



## PSYCHOLOGICAL WELL-BEING AMONG CANCER PATIENTS IN RELATION TO STAGES OF CANCER

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**ABSTRACT:** The purpose of the present study is to find out the difference in the Psychological Well-being among Cancer patients in relation to Cancer stages in Gujarat State. The sample consisted of 360 patients. Out of which 180 were Initial Stage patients and 180 were Last Stage patients. For this purpose of study Psychological well-being Scale” (2005) by D.S. Sisodhiya and Pooja Chaudhary was used. The obtained data was analyzed through t-test to know the mean difference between Initial Stage patients and Last Stage patients. The results show that there is a significant difference between the mean score of Initial Stage patients and Last Stage patients of Cancer in relation to the Satisfaction, Efficiency, and Mental Health. And there is no significant difference between the mean score of Initial Stage patients and Last Stage patients of Cancer in relation to the Sociability and Interpersonal Relations.

Key words: Well-being, Cancer, Last stage, Initial Stage, Patients.

**INTRODUCTION:** Well-being is one of the most important goals which individuals as well as societies strive for. The term denotes that something is in a good state. It doesn't specify what the 'something' is and that is meant by 'good'. Well-being can be specified in two ways; first by the specifying the 'what' and secondly by spelling out the criteria of wellness.

Well-being is the subjective feeling of contentment, happiness, satisfaction with life's experiences and of one's role in the world of work, sense of achievement, utility, belongingness and no distress, dissatisfaction or worry, etc. These things are difficult to evaluate objectively, hence the emphasis is on the term 'subjective' well-being. It may well be maintained in adverse circumstances and conversely, may be lost in favorable situation. It is related to but not upon the physical/psychological conditions.

Thus defined and conceptualized, the general well-being may show some degree of positive correlation with quality of life, satisfaction level, sense of achievement etc. and negatively related with neuroticism, psychoticism and such variables. However, the degree of overlap with such variables should not be high if this concept a separate independent entity is to be considered as a valid one. Also, it should show relative stability over time (reasonable time gap without any significant life events intervening). Its utility will depend upon these relationships/ a network of relationship with other variables.

According to Diener and Smith (1999), Psychological or subjective well-being as a broad construct, encompassing four specific and distinct components including (a) pleasant or positive well-being (e.g. joy, elation, happiness, mental health), (b) unpleasant affect or psychological distress (e.g. guilt, shame, sadness, anxiety, worry,

anger, stress, depression), (c) life satisfaction (a global evaluation of one's life) and (d) domain or situation satisfaction (e.g. work, family, leisure, health, finance, self).

The term Well-being cannot a wide range of meanings, usually associated with wellness. Most studies in the past defined 'well nesses as not sick, as an absence of anxiety, depression or other forms of mental problems. The Well-being includes meaning in life, absence of somatic symptoms, self-esteem, positive effect, daily activities, satisfaction, absence of suicidal ideas, personal control, social support, absence of tension and general efficiency (Bhogle and Prakash, 1995).

The Indian perspective identifies four aspects, viz. the five elements, the person or Jeeva, the life or Ayu and the health or Arogya. Well-being as per Indian perspective related to well-being or physical, psychological and spiritual planes. The Indian approach to well-being refers to Maitri, Karuna, Mudita and Upeksha meaning Relatedness, compassion, pleasant disposition and avoidance of conflict. In other word well-being refers to uniting self with self by negating the ego. This is turn indicates that well-being is a combination of survival, well-being freedom and identity. The purpose of this study was to measure the Psychological well-being among Cancer patients in relation to Cancer stages.

#### **OBJECTIVES:**

- (1) The purpose of the present study is to find out the difference related to the Satisfaction among Cancer patients in relation to their Cancer stages.
- (2) The purpose of the present study is to find out the difference related to the Efficiency among Cancer patients in relation to their Cancer stages.
- (3) The purpose of the present study is to find out the difference related to the Sociability among Cancer patients in relation to their Cancer stages.
- (4) The purpose of the present study is to find out the difference related to the Mental Health among Cancer patients in relation to their Cancer stages.
- (5) The purpose of the present study is to find out the difference related to the Interpersonal Relations among Cancer patients in relation to their Cancer stages.

#### **HYPOTHESIS:**

- (1) There is no significant difference between the mean score of the Satisfaction among Cancer patients in relation to their Cancer stages.
- (2) There is no significant difference between the mean score of the Efficiency among Cancer patients in relation to their Cancer stages.
- (3) There is no significant difference between the mean score of the Sociability among Cancer patients in relation to their Cancer stages.
- (4) There is no significant difference between the mean score of the Mental Health among Cancer patients in relation to their Cancer stages.
- (5) There is no significant difference between the mean score of the Interpersonal Relations among Cancer patients in relation to their Cancer stages.

#### **METHOD:**

(A) **SAMPLE:** In present study sample will be selected randomly. Research will take 180 Initial Stage patients and 180 Last Stage patients of Cancer in Gujarat State. So total 360 samples were selected for this study. Approximately 400 samples were

selected in each category for the research study. After disposing off incomplete and unclear details total of 360 samples were selected for this study.

**(B) TOOL:** In the present study to measure the Psychological Well-being among Cancer patients, researcher was used “ Psychological well-being Scale” (2005) by D.S. Sisodhiya and Pooja Chaudhary. The scale was developed by using likert technique. Suggestions were invited from the experts from different fields such as psychology, sociology, human development, family relations and psychiatry. The final form of scale was thus prepared comprising of 50 statements with a view to measures several aspects of well-being like satisfaction, Efficiency, Sociability, Mental Health and Interpersonal Relations. This scale is considered likely to be useful in a variety of research and applied settings such as a quality of life index, a mental health status appraisal and a measure of psychotherapy outcome evaluation and a social indicator of measuring population changes in sense of well-being over time. The reliability of the scale was determined by (a) test-retest method and (b) internal consistency method. The test-retest reliability was 0.87 and the consistency value for the scale is 0.90. and Validity of Psychological Well-being scale is 0.94.

**STATISTICAL STRATEGY:**

‘ t ’ test was applied to know the significant differences between Satisfaction, Efficiency, Sociability, Mental Health and Interpersonal Relations levels of Initial Stage patients and Last Stage patients of Cancer.

**RESULT AND DISCUSSION:**

**Table : 1: Mean, S.D. and ‘ t ’ value of the Satisfaction of Initial Stage patients and Last Stage patients**

GROUP	N	MEAN	S.D.	‘ t ’ Value	Level of sig.
Initial Stage	180	28.59	13.89	3.19	0.01
Last Stage	180	24.73	8.37		

The above table shows the Satisfaction level of Initial Stage patients and Last Stage patients for Initial Stage patients mean is 28.59 for Last Stage patients mean is 24.73 and S.D. is 13.89 and 8.37 for both group ‘ t ’ level value is 3.19 which is significant at 0.01 level of significant. It means Initial Stage patients have more Satisfaction in comparison of Last Stage patients and the hypothesis, “ There is no significant difference between the mean score of the Satisfaction among Cancer patients in relation to their Cancer stages” is Rejected.

**Table : 2: Mean, S.D. and ‘ t ’ value of the Efficiency of Initial Stage patients and Last Stage patients**

GROUP	N	MEAN	S.D.	‘ t ’ Value	Level of sig.
Initial Stage	180	71.21	13.91	2.33	0.05
Last Stage	180	67.96	12.57		

The above table shows the Efficiency level of Initial Stage patients and Last Stage patients for Initial Stage patients mean is 71.21 for Last Stage patients mean is 67.96 and S.D. is 13.91 and 12.57 for both group ‘ t ’ level value is 2.33 which is significant at 0.05 level of significant. It means Initial Stage patients have more Efficiency in comparison of Last Stage patients and the hypothesis, “ There is no

significant difference between the mean score of the Efficiency among Cancer patients in relation to their Cancer stages” is Rejected.

**Table : 3: Mean, S.D. and ‘ t’ value of the Sociability of Initial Stage patients and Last Stage patients**

GROUP	N	MEAN	S.D.	‘ t’ Value	Level of sig.
Initial Stage	180	67.71	6.48	1.23	NS
Last Stage	180	68.53	6.08		

The above table shows the Sociability level of Initial Stage patients and Last Stage patients for Initial Stage patients mean is 67.71 for Last Stage patients mean is 68.53 and S.D. is 6.48 and 6.08 for both group ‘ t’ level value is 1.23 which is not significant. It means Initial Stage patients and Last Stage patients are not significantly different with each other in relation to the Sociability and the hypothesis, “ There is no significant difference between the mean score of the Sociability among Cancer patients in relation to their Cancer stages” is accepted.

**Table : 4: Mean, S.D. and ‘ t’ value of the Mental Health of Initial Stage patients and Last Stage patients**

GROUP	N	MEAN	S.D.	‘ t’ Value	Level of sig.
Initial Stage	180	68.37	7.25	5.86	0.01
Last Stage	180	73.03	7.84		

The above table shows the Mental Health level of Initial Stage patients and Last Stage patients for Initial Stage patients mean is 68.37 for Last Stage patients mean is 73.03 and S.D. is 7.25 and 7.84 for both group ‘ t’ level value is 5.86 which is significant at 0.01 level of significant. It means Last Stage patients have good Mental Health in comparison of Initial Stage patients and the hypothesis, “ There is no significant difference between the mean score of the Mental Health among Cancer patients in relation to their Cancer stages” is Rejected.

**Table : 5: Mean, S.D. and ‘ t’ value of the Interpersonal Relations of Initial Stage patients and Last Stage patients**

GROUP	N	MEAN	S.D.	‘ t’ Value	Level of sig.
Initial Stage	180	27.26	13.85	0.97	NS
Last Stage	180	26.07	8.82		

The above table shows the Interpersonal Relations level of Initial Stage patients and Last Stage patients for Initial Stage patients mean is 27.26 for Last Stage patients mean is 26.07 and S.D. is 13.85 and 8.82 for both group ‘ t’ level value is 0.97 which is not significant. It means Initial Stage patients and Last Stage patients are not significantly different with each other in relation to the Interpersonal Relations and the hypothesis, “ There is no significant difference between the mean score of the Interpersonal Relations among Cancer patients in relation to their Cancer stages” is accepted

**CONCLUSION:**

- (1) There was a significant difference between the mean score of the Satisfaction among Cancer patients in relation to their Cancer stages.

- (2) There was a significant difference between the mean score of the Efficiency among Cancer patients in relation to their Cancer stages.
- (3) There was no significant difference between the mean score of the Sociability among Cancer patients in relation to their Cancer stages.
- (4) There was a significant difference between the mean score of the Mental Health among Cancer patients in relation to their Cancer stages.
- (5) There was no significant difference between the mean score of the Interpersonal Relations among Cancer patients in relation to their Cancer stages.

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