LEVEL OF STRESS AMONG CAREGIVERS OF CANCER PATIENTS UNDERGOING CHEMOTHERAPY

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ABSTRACT:
Cancer is a group of more than 200 diseases characterised by uncontrolled and unregulated growth of cells. Cancer is the second most common cause of death. Globally, it is estimated that there are 7.6 million new cancer cases, of which 52% occurs in developing countries. A caregiver is someone who provides physical and emotional care to the person suffering with an illness. As the number of cancer cases increases, the number of caregivers also increased. The health of the caregivers and cancer patients are interdependent.

A descriptive study conducted on 60 cancer patient caregivers on chemotherapy, of age group 20-50, in chemotherapy department of GND Hospital, Amritsar to assess the level of stress among them. For this study, purposive sampling techniques were used to select sample and self-structured questionnaire was used for collecting data.

The study revealed that majority 78.3% people suffer from moderate stress; besides only 11.6% and 10% people suffer from mild and severe level of stress respectively. So there is a need to provide education regarding stress relieving and coping measures to the family members.

KEYWORDS: Cancer patients, chemotherapy, stress among caregivers.

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