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The Impact of Grandparenthood on Quality of Life: Insights from Grandparents in a southeastern Spanish province

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Background: The 21st-century family model in Europe, particularly in Spain, has undergone significant transformations. This evolution has resulted in a prominent role for grandparents in the care of their grandchildren. To fulfill this role effectively, grandparents must adapt to new responsibilities and relationships, impacting their daily routines, family dynamics, and ultimately, their overall quality of life.

Objective: This study aimed to investigate the lived experiences of grandparents involved in the upbringing and care of their grandchildren, with a specific focus on how this involvement affects their quality of life.

Methodology: Employing a descriptive qualitative approach, data was collected through two focus groups conducted in two health centers within the province of Alicante, Spain. Nineteen grandparents participated in these discussions.

Thematic analysis was utilized to interpret the collected data.

Conclusion: The findings of this study demonstrate that while grandparents acknowledge the value and rewards of providing regular childcare, they also encounter significant challenges in this role. Recognizing the experiences and perspectives of grandparent caregivers is crucial for healthcare professionals in developing inclusive policies and support systems for this growing population.

Biography

Carmen Rocamora Rodríguez is an Assistant Professor in Nursing at the University of Alicante and a member of the PCC_HOI research team. As a nurse and psychologist, her work focuses on palliative care, end-of-life care, and bereavement. Her 2019 doctoral thesis examined death anxiety's impact on communication skills in palliative care. She has also contributed to oncology research, including drug monitoring and pharmacokinetics in leukemia patients. In addition to research, she supervises student theses and holds teaching and administrative roles at the university.