SCIENTIFIC JOURNAL
www.scientificjournal.in
JOURNAL PUBLICATIONS INDEXED IN

www.scientificjournal.in YEAR: 2026 VOLUME: 4 ISSUE: 2 ISSN: 3107-4162

"Bed Down Happiness and Its Associated Factors Among Caregivers of Mentally ill Clients"

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Date of Publication: 23/10/2026
DOI 10.5281/zenodo.24388250

Abstract: Caregivers of individuals with mental illness frequently experience substantial psychological burden, elevated stress levels, and diminished overall well-being, which can adversely affect their bedtime happiness. The associated factors influencing bedtime happiness include various aspects of caregivers' daily lives, such as psychological well-being, emotional health, physical comfort, sleep quality, social connectedness, and environmental support. The primary research question of this study was to identify the factors influencing beddown happiness and examine their relationship with selected demographic variables among caregivers. The objectives were to assess the level of bedtime happiness and determine its association with selected demographic characteristics. A quantitative research approach with a cross-sectional analytical design was employed. Data were collected from 42 caregivers selected through a non-probability convenience sampling technique from the psychiatric inpatient units of MOSC Medical Mission Hospital, Kolenchery. A self-structured scale assessing predictors of beddown happiness, along with a socio-demographic proforma, was used for data collection. The findings revealed that the majority of caregivers were aged 48 years and above, female, Christian, married, had secondary-level education, were self-employed, belonged to the upper socioeconomic class, and lived in nuclear families in rural areas. Most caregivers were parents of the patients, had been providing care for more than two years, and spent less than four hours per day on caregiving activities. Additionally, most patients were diagnosed with psychotic disorders. The study further identified significant associations between bedtime happiness and specific domains, including physical comfort ($p = 0.005$), environmental support ($p = 0.009$), sleep quality ($p = 0.047$), and emotional health ($p = 0.008$). No significant associations were observed between bedtime happiness and the other assessed domains.

Keywords: *Bed down happiness; Associated factors and Caregivers.*

INTRODUCTION

Caring for people with mental illness, particularly severe conditions such as schizophrenia, major depression, and bipolar disorder, are an ongoing and challenging process for the family members especially for the primary care givers. In my present study the caregivers were defined as a family member who acts as a primary provider for patients diagnosed with mental illness for a period more than 6 months. Bed down happiness is defined as the variables that influence the care givers daily life in various domains of psychological well being, emotional health, physical comfort, sleep quality, social connectedness and environmental support. This study is aimed to identify the bed down happiness and its associated factors among caregivers of individuals with mental illness. Although caregivers constitute a vital support system in mental healthcare, their subjective wellbeing is often overlooked. Bed down happiness, as an indicator of emotional balance and daily psychological recovery, represents a neglected yet essential domain that warrants systematic assessment to enhance the overall wellbeing of caregivers.

Research also shows that gender and age may influence the perception of satisfaction of caregivers. According to Hajek and König, being female increases the chances of low life satisfaction, which can be explained by the fact that women are more susceptible to chronic diseases and disabilities, as well as having to adopt other roles in their households [1].

Understanding the bed down happiness and its associated factors among caregivers of mentally ill clients is crucial, as it may provide valuable insights into factors that promote resilience, emotional balance, and psychological recovery. Identifying these associated factors can inform the development of targeted interventions aimed at enhancing caregiver wellbeing, improving sleep quality, and ultimately strengthening the care giving experience. Therefore, the present study aims to assess the bed down happiness and its associated factors among caregivers of individuals with mental illness, addressing a significant gap in

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existing research and contributing to a more holistic understanding ofcaregiver mental health.

MATERIAL AND METHODS

Study Design

The research design used was cross sectional analytical study

Study Settings

The study was conducted in psychiatric inpatient units of MOSC Medical College Hospital Kolenchery at Ernakulam District, Kerala.

Participants

- Target Population: Caregivers of mentally ill clients in Ernakulam District, Kerala.
- Accessible Population: Caregivers of mentally ill clients in selected tertiary care settings, Ernakulam District.

Inclusion criteria

No.	Inclusion criteria
1.	Primary caregivers who are giving care for more than 6 months to mentally ill clients.
2.	Primary caregivers aged 18 years and above.
3.	Primary caregivers who are accompanying the mentally ill client to the selected mental health care setting.

Exclusion criteria

No.	Exclusion criteria
1.	Primary caregivers who are diagnosed with major physical and mental illness.
2.	Primary caregivers who are professional or paid caregivers.
3.	Primary caregivers who are critically ill or unable to respond to the questionnaire.

Variables

Variable	Details
Outcome Variables	Bed down happiness and its associated factors
Socio Demographic Variable	• Age in years, gender, religion, marital status, educational status of family member, • occupation, socio economic status, type of family, area of residence, relationship • with patient, duration of caregiving, functional level of patient, duration of caregiving per day, age of patient, diagnosis of patient, duration of illness,health • status of the caregiver.

Sample Size

Sample size was calculated using G*power software. Considering the value of coefficient of determination between caregiver satisfaction with independent predictors as 0.423, the number of participants required for the study to detect a clinically significant deviation of R 2 from zero with 90% power and 5% level of significance is 37.

Data Analysis

Normality assessed by using the Shapiro test.

- p<0.05 was considered as statistically significant.Statistical analysis was done based on the objectives.
- Chi square/ Fisher's Exact Test was used to determine the association between bed down happiness and socio demographic variables.
- All the categorical variables were summarized using frequency and percentage.Quantitative variables which followed the normality where summarized using mean and SD and which follows non normality where summarized using median and IQR.Ethical Considerations

Data Collection Process

After obtaining approval from the Institutional Ethics Committee of Malankara Orthodox Syrian Church Medical College Hospital, formal permission was obtained from the principal, college of nursing and administrative permission was obtained from the medical superintendent of M.O.S.C Medical Mission Hospital, Kolenchery. The samples were selected by convenience sampling technique, based on eligibility

criteria. After a brief self introduction, the subjects were explained regarding the purpose of the study. The subjects were allowed to read the participant information and made provision to clarify the doubts. Following this, informed consent from caregivers was obtained for participation in the study. The demographic data, bed down happiness and its associated factors were assessed using socio demographic proforma, Self structured scale for assessing the bed down happiness. The data were collected using a self reported questionnaire. Approximate time for data collection from each participant was 30 minutes. The investigator thanked the participants for their cooperation for the study.

RESULTS

The results of a research study clearly and concisely summarizes the key findings without any subjective analysis and interpretation.

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This part of research presents the data in a logical order , highlighting the most significant outcomes. The results of the study were discussed under the following sections :

Section 1: Description of socio demographic variables among caregivers of mentally ill clients.

Section 2: The distribution of predictors of bed down happiness among caregivers of mentally ill clients.

Section 3: The association between bed down happiness and socio demographic variables.

Section 4: The association between bed down happiness with baseline variables - domain wise

Section 1: **Description of socio demographic variables among caregivers of mentally ill clients.**

The study's demographic breakdown reveals that the majority of participants (71.43%) were aged 48 and above, with the female dominating sample at 59.52%.most respondents were christian (45.24%) and most of them are married (80.95%). Majority of them had secondary education (33.33%) with self-employment (42.86%). The majority came from nuclear families (83.33%), living in rural areas (80.95%) with socio economic status APL (52.38%). Majority of participants were patients' parents (35.71%), and majority giving care for >2 years (57.14%) and duration of caregiving per day is <4 hours (42.86%). Most of the patients are independent (83.33%) and aged between 18-32 (33.33%). The majority of patients had psychiatric disorders (76.19%) with duration of illness 0.5-2 years (35.71%). Most of the participants were healthy (50.00%).

Section 2: **The distribution of predictors of bed down happiness among caregivers of mentally ill clients.**

The study revealed that a significant proportion of caregivers of mentally ill clients have a good level of bed down happiness (45%), 38% had moderate level of bed down happiness and only 17% had high level of bed down happiness.

Section 3: **The association between bed down happiness and socio demographic variables**.

Only the health status of the caregiver has a statistically significant association with beddown happiness with p value 0.024.

Section 4: **The association between bed down happiness with baseline variables - domain wise.**

The domains physical comfort, environmental support, sleep quality, and emotional health had a statistically significant association with bed down happiness with p value <0.005.

DISCUSSION

* Distribution of predictors of bed down happiness among caregivers of mentally ill clients.

* The association between bed down happiness and socio demographic variables.

* The association between bed down happiness with baseline variables – domain wise.

The distribution of bedtime happiness among caregivers of mentally ill clients showed that 45% of the respondents had a good level of bedtime happiness, representing the largest proportion of the sample. Additionally, 38% of the caregivers reported a moderate level of bedtime happiness, whereas only 17% exhibited a high level. These findings suggest that while a considerable proportion of caregivers experience a satisfactory level of bedtime happiness, a relatively smaller percentage attain a high level. This pattern may be attributed to the caregiving responsibilities and associated physical and emotional demands, which can influence caregivers' overall well-being and bedtime experiences.

CONCLUSION

The study revealed that the majority of caregivers (45%) experienced good bed down happiness, followed by moderate (38%) and high (17%) levels. A significant association was found between bed down happiness and caregivers' health status (p = 0.02), while the duration of daily caregiving was significantly associated with physical comfort, environmental support, sleep quality, and emotional health. Patient age was also significantly associated with environmental support (p = 0.04). These findings highlight the need for caregiver-focused interventions, including health assessments, counselling, respite care, and stress management programmes, to enhance caregivers' overall well-being and quality of life.

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Conflict of Interest

"The authors declare that there is no conflict of interest related to this study."

Source of Funding

"The study was self-funded, and no external financial assistance was received."

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