cognitive and emotional challenge of caregiving work is undeniable as many literatures point to its demanding nature. In this study, the researcher presents the challenges faced by the caregiver in tending the 56 elderly in home for the aged context who suffer from infirmities and familial neglect, as well as the psychological outcomes resulting from interactions and performance of responsibilities by conducting key informant interviews as well as using survey methodology to 275 respondents. The results suggest that while the goal of care is to benefit the recipient, the situation of the giver is less favorable. The persistence of such arrangement can result to more psychological problems experienced by the caregiver where anxiety and stress often manifest themselves and exacerbating the difficult situation with potential loss to commitment and goal setting. This outcome is not ideal and is a major departure from the assistive and palliative goals established in the concept of caregiving. The study recommends that to reduce and buffer the negative caregiver psychological outcomes a more thorough screening and recruitment process that look into resilient personalities can be studied and implemented. In other words, there must be focus on people who not only think they can perform the roles but those with better fitting attitudes and personalities who can transform the transactional nature of the work to their benefits to benefit those that they care.

Key words: caregiver, elderly care, personality resilience