



MINDFULNESS INTERVENTION REDUCES CARE BURDEN STATUS OF FAMILY CAREGIVERS FOR THE ELDERLY: A SYSTEMATIC REVIEW

Syahrani Iskandar^{1*}, Etty Rekawati², Kuntarti³

¹Master of Nursing Science, Gerontic Specialization, Faculty of Nursing, Universitas Indonesia, Jl. Prof. DR. Sudjono D. Pusponogoro, Pondok Cina, Beji, Depok, Jawa Barat 16424, Indonesia

²Department of Community Nursing, Faculty of Nursing, Universitas Indonesia, Jl. Prof. DR. Sudjono D. Pusponogoro, Pondok Cina, Beji, Depok, Jawa Barat 16424, Indonesia

³Basic Department of Nursing and Basic Nursing, Faculty of Nursing, Universitas Indonesia, Jl. Prof. DR. Sudjono D. Pusponogoro, Pondok Cina, Beji, Depok, Jawa Barat 16424, Indonesia

*syahranskandar@gmail.com

ABSTRACT

The increasing elderly population in Indonesia poses significant challenges for families acting as caregivers responsible for providing optimal care. Caregivers often experience physical, mental, and emotional stress, commonly referred to as caregiver burden. Mindfulness therapy has emerged as an effective approach to reducing stress by transforming negative thought patterns. Objective: This study aims to evaluate the effectiveness of mindfulness interventions in reducing caregiver burden and enhancing the health and well-being of caregivers for elderly family members through a systematic review. Method: A systematic review was conducted using the PRISMA approach. Data were collected from three databases: PubMed, EBSCOHost, and Scopus, with inclusion criteria focusing on research articles evaluating the effectiveness of mindfulness for caregivers of the elderly, published between 2019–2024. Five studies with a Randomized Controlled Trial (RCT) design were thoroughly analyzed using the Critical Appraisal Skills Programme (CASP). Results: The findings revealed that mindfulness interventions significantly reduced stress levels, depressive symptoms, and anxiety among caregivers. Additionally, improvements in sleep quality and emotional well-being were noted in some studies. While the effect on reducing caregiver burden was inconsistent, most studies demonstrated significant enhancements in mental health and overall well-being. Conclusion: Mindfulness-based interventions have proven effective in supporting the physical and mental health of caregivers for the elderly.

Keywords: caregiver burden; elderly; mindfulness

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INTRODUCTION

The increase in the number of elderly people in Indonesia based on the 2020 Elderly Population Statistics data published by the Central Statistics Agency (BPS), in 2020 there were around 28.07 million Indonesians aged 60 years and over (Central Statistics Agency of Indonesia, 2020). BPS predictions also show that the number of elderly people will continue to increase in the coming decades. The increase in the elderly population has complex consequences. These changes affect the health care system, social policies, and infrastructure needed to support the quality of life of the elderly. In addition, these changes also pose new challenges in terms of providing quality health care, financial security, and social welfare for the elderly. As the global population ages, more and more families are taking on the role of caregiver for family members. The elderly who are experiencing limitations physically or cognitively. Family as companion, own not quite enough answer for give maintenance best to elderly. Challenge significant Which faced by caregivers in the family affects their physical, mental, and emotional well-being, or more commonly referred to as caregiver burden (Ong, et al. 2018). Home care has been recognized to have a stressful impact on health and quality of life. Elderly caregivers often feel unprepared for their new role, which can lead to distress and worsening of their physical, mental, and social health. These negative effects have been

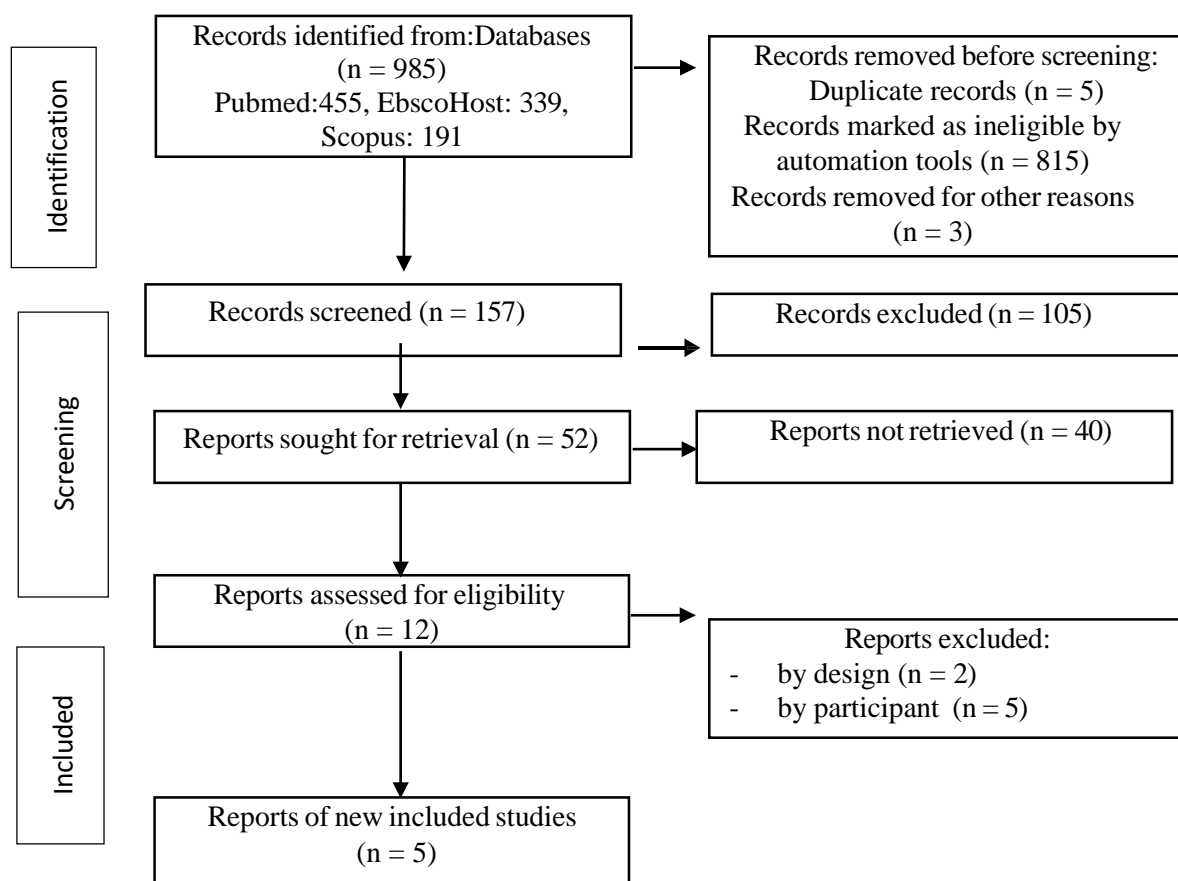
described in terms of burden, strain, and stress (Choi JY, et al. 2024). The physical burden of caring for an elderly person in the family is multiplied by the psychological and spiritual needs of each elderly person, creating a unique burden that experienced by the companion elderly. Understanding caregiver burden is very important so that can give maintenance quality And focus on elderly as vulnerable populations in the family.

Caregiver burden is a complex response to various physical, psychological, emotional, social, and financial stressors that arise during the caregiving process. This multidimensional process affects various aspects, including biological, psychological, sociological, ethnicity, culture, And religious in life caregiver (Lucchetti et et al., 2014; Zarit, 2008; Etters, Goodall, & Harrison, 2007). Stres as response from individual to various demands And pressure experienced in everyday life. Of course, this condition will have a negative impact on individual health (mental and physical), if not handled properly. Mindfulness is a promising approach to dealing with chronic stress, with implications significant For promote health And welfare mind-body, regardless of disease condition. The popularity of mindfulness -based interventions has recently increased, given the ample evidence that mindfulness can reduce subjective stress and that these stress-reducing effects persist over time (Greeson & Chin, 2019). Mindfulness is generally defined as full awareness of what is happening. currently experienced moment This, accompanied by with attitude reception. In theory, the ability to observe experiences clearly and calmly helps one assess the source stress with more effective. Matter This support taking decision Which aware and healthy, at the same time prevent response automatic or the habit that not healthy. Overall, the principles and mindfulness practice plays a role in improve ability arrangement self, which on Finally can protect body And behavior from process which contribute to stress-related diseases (Greeson & Chin, 2019). Therefore, the application of mindfulness as a method to reduce stress is an effective and empirically tested solution in helping individuals manage life stress.

METHOD

The method used in this article is a systematic review with PRISMA. (Preferred Reporting Items for Systematic Reviews and Meta-Analyzes). This article summarizes several research article results to present more comprehensive data. And balanced. Data taken from 3 databases, namely Pubmed, EBSCOHost, and Scopus, with data presentation using PRISMA flow diagrams. Stages *systematic review* this is:

1. Find related articles in Pubmed database with keywords "(*Caregiver burden OR care burden OR Caregiver Stress OR Caregiving Burnouts*) AND (*Mindfulness*) AND (*Reducing caregiver burden status OR Reverse caregiver burden OR Decrease caregiver burden OR Improvement of caregiver burden*)" and in the EbscoHost and Scopus databases using "(*caregiver*) AND (*burden*) AND (*mindfulness*) AND (*Older adults*)" as keywords.
2. Using inclusion and exclusion criteria as *limiters* , namely: *Gerontology/Geriatrics, Full text, Academic Journals , elderly caregivers* , publication year 2019 to 2024
3. Do screening conformity title And abstract
4. Carry out a second screening by reading the article in its entirety and selecting article Which test effectiveness *Mindfulness* with output repair caregiver burden status .
5. The final results obtained were 5 research articles which were then reviewed again using *the Critical Appraisal Skills Programme (CASP)* for articles with *a Randomized Controlled Trial design*.



Picture 1. Diagram PRISMA Flow

RESULT

Table 1.
Characteristics And intervention mindfulness for lower caregiver burden

Writer, Country	Objective And Method	Number of Respondents	Results
Patrick Pui Kin Hong KongCorps, 2019	To explore the feasibility and initial effects of cognitive-based therapy <i>mindfulness</i> modified for family caregivers of elderly with dementia. <i>Pilot Randomized Controlled Trial, single-blinded, parallel-group</i>	36 elderly companion with dementia	Intervention group experienced significant decreases in stress levels and depressive symptoms at post-test. At 3-month follow-up, they also showed a reduction in depressive symptoms stress and burden and an improvement in quality of life.
Daphne Sze Ki Cheung Hong Kong, 2020	Investigating the feasibility and preliminary effectiveness of a <i>Mindfulness</i> -Based Stress Reduction (MBSR) and <i>Mindfulness</i> -Based Cognitive Therapy (MBCT) stress reduction program to reduce stress, depressive symptoms, and subjective burden of caregivers. families with elderly people with dementia. <i>Prospective, parallel- group, randomized controlled trial</i>	57 participants (27 in MBSR group and 26 in MBCT group)	Positive effects in reducing stress symptoms of depression And burden subjective companion in both interventions. MBCT showed greater effects in stress reduction compared to MBSR.
Yupang SUI Hong Kong, 2022	Testing the feasibility and initial effects of a mind-body intervention based on social media involving <i>mindfulness meditation</i> and self-administered acupressure on elderly family caregivers who <i>frail</i> . <i>Pilot Randomized Controlled Trial</i>	64 companion in the family (32 in intervention group, 32 in control group).	Results of the general estimating equation show that participants in the intervention group experienced significant improvements in stress (P=.017 and .044), quality of life Sleep (P=.004 and <i>mindfulness</i> attention (P=.006 And .021) compared to the control group at T1 and T2. There was no significant improvement in caregiver burden .
Francesco Pagnini Italy & USA, 2021	To explore the impact of an online <i>mindfulness training program</i> Which specific for ALS on the quality of life (QOL) of ALS patients and caregivers. <i>Randomized Controlled Trial</i>	47 patients ALS and 27 elderly companions.	<i>mindfulness</i> intervention group showed improved quality of life and reduced symptoms of depression, anxiety, and care burden compared to group control.
Christina Fernandez-Portero Spain, 2021	Analyzing the effectiveness of intervention programs based on <i>mindfulness</i> to improve the well-being and health of female caregivers in the family. <i>Cluster-randomized controlled trial</i>	111 elderly companion woman aged between 33 up to 75 years.	<i>mindfulness</i> intervention program showed significant improvements in health and well-being and reduced burden in the experimental group.

DISCUSSION

Mindfulness interventions show promising potential in improving the well-being of elderly caregivers. With a combination of positive outcomes from a variety of study, clear that programs This expanded And developed Furthermore For give support Which more Good for companion elderly, Which often experience high levels of stress, burden and fatigue. mindfulness intervention had a significant impact on the well-being of elderly companions with a completion rate of 83% and a low withdrawal rate. (11.1%), And average duration practice in House reach 180 minute, shows the active involvement of elderly companions in this program. A significant decrease in post-test depression levels and symptoms and improvements in physical quality of life during a three-month follow-up showed that home mindfulness practice was effective in reducing stress, depressive symptoms, and burden, and improving the quality of life of elderly companions. In line with the theory, mindfulness is a practice that aims to reduce depression, anxiety, and stress. Practice This help somebody increase awareness of present experience, including thoughts and feelings, in a non-judgmental manner (Erford, 2016).

In line with these findings, Cheung, et al., (2020), also reported that both intervention mindfulness (MBSR And MBCT) Which modified show positive results with high attendance rates more than 70% and low resignation (3.8%). Test ANOVA show that MBCT Which modified own effect which is greater in reducing stress than MBSR. Other studies that also examined MBSR and MBCT interventions also stated: in general, the research results support effectiveness MBSR in overcome painful back lower chronic, chronic insomnia, and improve sleep quality. In addition, MBSR also contributes to increased positive mood, reduced symptoms of anxiety and depression, and improved memory and executive function. In the older adult group with improvement anxiety without symptom depression, MBCT proven effective reduce anxiety (Stevens, et a. 2019). Second the results of this study show that variations in mindfulness approaches may influence outcomes, and provide important insights for the development of more effective intervention programs for caregivers of older adults.

Sui et al., (2022) added a new dimension by showing that interventions mindfulness in a way significant increase quality Sleep as well as awareness and mindful attention , although there was no significant improvement in caregiver burden . This suggests that while the intervention may improve certain aspects of well-being, challenges in reducing caregiver burden remain. These results are a reminder of the complexity of the experiences of caregivers and the need for a more holistic and multi-method approach to intervention. Focus group sessions conducted after the intervention yielded five themes: impact on family caregivers, difficulties in implementing the intervention, strengths of the program, limitations of the program, And perception to intervention. According to The cradle (2009), Wrong One reason What makes mindfulness less than optimal is because of anxiety and difficulty in practicing mindfulness so that the body becomes less relaxed. This is supported by Baer, Smith, and Allen (2004), who said: acting with awareness is an important aspect of mindfulness. So that someone does activities with focus And attention Which intact without distraction. Individual expected completely involved in the activity, as if one with what is being done. When a person feels anxious or unable to relax, the body and mind are less prepared to fully focus on the present moment, and have difficulty in to practice mindfulness , so that practice mindfulness No give maximum results. Anxiety interferes with an individual's ability to be present with full attention and to be fully engaged. intact in activity, which is an important aspect of mindfulness. Pagnini et al., (2021) research found that the mindfulness intervention group showed an increase in quality of life and a reduction in symptoms of depression, anxiety, and care burden compared to the control group. There was a significant effect between time And group Which profitable group mindfulness For caregiver burden , depression, anxiety, role limitation, energy/fatigue, and emotional well-being. The results of

this study strengthen that mindfulness intervention significantly increase quality life And reduce symptom depression, anxiety, and reduced caregiver burden compared to the control group. Much evidence suggests that mindfulness, both as a dispositional trait and as a skills training, can reduce patient symptoms and improve coping and quality of life across a range of physical health conditions (Greeson & Chin, 2019).

In addition, Portero, et al., (2021), said that the mindfulness intervention program showed significant improvements in health and well-being and reduced burden in the experimental group. The Bonferroni post hoc test showed a significant increase in health between T1 and T2 in the experimental group, while the control group showed no significant difference. There was a significant interaction effect between time and group on well-being, burden , And resilience with improvement significant in group experiment And There isn't any change in group control. Improvement welfare companion elderly in group experiment show program intervention based on mindfulness assisting companions in self-regulation in dealing with care tasks, thereby reducing health problems. The results of this study are in line with the approach proposed by Bishop et al (2004), mindfulness is the ability to control oneself and direct attention and orientation to experiences that occur in the present. To achieve mindfulness , individuals need to have the ability to self-regulate, maintain focus of attention, and develop an attitude of openness without giving judgment (non- judgmental).

CONCLUSION

The mindfulness intervention program had a significant positive impact on the health and well-being of elderly companions in the family . In various studies Which reviewed, seen decline Which significant start from stress level, symptom depression, And anxiety in between participant Which become group experimental (receiving a mindfulness intervention), compared to a control group that did not receive a similar intervention.

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