EXPLORING PATTERNS OF INTERGENERATIONAL NEEDS AND CAREGIVING BURDEN IN CAREGIVERS OF OSTEOPOROSIS PATIENTS

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DEDICATION

I dedicate this to my beloved Father, who is always my pillar and trusted in me to achieve milestones in life and always showed unconditional love and care.

Thankyou so much Papa for everything.

I dedicate this to my dearest Mother, who believed in me always supported me, guided me, healed me just like my best friend. The unconditional love you both pour on to me is abundant.

Thankyou so much Mama.

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Abstract

The study aims to explore the patterns of intergenerational needs arising from caregiving along with the burden experienced by those providing care. A qualitative study was conducted. The study includes 12 participants; 2 caregivers were included from each patient. The each of two participants were belong to two different generations. The participants were recruited through snowball sampling. The sample includes 3 male and 9 female caregivers. The in-depth semi structured interviews were conducted. It was recorded through semi structured open ended interview and notes and verbatim were noted during interview. The recording was transcribed into themes and subthemes and categories. For this purpose, the thematic analysis was conducted by using NVivo software. Twelve themes were generated from this analysis. The themes were Full-time physical and emotional labor in caregiving, Multi-dimensional burdens of caregiving, Interpersonal coordination in shared caregiving, Deterioration of caregiver's physical and mental well-being, Economic sacrifices and financial struggles, Emotional struggles and the need for social support, Social isolation and loss of personal freedom, Family collaboration and decision-making, Primary caregiver with limited family support, Differing expectation of caregiving role, Religious faith as a coping strategy in caregiving, Generational differences in caregiving and Differences in experience across generations. This research emphasizes the need for caregiver awareness and mental health support. Caregivers must prioritize their physical and psychological well-being to prevent burnout and ensure effective care.. Additionally, structured support programs, including stress management workshops and peer support groups, should be integrated into healthcare systems.

Keywords: Intergenrational, Caregiver, Burden, Support System

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List of Abbreviation

Abbreviation	Full form
FPAEL	Full-time physical and emotional labor in caregiving
MBC	Multi-dimensional burdens of caregiving
ICSC	Interpersonal coordination in shared caregiving
DCPAMH	Deterioration of caregiver's physical and mental well-being
ESFS	Economic sacrifices and financial struggles
ESNSS	Emotional struggles and the need for social support
SILPF	Social isolation and loss of personal freedom
FCDM	Family collaboration and decision-making
CLFS	Caregiver with limited family support
DECR	Differing expectation of caregiving role
RFCS	Religious faith as a coping strategy in caregiving
GDCADE	Generational differences in caregiving and Differences in experience and skill across generations

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