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Topic of Research: **Resilience, Burden and Psychological Well Being Among Caregivers of Persons with Neurological Disorders**

Findings

The present research has provided valuable insights into the complex interplay between caregiver burden, resilience, and psychological well-being among caregivers of individuals with neurological disorders. Through analysis, it was revealed that caregiver burden and resilience significantly impact psychological well-being, with caregiver resilience moderating the relationship between burden and well-being. These findings underscore the critical role of resilience in buffering the negative effects of caregiving stressors on psychological well-being. Age-related variations in resilience, burden and psychological well-being were apparent, with significant differences across multiple dimensions. Middle-aged caregivers experienced higher levels of resilience (overall and in all dimensions), no significant finding was found in burden and its dimensions.

On gender, females scored higher than males on spiritual competence and overall resilience. The investigation into gender differences revealed no significant differences in caregiver burden dimensions, however significant differences were found in few dimensions of psychological well-being among age groups, but not on overall psychological well-being. It was also found that high qualification caregivers reported the highest burden, which may be attributed to the high expectations and responsibilities associated with higher educational levels. However, these individuals also demonstrated substantial resilience.

Socio-economic was significant for resilience and burden among high socio-economic status group. It was also found that the duration of caregiving did not result in significant differences in the caregiver burden. However, it had a significant impact on caregiver resilience, indicating that resilience may develop and strengthen over prolonged caregiving periods.

Chapter 1 provided a concise introduction to neurological disorder and its types. Subsequently, the definitions, categories, prevalence, and associated factors related to burden, resilience and psychological well-being is explained briefly. **Chapter 2** This section of the research dealt with comprehensive summary of studies previously conducted regarding the topic. The prominent studies on the variables, caregiver burden, resilience and psychological well-being and their relationship in caregivers of persons with neurological disorders. are presented in this chapter. The section also highlights the role of socio-demographic factors in caregiver burden, resilience and psychological well-being in caregiver. **Chapter 3** outlines the research methodology, deciding the research design, selecting a sample, specifying the procedure, and developing tool. **Chapter 4** presents the results, and **Chapter 5** discusses these findings in light of existing literature, identifying fresh insights and implications for future research.

The study aimed at exploring the relation in resilience, burden and psychological well-being among the caregivers of persons with neurological disorders. The study also explored the interplay between various factors—age, gender, educational qualification, socio-economic status and duration of caregiving and its impact on resilience, burden and psychological well-being that has yielded significant insights. This study used correlational design and between- group design. Through analysis, it was revealed that resilience and burden significantly impact psychological well-being, with resilience moderating the relationship between caregiver burden and psychological well-being. These findings underscore the critical role of resilience in buffering the negative effects of burden on psychological well-being. The implications of this study extend to clinical practice, policy development, and caregiver support initiatives.