

Today, China is entering an aging society, care for elderly people is becoming a big problem. Currently, nursing care for elderly people depends on their own spouse and children. So far, many previous studies have shown that family care for the elderly greatly affects the health condition of the caregiver himself / herself. Therefore, in this paper, we examined how elderly care care affects the psychological / mental health condition and physical health condition of caregivers. The data used in this paper are data for two years (wave 1) and 2013 (wave 2) of "Chinese Health and Retirement Longitudinal Study (CHARLS)" conducted by Peking University . With respect to the explanatory variable of the family caregiver in 2013, regarding the health condition of the family caregiver and the explanatory variable, taking the 1st term lag, whether or not there is nursing care in 2011 and personal attributes (age, sex, marriage, work, annual income, etc.) We analyzed about 7000 people. Mental health score was used as a surrogate variable of psychological / mental health, and the number of chronic diseases was used as a surrogate variable of physical health. In order to control endogenesis, "parent's health condition" and "number of brothers and sisters" were input to the model as manipulated variables, and estimation was made by the two-step least squares method. As the main estimation result, firstly, it was found that psychological / mental health of family caregivers tends to deteriorate by care for the elderly. Especially, men are more influential than women, and it turns out that nursing care has a statistically significant negative influence on male mental health. Secondly, with regard to physical health, it was found that elderly care has a tendency to increase the number of chronic diseases of family caregivers. In addition, a statistically significant correlation was confirmed between socioeconomic attributes (household income, individual annual income, employment, educational background, etc.) and the mental health score of family caregivers and the number of chronic diseases.