

## **Nursing care stress in an aging society and its countermeasures**

### 1. Motivation behind Research Paper

According to a survey by the Ministry of Economy, Trade and Industry on the nursing care situation in Japan, nearly 70% of caregivers at home have worries and stress. I live with my grandmother, so I will take care of her in the future. For that reason, I wanted to know more about nursing care.

### 2. Introduction

This research paper is a summary of nursing care stress in an aging society and its countermeasures. According to the Ministry of Economy, Trade and Industry, if the declining birthrate and aging population progress further, the percentage of elderly population aged 65 and over will increase in the future. It is estimated that the increase in the population aged 85 and over will be large. Currently, with the rapid increase in the aging society, the number of elderly people requiring nursing care is also increasing rapidly.

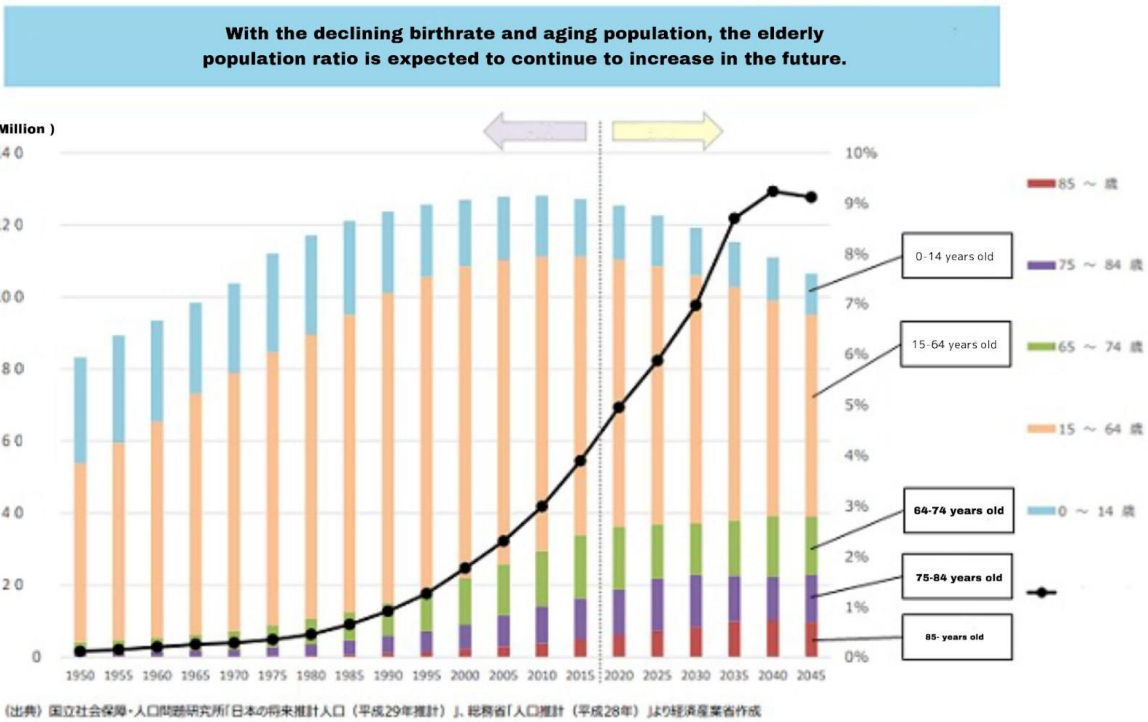


Figure 1: Japan's Future Population Projection

In addition, what worries many caregivers in providing nursing care is caregiver stress. According to a survey by the Ministry of Economy, Trade and Industry, when looking at the causes of worries and stress, 68.7% and 74.5% of both males and females cited “family illness or nursing care.”

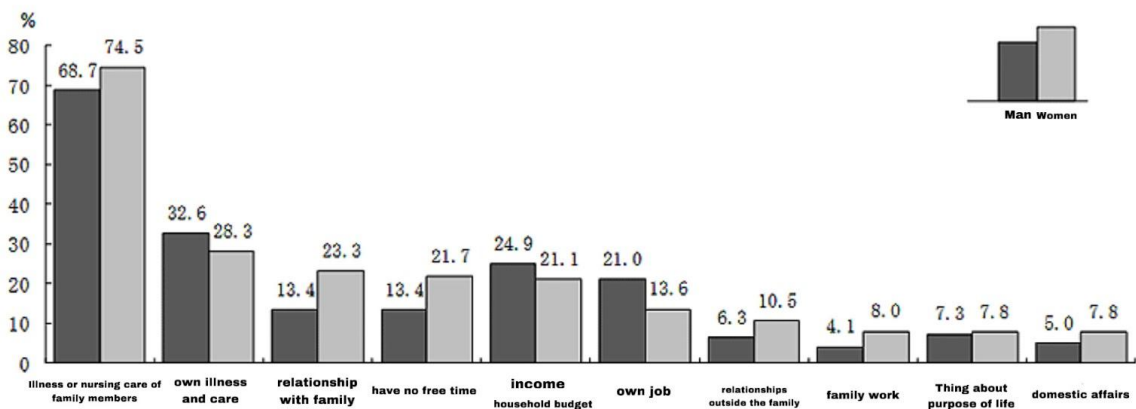


Figure 2. Percentage of cohabiting stress among main caregivers (by gender)

(multiple answers allowed)

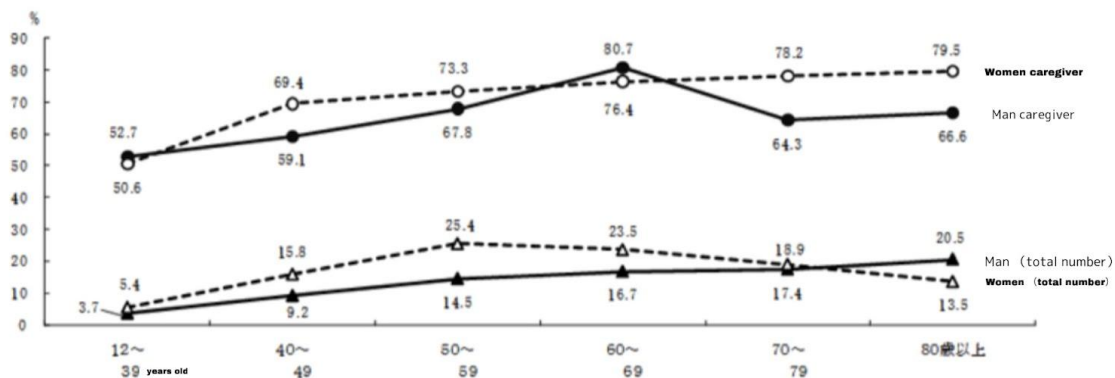


Figure 3. Percentage of people with worries and stress related to “family illness or nursing care” (by gender and age group)

For these reasons, we, who may need to provide care in the future, need to pay attention to caregiver stress and caregiver depression.

### 3. Results and Analysis

Why do you feel caregiver stress in the first place? According to Toyokokai Psychiatry Psychiatry Tahara Clinic, there are various causes. One is the mental burden. Nursing care often takes a long time, and I sometimes feel anxiety and loneliness because I don't know how long it will last. In particular, when caring for a person with dementia, they don't show gratitude for their devoted care, sometimes they are attacked with violence and abuse, and they are attacked by emptiness. In addition, it is said that when employees need to take time off from work to care for family members, they feel guilty to people in the company, which easily leads to stress.

In addition, there is an economic burden. It would be nice to be able to use nursing care services such as day care services, but if you cannot afford to use such services, you will have to shoulder everything yourself. In that case, it becomes necessary to take a leave of absence or leave the job for nursing care, income decreases, and life becomes difficult. In order to cut back on spending, they go out less often, and as a result, they become estranged from society, which makes them feel more and more anxious.

Others are burdened by physical strain. Nursing care is very hard work, so it is necessary to support daily life such as eating, toileting, and bathing of the person requiring care, and considerable physical strength is required. Furthermore, if the person is working, not only the fatigue of nursing care but also the stress of work is added, and the physical burden becomes even greater. In addition, they may become irritated when their well-meaning actions are not communicated to the person requiring care, or they may yell unintentionally and fall into self-loathing. Nursing care stress is caused by these factors. However, it is possible not only to recover from nursing care depression but also to avoid it.

So what can we do to prevent caregiver depression? My solution is to talk to my family. In nursing care, the more cooperators there are, the less the burden on one person is, and the situation in which only one person has to bear the burden can be avoided. For this reason, I think it is important to discuss this with family members and share the burden so that no one person is overburdened. I think it is essential to contact family members and ask for their help and cooperate, even if they live far away, in order to avoid nursing care depression.

#### 4. Conclusion and Future Problems

The increase in the ratio of elderly care, in which both the person requiring care and the caregiver are old, and the increase in the burden on the caregiver in home care are cited as reasons for the occurrence of caregiving problems. In this way, the problems faced by nursing care are gradually becoming more serious, and are no longer someone else's problem. Nursing care is a problem that we will have to face eventually, and I believe that each and every one of us living in an aging society should seriously think about it and work on it.

#### 5. Reflection

In the future, I would like to work out measures through this paper so that both the person who cares and the person who receives care can make the best choice when family members need care.

#### 6. Work Cited

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Ministry of Health, Labour and Welfare. “Overview of the Comprehensive Survey of Living Conditions.” 2010. Web. 23 Oct. 2022