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## ABSTRACT

How daughters-in-law adapt as caregivers for elderly parents-in-law

EZOE, Ayami

*Graduate School of Education and Human Development, Nagoya University*

The purpose of this study was to investigate how daughters-in-law adapt to caring for their elderly parents-in-law. I conducted semi-structured interviews with ten women caring for their parents-in-law. Interviewees chronologically recounted memorable events from their experiences providing care. I analyzed their narratives using the Trajectory Equifinality Modeling. The results were as follows: To begin, the daughters-in-law felt it their natural duty, after marriage, to take care of their parents-in-law, so they undertook their care role. Next, familial bonds and gratitude to their parents-in-law enabled them to accept and empathize with aging and symptoms of disease experienced by their parents-in-law. Furthermore, happiness in their relationships with their parents-in-law helped them feel positive about nursing care and brought them satisfaction. Additionally, they coped with difficulties using objective understanding and tolerance. Finally, strain in the women's relationships with their parents-in-law contributed to their mental fatigue. These findings revealed that daughter-in-law caregivers worked with positivity while providing nursing care by finding value in good and close relationships with their parents-in-law and achieved a sense of self-growth through caregiving.

**Key Words:** daughter-in-law caregivers, adaptation, qualitative study, Trajectory Equifinality Modeling

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