

SOCIAL SUPPORT, LIFE SATISFACTION, AND PSYCHOLOGICAL WELL-BEING AMONG CAREGIVERS OF STROKE PATIENTS IN FEDERAL MEDICAL CENTER, MAKURDI

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Abstract

This study examined the influence of social support, life satisfaction, and psychological well-being of caregivers of stroke patients at Federal Medical Center in Makurdi with 3 hypotheses. A researcher adopted a quantitative study and cross-sectional survey research design on 325 participants aged 20-55 years. Data was collected through a self-administered questionnaire using a psychological well-being scale, social support scale and life satisfaction scale, and statistical analysis was done using regression analysis. Results revealed that there was a significant influence of perceived social support on psychological well-being among caregivers of stroke patients; perceived life satisfaction significantly influenced the psychological well-being among caregivers; there was a significant joint influence of social support and life satisfaction on psychological well-being among caregivers of stroke patients. In conclusion social support and life satisfaction significantly influenced psychological well-being of caregivers of stroke patients. Therefore, the study recommended that the management of the Federal Medical Center, Makurdi, should implement psychological intervention measures to increase the well-being of caregivers of stroke patients. Government, non-governmental organizations, and other individuals with a compassionate interest in stroke victims should offer social support to enhance caregivers' psychological well-being. The promotion of intervention programs such as recreational therapy, self-care practices, stress management techniques, and finding sources of joy and fulfillment outside caregiving responsibilities is also recommended to enhance their overall well-being.

Key words: social support, life satisfaction, psychological well-being, caregivers, stroke patients, Federal Medical Centre, Makurdi.

Introduction

The psychological well-being of caregivers of stroke patients has increasingly become a matter of concern, drawing significant research attention globally. Recent studies

have explored psychological well-being across various populations, with increasing focus on caregivers, who often face unique psychological challenges due to their roles (Williams et al., 2022). Psychological well-

being a key determinant of how individuals function and cope with life, includes attributes such as optimism, positive interpersonal relationships, resilience, and effective stress management. Some core characteristics associated with psychological well-being include maintaining good health, building strong relationships, and effectively handling crises, all of which contribute to an individual's overall mental health (Ortiz-Ospina & Roser, 2020). In this context, psychological well-being is integral not only for caregivers' mental health but also for their ability to provide consistent and compassionate care (Chen et al., 2019).

Research has demonstrated the substantial impact of social support on caregivers' self-esteem, life satisfaction, and overall psychological well-being. Studies by Ostwald and Godwine (2019) and Bakas et al. (2023) showed that caregivers with higher levels of social support generally experience increased self-esteem and life satisfaction, alongside improved psychological functioning. Social support can lessen caregivers' psychological distress by reducing stress, anxiety, and depression and providing them with emotional validation (Gurung, 2019). Life satisfaction, a key indicator of psychological well-being, encompasses an individual's evaluation of their life circumstances and quality, including cognitive assessments and emotional responses to their experiences (Focht, 2022). Life satisfaction correlates

positively with the experience of positive emotions, which bolster resilience, effective coping mechanisms, and a positive outlook on life (Pavot & Diener, 2019; Antelo et al., 2022).

Life satisfaction for caregivers often determines their overall psychological well-being, allowing them to handle caregiving demands with resilience and a positive attitude. Studies emphasize that life satisfaction includes an individual's overall assessment of their current and past experiences and an optimistic outlook on the future, which fuels motivation and goal pursuit (Ackerman, 2020; Bartram, 2020). Psychological well-being among caregivers also hinges on other factors like mood, achievement of personal goals, and ability to manage daily responsibilities (Canada & Lombardo, 2018). The positive emotional states associated with life satisfaction contribute to resilience and a stable mental state, which are vital for caregivers dealing with the demands of supporting stroke patients (Bilal & Rasool, 2020).

For caregivers, life satisfaction often extends beyond the immediate caregiving responsibilities and encompasses broader aspects of life, including personal relationships and work-life balance (Walsh et al., 2022). Research has consistently linked high life satisfaction in caregivers to improved mental health, lower stress, and enhanced resilience, further enabling

caregivers to manage caregiving responsibilities effectively (Diener & Lucas, 2020). This satisfaction enables caregivers to view caregiving as a fulfilling responsibility rather than a burden. Cheng and Li (2018) highlight that caregivers who maintain a high level of life satisfaction not only cope better with stress but are also more likely to seek social support and access mental health resources.

Ultimately, life satisfaction plays a vital role in maintaining caregivers' psychological well-being and in reducing the potential negative effects of caregiving on their mental health. High levels of satisfaction are closely linked to positive psychological well-being, reduced levels of stress, and improved resilience. As Kammann and Flett (2020) point out, life satisfaction positively impacts resilience and mental health, allowing caregivers to experience the caregiving journey with less emotional strain and higher quality of life. Understanding and enhancing perceived social support, perceived life satisfaction in caregivers could serve as an essential intervention point for improving caregiver outcomes and, by extension, the quality of care provided to stroke patients (Lyubomirsky et al., 2020). Vincent-Onabajo (2016) examined how social support from family, friends, and significant others influenced the psychological well-being of 100 stroke survivors in Northern Nigeria. Results showed that combined support from these sources significantly improved

psychological and overall well-being. The findings highlighted that aggregated social support is more impactful than support from a single source, underscoring its importance for stroke recovery. Michael et al. (2022) focused on the first 12 weeks post-hospital discharge for stroke patients, this study explored the types of social support available to family caregivers and their psychological impact. The research revealed that caregiving demands were heavy and often influenced caregivers' psychological well-being negatively. Inadequate tangible and informational support highlighted the need for enhanced professional support during home care to sustain caregivers' mental health and improve nursing practices related to pre-discharge planning and community care. Dobrikova and Dusana (2019) investigated the effects of social support and life meaning on the psychological well-being of terminally ill patients. Results indicated a significant correlation between life satisfaction and social support, with frequent visits from close relatives boosting patients' sense of fulfillment and meaning in life. The findings emphasized that meaningful social interactions positively influence the psychological well-being of dying patients. Laura et al. (2020) used data from the Spanish National Health Survey, this study analyzed the mental health of 431 elderly caregivers aged 65 and above. Perceived social support was significantly associated with reduced stress, improved mental well-being, and higher self-esteem, particularly among

female caregivers. The findings emphasized the role of social support in maintaining the mental health of older caregivers. Abzhandadze et al. (2020) studied life satisfaction among spouses of middle-aged stroke survivors over seven years. The study found that spouses of stroke survivors had significantly lower life satisfaction across multiple domains (general life, leisure, sexual life, partner relationships, family life) and worse somatic and psychological health compared to spouses of controls. Caregiving spouses reported even lower life satisfaction scores. Factors influencing life satisfaction included age, sex, the level of support given, and the stroke survivor's disability, particularly physical and cognitive impairments. Gunilla et al. (2024) explored changes in life satisfaction in spouses of first-ever stroke patients at 4 months and 1 year post-stroke. Compared to their pre-stroke life, spouses reported lower satisfaction with life, leisure, daily occupation, sexual life, partner relationship, and social contacts at 4 months post-stroke, with no significant changes by 1 year. Life satisfaction was negatively affected by patients' physical impairments and cognitive or emotional difficulties. The study emphasizes the need for long-term support for both stroke survivors and their caregivers.

Gunilla and Anders (2018) examined caregivers' life satisfaction before and after their partner's stroke, noting a decrease in satisfaction with life, daily activities, and

partner relationships at 4 months post-stroke. The study highlighted the greater challenges faced by caregivers of patients with physical and cognitive impairments and emphasized the need for sustained support, particularly focusing on the social, occupational, and leisure aspects of caregivers' lives. Prateek and Rubina (2022) looked into life satisfaction and psychological well-being among primary caregivers of patients with somatoform disorder. They found a positive correlation between psychological well-being and life satisfaction among caregivers, and no significant gender differences. The study underscores the importance of understanding how caregivers cope with stress while maintaining their psychological well-being. However, both groups reported similar family satisfaction. Thomas and Britt (2022) studied the effects of caregiving on psychological well-being in Norway. They found that caregiving for a resident parent, especially among women, led to lower affective well-being, but caregiving for a non-resident parent was associated with a positive change in sense of mastery among women. The study suggests that caregiving has less negative effects in Nordic countries, due to better social policies and care systems. Turki et al. (2021) assessed life satisfaction among stroke survivors one year post-stroke. The study showed that cognitive and verbal dysfunctions were the strongest negative predictors of life satisfaction. It highlighted that recovering social engagement and multidisciplinary rehabilitation are crucial

for improving life satisfaction in stroke survivors.

Huang et al. (2022) examined the combined effects of perceived social support and perceived life satisfaction on the psychological well-being of caregivers of stroke patients in a cross-sectional study conducted in China. The study aimed to investigate whether perceived life satisfaction moderated the relationship between social support and psychological well-being. A sample of 200 caregivers participated by completing self-reported measures. Results from hierarchical regression analysis indicated that perceived social support positively predicted psychological well-being and that perceived life satisfaction significantly moderated this relationship (**interaction term**). These findings suggest that enhancing both social support and life satisfaction can synergistically improve the well-being of caregivers. Park et al. (2020) explored the relationship between perceived social support, perceived life satisfaction, and psychological well-being among caregivers of stroke patients in South Korea. The study hypothesized that perceived social support and life satisfaction would independently and jointly predict psychological well-being. A total of 180 caregivers were surveyed using the MSPSS, the SWLS, and the Ryff Psychological Well-Being Scales. The results showed significant positive correlations between perceived social

support and psychological well-being and between life satisfaction and psychological well-being. Furthermore, a multiple regression analysis revealed that the two variables together explained 35% of the variance in psychological well-being, emphasizing their combined importance in promoting caregivers' mental health.

Garcia et al. (2021) examined the mediating role of perceived life satisfaction in the relationship between perceived social support and psychological well-being among caregivers of stroke patients in Spain. The study involved 150 participants who completed standardized scales for each variable. Using mediation analysis, the researchers found that perceived life satisfaction partially mediated the effect of social support on psychological well-being. Specifically, caregivers with high social support reported better life satisfaction, which in turn enhanced their psychological well-being. This suggests that interventions targeting both social networks and life satisfaction could improve caregivers' mental health outcomes. Adeyemi et al. (2023) investigated how perceived social support and perceived life satisfaction influence the psychological well-being of caregivers of stroke patients in Lagos, Nigeria. The study hypothesized a synergistic relationship between these variables in improving well-being. A sample of 200 caregivers participated, completing measures for social support, life satisfaction, and psychological

well-being. Results from a structural equation modeling analysis revealed that perceived social support directly predicted psychological well-being and also had an indirect effect through life satisfaction (indirect effect). The findings underscore the need to foster supportive relationships and promote life satisfaction to buffer the emotional toll of caregiving.

Statement of the Problem

The psychological well-being of caregivers of stroke patients at the Federal Medical Center in Makurdi is a critical concern due to the demanding nature of their responsibilities. These caregivers face various stressors, including heightened responsibilities, emotional distress, exposure to traumatic events, social isolation, and a lack of control over their work environment. These challenges significantly impact their mental health and the quality of care they provide. Caregivers often experience increased levels of depression and anxiety due to the chronic stress of their roles. The emotional toll of witnessing patients' health decline, combined with caregiving demands, can lead to mental health issues, including caregiver burnout. Recognizing the importance of perceived social support and life satisfaction can inform the development of targeted interventions to enhance caregivers' psychological well-being. Such programs can improve caregivers' mental health and, in turn, the quality of care provided to stroke patients at the Federal

Medical Center in Makurdi.

Research Questions

- i. How does social support influence psychological well-being among caregivers of stroke patients in Federal Medical Center, Makurdi?
- ii. To what extent does life satisfaction influence psychological well-being among caregiver's of stroke patients in Federal Medical Center, Makurdi?
- i. What is the joint influence of social support, perceived life satisfaction and psychological well-being among caregivers of stroke patients in Federal Medical Center, Makurdi?

Hypotheses

This study tests the following hypotheses:

- i. Social support will have a significant influence on psychological wellbeing among caregivers of stroke patients in Federal Medical Center, Makurdi.
- ii. Life satisfaction will have a significant influence on psychological wellbeing among caregivers of stroke patients in Federal Medical Center, Makurdi.
- iii. There will be a significant joint influence of social support and life satisfaction on psychological wellbeing among caregivers of stroke patients in Federal Medical Center, Makurdi.

Method

Design

This study employed a cross-sectional survey design to obtain data from caregivers of stroke patients at the Federal Medical Center, Makurdi. Cross-sectional surveys allow for the collection of data on multiple variables simultaneously, enabling researchers to examine the influence of social support and life satisfaction on psychological well-being in a comprehensive manner. Caregivers' perceptions of social support, life satisfaction, and psychological well-being can be captured using a single survey instrument. This survey design can help provide baseline information on the current state of social support, life satisfaction, and psychological well-being among caregivers of stroke patients at the Federal Medical Center, Makurdi. This information can serve as a starting point for further research and comparison in the future, facilitating the assessment of changes over time. The independent variables embedded in the design are social support and life satisfaction, while psychological well-being is measured as the dependent variable. The composite scores for psychological well-being were considered in the analysis.

Sampling

A simple random sampling technique was used to select a sample of 325 caregivers from various departments in the Hospital. Simple random sampling is a method of

selecting a subset from a larger population where each member has an equal chance of being chosen. In other words, every individual or element in the population has the same probability of being selected for the sample. Therefore, each caregiver of stroke patients attending support groups, rehabilitation centers were allowed to participate in the study. This method can facilitate the recruitment process by targeting caregivers who are readily available and interested in participating.

Sample Size Determination

The sample for this study was determined using Taro Yamane (1964) formula for sample size determination. The total population of caregivers in Federal Medical Center Makurdi is 1740. Therefore, 325 caregivers of stroke patients were recruited for the study.

Participants

The participants for this study include a sample of 325 caregivers of stroke patients drawn from nine (9) departments across department in Federal Medical Centre, Makurdi. The result of the descriptive statistics shows that: Age: 84(25.8%) of the respondents were from an age range of 20-30, 182(56.0%) of the respondents were from an age range of 31-45, 43(13.2%) of the respondents were from an age range of 45-55, 16(4.9%) of the respondents were from an age range of 55 and above. Ethnicity: 161(49.5%) of the respondents are Tiv,

60(18.5%) of the respondents were Idoma, 60(18.5%) of the respondents were Iggede, 44(13.5%) of the respondents belong to other ethnic groups. Gender: 203(62.5%) of the respondents were male, while 122(37.5%) of the respondents were female. Marital status: 119(36.6%) of the respondents were married, 173(53.2%) of the respondents were single, while 33(10.2%) of the respondents were either widows or widowers. Religion: 230(70.8%) of the respondents were Christians, 77(23.7%) of the respondents were Muslim, and 18(5.5%) of the respondents were traditionalists. Departments: 68(20.9%) of the respondents were from accident and emergency unit, 44(13.5%) of the respondents were from Radiology, 38(11.7%) of the respondents were from health department, 21(6.5%) of the respondents were from physiotherapy 17(5.2%) of the respondents were from pathology, 12(3.7%) of the respondents were from pharmacy unit, 42(12.9%) of the respondents were nursing, 35(10.8%) of the respondents were from Clinical psychology and 48(14.8%) of the respondents were social workers.

Instruments

For the purpose of data collection, Psychological Wellbeing Scale, Perceived Social Support Scale and Perceived Life Satisfaction Scale.

Psychological Wellbeing Scale

Psychological Wellbeing was assessed with

Psychological Wellbeing (PWBS) Scale developed by Carol Ryff (1989), the 42-item scale measures six aspects of wellbeing and happiness: autonomy, environmental mastery, personal growth, positive relations with others, purpose in life, and self-acceptance. Ryff's (1989) scale revealed that the six scales exhibit acceptable internal consistency (α) ranging from .93 to .86. Further, test-retest reliability over six weeks returned coefficients ranging from .88 to .81, suggesting that responses to the questionnaire remain fairly consistent over time in the absence of intervention. Overall, these findings suggest the questionnaire is sufficiently reliable. Response Format: Items are rated on a 6-point Likert scale, with response options ranging from 1 (strongly disagree) to 6 (strongly agree). Scoring Instruction: 1) Recorded negative phrased items: # 3, 5, 10, 13, 14, 15, 16, 17, 18, 19, 23, 26, 27, 30, 31, 32, 34, 36, 39, 41. (i.e., if the scored is 6 in one of these items, the adjusted score is 1; if 5, the adjusted score is 2 and so on...) 2) Add together the final degree of agreement in the 6 dimensions: a. Autonomy: items 1, 7, 13, 19, 25, 31, 37 b. Environmental mastery: items 2, 8, 14, 20, 26, 32, 38 c. Personal Growth: items 3, 9, 15, 21, 27, 33, 39 d. Positive Relations: items: 4, 10, 16, 22, 28, 34, 40 e. Purpose in life: items: 5, 11, 17, 23, 29, 35, 41 f. Self-acceptance: items 6, 12, 18, 24, 30, 36, 42.

To interpret PWBS scores, each item is reverse scored and then the scores for each

subscale are summed to obtain a total score. The total score ranges from 84 to 504, with higher scores indicating greater psychological well-being. The subscale scores range from 14 to 84, with higher scores indicating higher levels of well-being in each specific domain. Interpretation of PWBS scores can be done in a number of ways. One common approach is to use cut-off scores to categorize individuals into different levels of well-being. For example, a total score of 336 or above may be considered indicative of high psychological well-being, a score between 252 and 335 may be considered moderate, and a score below 252 may be considered low. Similarly, subscale scores can be interpreted using cut-off scores to indicate high, moderate, or low levels of well-being in each specific domain.

Perceived Social Support Scale

Perceived Social Support was assessed with Multidimensional Scale of Perceived Social Support developed by (Zimet, Dahlem, Zimet, & Farley, 1988) which comprises of 12- items rated on a 7-point response scale anchored by 1: Not suitable at all and 7: Very suitable. The scale provides scores on three sub-scales on each of 4- items: Family ($\alpha=.91$); Friends ($\alpha=.89$); and Significant Other ($\alpha=.90$). Scores on each of these scales ranged from 4 to 28, with a higher score reflecting greater perceived social support. The total score showed reliability of Cronbach's alpha .92.

Life Satisfaction Scale

Life Satisfaction was assessed with Satisfaction with Life Scale ("SWLS") developed by Diener, Emmons, Larsen, and Griffin, (1985). Is an instrument developed to measure an individual's perceived satisfaction with life. The scale addresses life satisfaction generally and does not assess satisfaction with specific life domains, such as health or finances, but allows subjects to integrate and weigh these domains in whatever way they choose. This instrument is 5 questions long. Scores on the SWLS have been shown to correlate with measures of mental health, and be predictive of future behaviours such as suicide attempts. The SWLS is a 7-point Likert style response scale. The possible range of scores is 5-35, with a score of 20 representing a neutral point on the scale. Scores between 5-9 indicate the respondent is extremely dissatisfied with life, whereas scores between 31-35 indicate the respondent is extremely satisfied. The coefficient alpha for the scale has ranged from .79 to .89, indicating that the scale has high internal consistency. The scale was also found to have good test-retest correlations (.84, .80 over a month interval). A total score is calculated by adding up the scores for each item. The possible range of scores is 5-35, with a score of 20 representing a neutral point on the scale. Scores between 5-9 indicate the respondent is extremely dissatisfied with life, whereas scores between 31-35 indicate the respondent is extremely satisfied.

Procedure

The researcher obtained a letter of introduction from the Head of the Department of Psychology at Benue State University, Makurdi. This letter was physically delivered to the Management of Federal Medical Center, Makurdi, for permission to conduct the study among the required participants. After receiving approval from the management (EMH/FCC/HEEC/108/VOL1) a research assistant was recruited and trained on how to administer the questionnaire. A total of 325 copies of the questionnaire were printed and distributed as follows: Accident and Emergency Ward (68 copies), Radiology Department (44), Pathologist (38), Pharmacist (21), Neurology Department (17), Physiotherapy Department (12), Nursing Department (42), Clinical Psychology Department (35), and Social Workers (48). Confidentiality of participation was a top priority throughout the study to ensure the privacy of the participants. Participants were not exposed to any form of physical or psychological harm, and the study findings were presented to the

management for potential implementation to enhance the psychological well-being of caregivers of stroke patients in the healthcare sector. The data collected over two weeks was organized, screened, and the 325 retrieved questionnaires were subjected to statistical analysis using the Statistical Package for Social Sciences (SPSS) version 21.

Data Analysis

Descriptive statistics, including frequency counts and percentages, were utilized to analyze the demographic information of the respondents. Inferential statistics were also employed to test the hypotheses generated for the study. Hypotheses one was tested using simple linear regression, while hypothesis two and three were tested using multiple regression analysis via SPSS version 21.

Results The hypotheses raised in this study were tested using Simple Linear and Multiple Regression analysis. The results are presented in the following tables.

Table 1: Multiple regression analysis showing social support has significant influence on psychological well-being among caregivers of stroke patients in Federal Medical Center Makurdi

Predictor Variables	R	R ²	df	F	B	t	Sig
Constant	.897	.805	3, 321	442.781		12.146	.000
Family					.148	5.700	.000
Friends					.880	35.650	.000
Significant Others					.060	2.320	.021

The result in table 4.1 above shows that, there was a significant influence of social support on psychological well-being among caregivers of stroke patients in Federal Medical Centre Makurdi [$R=.897$, $R^2=.805$, $F(3, 321)=442.781$, $p<.01$]. Findings also revealed that, perceived social support explained 80.5% of the total variance observed in psychological well-being among caregivers of stroke patients. Independently, the result shows that friends contributed more on psychological well-being of caregivers of stroke patients ($\beta=.880$, $t=35.650$, $p<.01$), followed by family ($\beta=.148$, $t=5.700$, $p<.01$) and the significant others ($\beta=.060$, $t=2.320$, $p<.01$). This means

that caregivers who receive greater perceived social support, particularly from friends, experience higher levels of psychological well-being. The strong contribution of friends indicates that social interactions and emotional support from peers play a crucial role in reducing stress and enhancing mental health among caregivers of stroke patients. Additionally, support from family and significant others also positively impact their well-being, albeit to a lesser extent. These findings highlight the importance of fostering robust social networks to improve the psychological well-being of caregivers of stroke patients. Based on this finding, hypothesis three was confirmed.

Table 2: Simple linear regression showing life satisfaction will have a significant influence on psychological well-being among caregivers of stroke patients in Federal Medical Center Makurdi.

Predictor Variables	R	R ²	df	F	β	t	Sig
Constant	.413	.171	1, 324	66.533		29.973	.000
Life Satisfaction					.413	8.157	.000

The result simple linear regression in Table 4.2 above shows that there was a significant influence of life satisfaction on psychological well-being among caregivers of stroke patients in Federal Medical Center, Makurdi [$R=.413$, $R^2=.171$, $F(1, 324)=66.533$, $p<.01$]. Findings also revealed that, life satisfaction explained 17.1% of the

total variance observed in psychological well-being among caregivers of stroke patients. This means that, caregivers of stroke patients who perceived life satisfaction can experience psychological wellbeing. Based on the findings, hypothesis two was conformed as shown in table three above.

Table 3: Multiple regression showing social support and life satisfaction will significantly and jointly influence psychological well-being among caregivers of stroke patients in Federal Medical Center Makurdi

Predictor Variables	R	R ²	df	F	β	t	Sig
Constant	.431	.186	2, 323	36.801		23.718	.000
Perceived Social Support					.124	2.456	.000
Perceived Life Satisfaction					.416	8.273	.000

The result of multiple regression in Table 4.3 above shows that, there was a significant joint influence of social support and life satisfaction on psychological well-being among caregivers of stroke patients in Federal Medical Center, Makurdi [$R=.413$, $R^2=.186$, $F(2, 323)=36.801$, $p<.01$]. On independent basis, the results indicated that life satisfaction made the highest positive contribution to psychological well-being ($\beta=.124$, $t=2.456$, $p<.01$) follow by social support ($\beta=.124$, $t=2.456$, $p<.01$) among caregivers of stroke patients. Findings also revealed that, perceived social support and perceived life satisfaction explained 18.6% of the total variance observed in psychological well-being among caregivers of stroke patients. This means that both perceived social support and perceived life satisfaction significantly and jointly influence the psychological well-being of caregivers of stroke patients. Independently, perceived life satisfaction emerged as the stronger predictor of psychological well-being, followed closely by perceived social support. These findings highlight the critical roles of both factors, with perceived life satisfaction in enhancing psychological well-being of caregivers of stroke patients. Based

on this finding, hypothesis three was confirmed.

Discussion

Hypothesis one tested if social support would have a significant influence on psychological well-being among caregivers of stroke patients at the Federal Medical Center, Makurdi. The findings revealed that there was a significant positive influence of perceived social support on psychological well-being among caregivers of stroke patients. This means that the level of social support received by caregivers of stroke patients either from family, friends and significant others had a direct impact on their psychological well-being. Situating this finding within the reviewed literature, it is consistent with the study by Li and Fokkema (2018), which found that higher levels of social support, including emotional support, instrumental support, and informational support, were linked to lower levels of caregiver burden, depression, anxiety, and increased life satisfaction. Another study by Joseph and Etah (2018) found that parent/family support and peer acceptance positively affected the psychological well-being of caregivers. The result of this study

aligns with other findings, such as Grace et al. (2016), who discovered that social support, representing the aggregate of support from each social support source (friends, family, and significant others), had a significant and independent positive influence on psychosocial and overall psychological well-being.

The result of this study concurred with the existing literature, which suggests that social support has a significant influence on the psychological well-being of caregivers of stroke survivors. The findings are consistent with studies that have shown social support to be a crucial factor in protecting against depression and promoting recovery from stroke. Additionally, the study's results align with research that has found social support to have a positive impact on the psychological well-being of caregivers. The study's findings are also in line with the work of various researchers who have investigated the relationship between social support and psychological well-being among caregivers of stroke survivors. For instance, the study's results are consistent with the findings of Janet and Michael (2014) who found that social support has a significant influence on the psychological well-being of caregivers of stroke survivors. Similarly, the study's results concur with the work of Patricia and Dušana (2014) who found that social support provided by a close relative had a positive influence on the patient's meaning of life and overall psychological well-being.

Furthermore, the study's results are in agreement with the findings of Muji and Listyati (2020), who found a significant influence of social support on psychological well-being among caregivers. The study's results also align with the work of MdAris (2010), who found that social support has a relationship with psychological well-being. Finally, the study's results are consistent with the findings of Saputra and Listyati (2020), who found out that there is a relationship between social support and psychological well-being of caregiver.

The results of this study support the findings of Kalpana (2016) who examined the relationship between perceived social support and psychological well-being. Kalpana revealed a significant positive correlation between perceived social support and psychological well-being, indicating that higher levels of perceived social support were associated with higher levels of psychological well-being. Similarly, Anju and Bishnu (2020) found that caregivers who perceived good social support had higher self-esteem, which, in turn, contributed to their psychological well-being. The results of this study are consistent with those of Liza and Ella (2019), who investigated the relationship between perceived social support and psychological well-being among caregivers of stroke survivors. Their study revealed a positive correlation between social support and psychological well-being among caregivers of stroke patients.

The results of this study are congruent with the findings of Fikret (2010) who revealed that perceived social support predicted psychological well-being. It was also revealed that perceived family support predicted subjective well-being, while perceived support from special persons and perceived friend support did not predict psychological well-being. Similarly, the results of this study support the work of Angélica and Deepak (2022) who found that social support and religious practice can be factors that favor the perception of well-being among caregivers of stroke patients. Additionally, Sarita and Arti (2021) found a significant influence of perceived social support on psychological well-being. The results of this study also support the findings of Huiyoung and Chaerim (2022), who examined the associations between social support from different relationship types (i.e., spouses, children, friends, and parents) and psychological well-being. Their study revealed a relationship between social support and psychological well-being among caregivers.

The results of this study are consistent with the findings of Anju et al. (2020), who found that perceived social support indirectly affects the psychological well-being of adolescent caregivers of stroke patients. Their study suggests that social support plays a crucial role in promoting the mental health and overall well-being of caregivers, even among younger individuals providing care

for stroke survivors. Furthermore, the results align with the work of Laura, Jose and Salvador (2020) who investigated the relationships between perceived social support and mental health status in elderly caregivers. Their study revealed that perceived social support by older caregivers is significantly related to mental health and stress levels. This indicates that social support is an important factor in maintaining the psychological well-being of caregivers across different age groups. The significant relationship between perceived social support and mental well-being of caregivers of stroke patients, as found in this study, is consistent with the existing literature. These findings highlight the importance of providing adequate social support to caregivers to help them cope with the challenges associated with caring for stroke survivors and maintain their own mental health and overall well-being.

Hypothesis two was tested to determine if life satisfaction would have a significant influence on the psychological well-being of caregivers of stroke patients at the Federal Medical Center, Makurdi. The findings revealed a significant influence of perceived life satisfaction on the psychological well-being of caregivers of stroke patients. This suggests that life satisfaction plays a crucial role in the psychological well-being of caregivers of stroke patients. This finding is consistent with the study by Abzhandadze and Jood (2017) who also found a significant

influence of perceived life satisfaction on the psychological well-being of stroke survivors. Additionally, the results of this study align with those of Gunilla, Anders, and Christian (2014) who identified a significant relationship between life satisfaction and the psychological well-being of caregivers of stroke patients.

The results of this study agree with the findings of Prateek and Rubina (2022) who found a positive correlation between psychological well-being and life satisfaction. The results also support the findings of Nayan (2019) who compared the level of life satisfaction among primary caregivers of schizophrenia and obsessive-compulsive disorders. Nayan's study revealed a significant relationship between life satisfaction and psychological well-being among caregivers. Similarly, the results of this study support the work of Thomas and Britt (2022) who found a significant influence of life satisfaction on psychological well-being among caregivers. Their findings further revealed that a caregiver's status is largely related to their well-being. The results of this study concur with those of Ahmed and Sahar (2019) who found a positive significant correlation between life satisfaction and psychological well-being among patients with stroke. The results of this study agree with the work of Erum (2023) who identified the contribution of life satisfaction to psychological well-being among caregivers of stroke and general

medical patients. Erum's study revealed that life satisfaction was a significant predictor of psychological well-being. The results are also consistent with those of Divya and Singh (2021) who found a positive correlation between psychological well-being and life satisfaction among caregivers of stroke patients.

Furthermore, the results support the work of Turki et al. (2021) who assessed life satisfaction and other specific domains of life satisfaction, such as the well-being of caregivers of stroke survivors. Their study revealed a relationship between life satisfaction and psychological well-being. The results are also in line with those of Prateek and Rubina (2022), who found a significant relationship between life satisfaction and psychological well-being among primary caregivers (family members, friends, or relatives) of patients suffering from stroke. The results of this study are consistent with the work of Thompson (2020), who found a relationship between life satisfaction and psychological well-being among caregivers of stroke patients. Finally, the results support the findings of Fareeda (2015) who revealed a significant influence of life satisfaction on psychological well-being among women caregivers of stroke patients.

Hypothesis three was tested to determine if social support and perceived life satisfaction would significantly and jointly influence the

psychological well-being of caregivers of stroke patients at the Federal Medical Center, Makurdi. The findings revealed a significant joint influence of perceived social support and perceived life satisfaction on the psychological well-being of caregivers of stroke patients. This implies that the experiences of social support and life satisfaction by caregivers of stroke patients have an impact on their psychological well-being. The results of this study align with the work of Jorge and Livia et al. (2019) who explored the psychological well-being, overall perceived life satisfaction, and perceived social support of caregivers of stroke patients. Their study revealed that perceived social support from family and friends is a significant dimension of well-being among caregivers of stroke patients in Brazil. Additionally, the results of this study support the findings of Nannan and Ronghua (2022), who examined the mechanisms underlying the influence of perceived social support and Perceived life satisfaction among medical staff caregivers of stroke. Their study revealed that perceived social support and perceived life satisfaction could influence the psychological well-being of caregivers of stroke patients. The result of this study also agreed with that of Huang et al. (2022) who examined the combined effects of perceived social support and perceived life satisfaction on the psychological well-being of caregivers of stroke patients in a cross-sectional study in China and revealed that both social support and life satisfaction can

synergistically improve the well-being of caregivers.

The result of this study is consistent with that of Park et al. (2020) who explored the relationship between perceived social support, perceived life satisfaction, and psychological well-being among caregivers of stroke patients in South Korea and revealed that perceived social support and life satisfaction would independently and jointly predict psychological well-being among caregivers of stroke patients. The result of this study is in support of Garcia et al. (2021) who examined the mediating role of perceived life satisfaction in the relationship between perceived social support and psychological well-being among caregivers of stroke patients in Spain and found that perceived life satisfaction partially mediated the effect of social support on psychological well-being. Specifically, caregivers with high social support reported better life satisfaction, which in turn enhanced their psychological well-being. This result also support the literature review by Adeyemi et al. (2023) who investigated how perceived social support and perceived life satisfaction influence the psychological well-being of caregivers of stroke patients in Lagos, Nigeria and revealed that perceived social support directly predicted psychological well-being and also had an indirect effect through life satisfaction among caregivers of stroke patients.

Conclusion

The study concluded that social support significantly influences the psychological well-being of caregivers of stroke patients at the Federal Medical Center, Makurdi. Additionally, perceived life satisfaction was found to be a significant determinant of psychological well-being among these caregivers. Furthermore, the combined effects of perceived social support and life satisfaction were identified as significant joint contributors to the psychological well-being of caregivers in this setting.

- I. **Recommendations** The management of FMC Makurdi should implement or enhance structured social support programs tailored for caregivers of stroke patients. These may include caregiver support groups, professional counseling services, and routine educational sessions. These initiatives can create a strong, compassionate community that enables caregivers to share experiences, relieve emotional burdens, and receive guidance from mental health professionals.
- ii. Life satisfaction programs should be introduced to help caregivers achieve balance and personal fulfillment. Interventions may include workshops on self-care, stress management, relaxation techniques, and opportunities for recreational or wellness activities that offer relief from daily caregiving pressures.

- iii. The management must recognize the strong link between social support and life satisfaction as key factors influencing psychological well-being. Thus, any psychosocial intervention should target both domains concurrently. For example, organizing group therapy or community-building events that foster interpersonal relationships while also promoting individual happiness and meaning-making can yield holistic benefits.
- iv. A sustainable framework should be created for the continuous monitoring and evaluation of implemented programs. Regular assessments will help measure the effectiveness of interventions, adapt them to changing caregiver needs, and ensure that the mental health and well-being of caregivers remain a core part of patient care services at FMC Makurdi.

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