

The learning program for adult children who closely control the jobs of foreign caregivers

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Introduction

As Taiwan's population is aging at a fast rate, faced with long-term care needs, many Taiwanese adult children who cannot provide care themselves, hire foreign caregivers to take over their responsibility for taking care of their parents. With high filial anxiety, many adult children who hire foreign caregivers cannot trust foreign caregivers' ability. As a result, they closely control the foreign caregivers' jobs and cannot tolerate any mistake. This over-control not only makes the foreign caregiver feel restricted but also exhausts themselves.

Purpose

This study assumed that the controlling behaviors of adult children come close to the characteristics of perfectionism. Therefore, based on "Rational-Emotive Behavior Therapy" and "Psychological Displacement Writing", this study designed a learning program to deal with the irrational ideas of these adult children.

Hypothesis

This study presumes this learning program is able to help adult children decrease their over-control behaviors (Micro-Management), perfectionism, and filial anxiety. Moreover, this program can assist participants in boosting trust in their foreign caregivers.

Method

Participants

- 9 adult children
- take responsibility for taking care of their parents
- hire a foreign caregiver
- have the characteristics of perfectionism

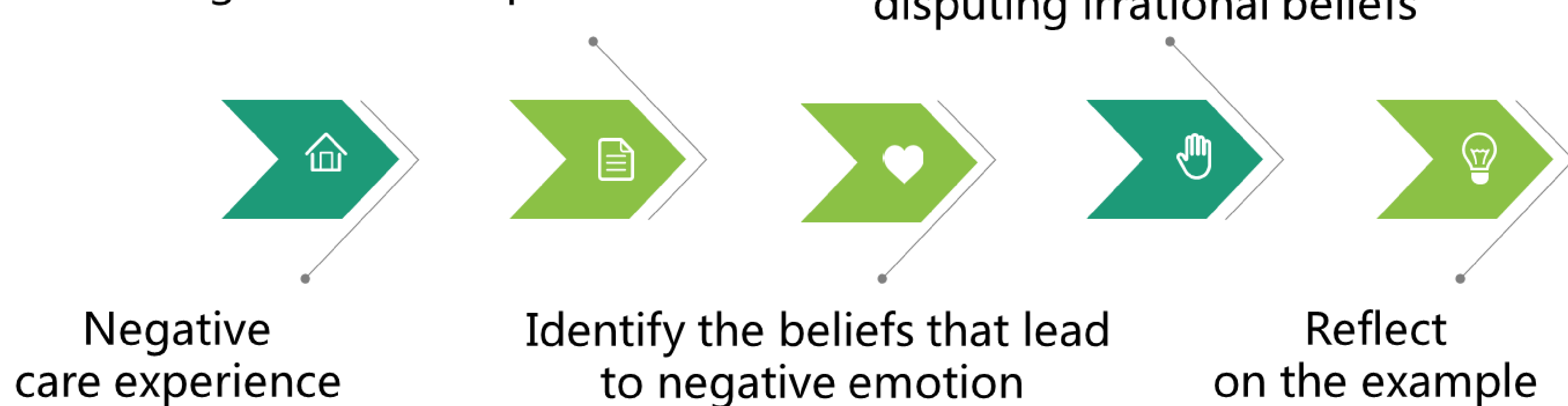
Process

- Once a week. About 30 minutes each time. Online.



Design: Week1

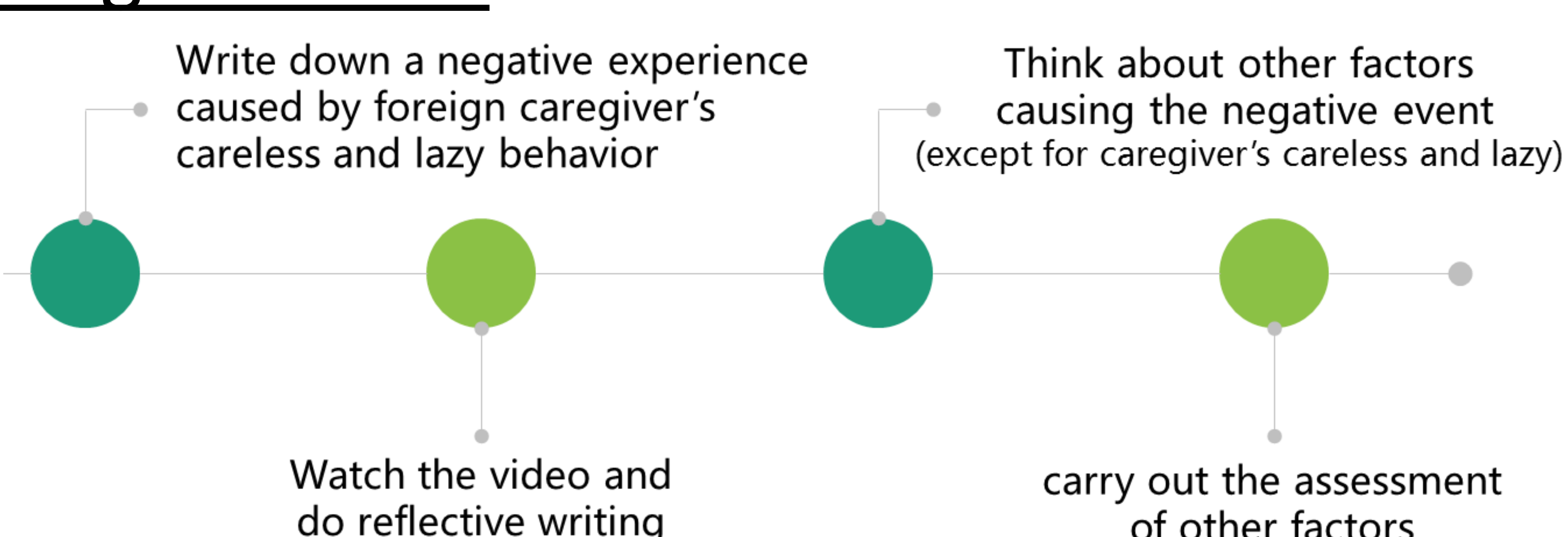
Writing down the experience



Design: Week2

- Find out the irrational beliefs (reflected as absolute)
- Through role-playing, challenge the original idea.
 - Rational perspective
 - Practical perspective
 - Emotional perspective
- Take home message: pithy formula

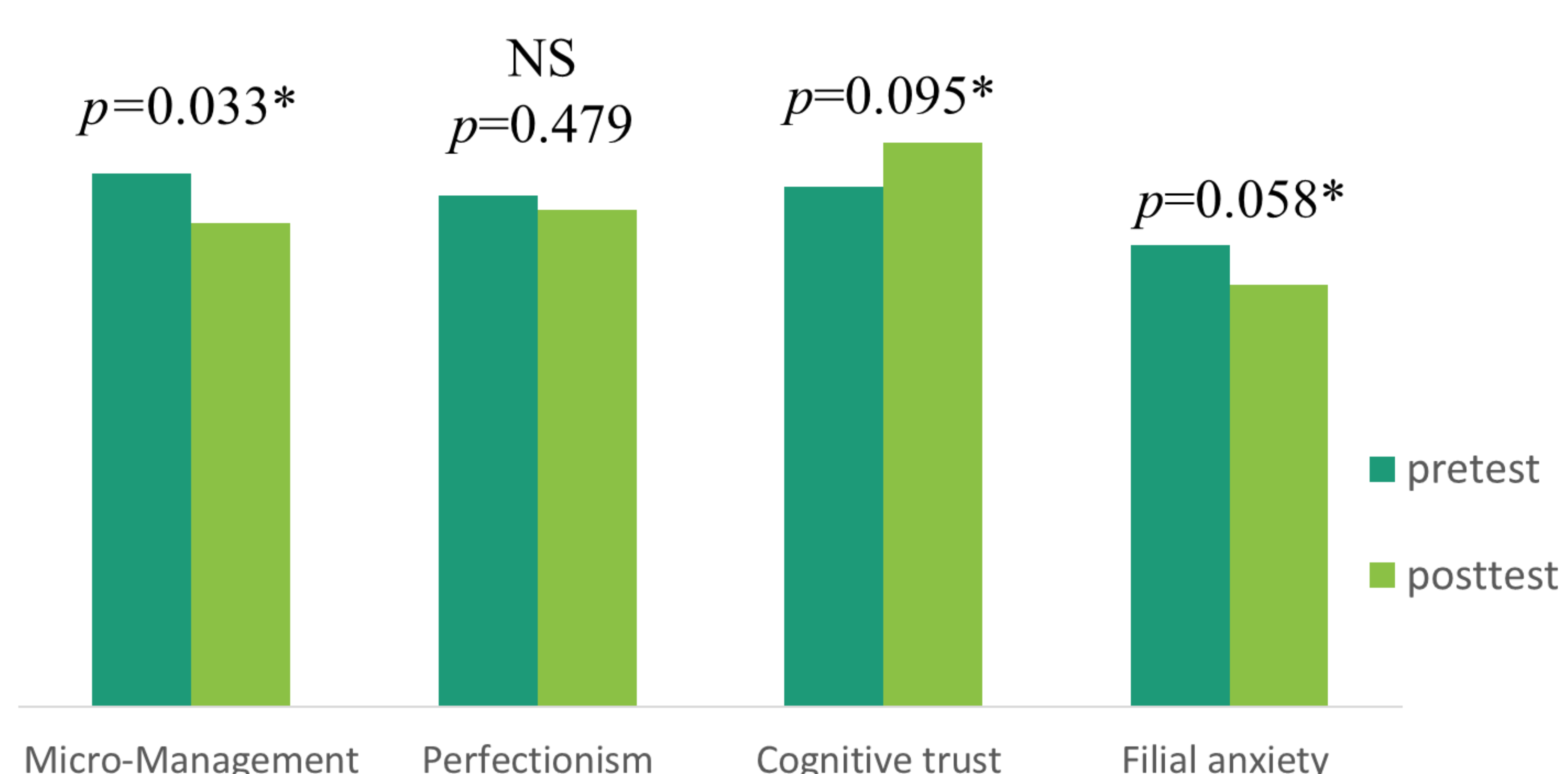
Design: Week3



Research instruments

- Perfectionism Scale
- Micro-Management Scale
- Cognitive trust Scale
- Filial anxiety Scale

Results



Conclusion

- Reduce Micro-Management and filial anxiety significantly.
 - over-control behaviors get improved
 - Less negative emotions for care events
- Cognitive trust shows a borderline rise significant
 - Gradually establish trust with foreign caregivers, but building trust takes time.
- Participants' tendency to perfectionism did not decrease as expected
 - it is more difficult for adults to adjust their cognition
 - need more practices
 - emotional approach