

**Notification No : F. NO. CO E/ P h. D.4 Notilic.ttio n)/ 5 3 5 /2 0 2 3**

**Date of Award : 24/03/2023**

**Name of Scholar :** Rishi Panday  
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**Topic of Research :** Challenges and Coping Mechanisms of Caregivers of Hospitalized Elderly

### **Findings**

**Abstract:** Ageing is a universal problem which no country can escape in the world. The increasing population of elderly in society creates new challenges in the area of care giving of elderly. Caring of elderly is a big challenge for caregivers but care giving of hospitalized elderly is so challenging in present situation. Care givers of hospitalized elderly experienced many problems which are related to health, financial, family and social relation during the care giving of elderly. **Objective of the study:** The objective of the study is to understand the challenges and coping mechanisms of the caregiver of hospitalized elderly. **Methods and materials:** Descriptive research design used for this study and 200 care givers recruited from various hospitals in Delhi through purposive sampling technique. **Result and conclusion:** Caregivers of hospitalized elderly face many obstacles in their personal life at the same time as demands of family including child rearing, career along with maintaining relationships with friends, neighbours and relatives. Due to care giving of elderly, care givers are suffering these types of problems as burden, stress, depression, irritability, aggression and variety of health complications. They used different kind of coping strategy to reduce their stress. Many social work intervention and training programme help caregiver for taking care of elderly in hospital.