

AN OVERVIEW OF STRESS LEVELS AMONG ELDERLY CAREGIVERS IN JAPAN

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ABSTRACT

Background: Caregivers play a vital role in providing care for the elderly. The increasing number of elderly people in Japan has led to a higher demand for caregivers, particularly from abroad, including Indonesia. However, heavy workloads, cultural differences, and emotional pressures may contribute to higher stress levels among caregivers. **Objective:** This study aimed to describe the stress levels of Indonesian elderly caregivers working in Japan based on their demographic characteristics and stress categories. **Method:** This was a descriptive study. A total of 51 respondents were recruited using the total sampling technique. The instrument used was the Zarit Burden Interview (ZBI) 12-item questionnaire, which has been tested for validity and reliability. Data were analyzed univariately using frequency distribution. **Results:** The findings showed that most respondents were female and within the age group of 26-35 years. Regarding stress levels, 20 respondents (39.2%) experienced low stress, 21 respondents (41.2%) experienced moderate stress, and 10 respondents (19.6%) experienced high stress. **Conclusion:** The majority of caregivers experienced moderate stress, with the dominant group being female respondents in the productive age range. These results indicate that although most caregivers are still able to adapt, a proportion of them suffer from high stress levels, requiring special attention through social support, stress management, and work policies that promote caregiver well-being.

Keywords : caregiver, elderly, stress level, Japan