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KEY WORDS : MENTAL HEALTH / GRANDPARENTS / CHILD AGE 0 - 5 YEARS /  
CAREGIVING BURDEN

SUKREE SIRIBOON : MENTAL HEALTH OF THE GRANDPARENTS OF 0-5  
YEARS OLD IN KANTHALAK DISTRICT, SRISAKET PROVINCE. THESIS ADVISORS :  
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The objectives of this cross-sectional survey research were to study the mental health and associated factors of grandparents who were the principle caretakers of children aged 0-5 years. Associated factors were 1) the grandparents (sex, age, occupation, education, marital status, family income, physical health), 2) the children's (age, health status, number of children under the supervision of each caregiver) and 3) the caregiving burden. The sample consisted of 300 grandparents who were the principle caregivers of 0 - 5 year old children in Kanthalak district, Srisaket province. The data were collected by interviewing with constructed questionnaires from April 1<sup>st</sup> to May 5<sup>th</sup> 1999. Statistics used for data analysis were percentage, mean, standard deviation, chi - square test and multiple logistic regression analysis.

The results showed that 63.7 percent of the grandparents had good mental health and 36.3 percent had poor mental health. The caregiving burden of the grandparents were mostly in the moderate level (65.7 percent), with low and high levels at 18.7 percent and 15.6 percent respectively. The factors which were significantly associated with the mental health of the grandparents by chi - square test were occupation, education, marital status, family income, child health, and caregiving burden (P-value < 0.05). From analysis of multiple logistic regression, it was found that caregiving burden and education were significantly associated with the mental health of the grandparents (P-value < 0.0001 and 0.0286 respectively).

For prevention of mental health problems, the following interventions should be emphasized : occupational services to increase income, establishing more day care centers in the community, and giving knowledge and counseling on child care. In order to improve mental health, a community recreation program should be organized. Additionally early care for those with mental health problems should be strengthened.