



## PSYCHOLOGICAL WELL-BEING OF CANCER PATIENTS

### ABSTRACT:

*The aim of the study was to examine the effect of Psychological well-being of Cancer patients. The population of the study comprised 200 Cancer patients out of which there were 100 Male Cancer patients and 100 Female Cancer patients in Ahmedabad city. For the purpose of this investigation "Psychological Well-being Scale" D.S. Sisodhiya and Pooja Chaudhary was used. The reliability of this scale is 0.87 and Validity is 0.94. The obtained data was analyzed through 't' test to know the mean difference between Cancer patients. The results show that there is no significant difference in Male Cancer patients and Female Cancer patients in relation to Satisfaction, there is a significant difference in Male Cancer patients and Female Cancer patients in relation to Efficiency, there is a significant difference in Male Cancer patients and Female Cancer patients in relation to Sociability, there is no significant difference in Male Cancer patients and Female Cancer patients in relation to Mental Health and there is a significant difference in Male Cancer patients and Female Cancer patients in relation to Interpersonal relationship.*

### 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.

Psychological 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 psychological 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 psychological well-being includes meaning in life, absence of somatic symptoms, self-esteem, positive affect, daily activities, satisfaction, absence of suicidal ideas, personal control, social support, absence of tension and general efficiency.

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 in 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 of Cancer patients.

### **OBJECTIVES:**

- The purpose of the present investigation was the difference related to the Satisfaction of Male Cancer patients and Female Cancer patients.
- The purpose of the present investigation was the difference related to the Efficiency of Male Cancer patients and Female Cancer patients.
- The purpose of the present investigation was the difference related to the Sociability of Male Cancer patients and Female Cancer patients.
- The purpose of the present investigation was the difference related to the Mental Health of Male Cancer patients and Female Cancer patients.
- The purpose of the present investigation was the difference related to the Interpersonal relations of Male Cancer patients and Female Cancer patients.

### **HYPOTHESIS:**

- (1) There is no significant mean difference between Male Cancer patients and Female Cancer patients in relation to the Satisfaction.
- (2) There is no significant mean difference between Male Cancer patients and Female Cancer patients in relation to the Efficiency.
- (3) There is no significant mean difference between Male Cancer patients and Female Cancer patients in relation to the Sociability.
- (4) There is no significant mean difference between Male Cancer patients and Female Cancer patients in relation to the Mental Health.
- (5) There is no significant mean difference between Male Cancer patients and Female Cancer patients in relation to the Interpersonal relations.

### **METHOD:**

**(A) SAMPLE:** The sample of the present study consisted of 200 Cancer patients out of which 100 were Male Cancer patients and 100 were Female Cancer patients in Ahmedabad city.

**(B) TOOL:** In the present study to measure the Psychological well-being of the Cancer patients, "Psychological well-being Scale" by D.S. Sisodhiya and Pooja Chaudhary was used. The reliability of this scale is 0.87 and Validity is 0.94.

**STATISTICAL STRATEGY:**

't' test was applied to know the significant differences between the Psychological well-being of the Cancer patients.

**RESULT AND DISCUSSION:**

Table: 1: Mean, S.D. and 't' value of Male Cancer patients and Female Cancer patients in relation to Satisfaction

Group	N	Mean	S.D.	't' Value	Level of sign.
Male Cancer patients	100	70.367	8.43	1.27	NS
Female Cancer patients	100	72.317	8.32		

**Table no. I** show the Satisfaction level of Male Cancer patients and Female Cancer patients. For Male Cancer patients the mean is 70.367 and For Female Cancer patients the mean is 72.317 and S.D. is 8.43 and 8.32. For both groups 't' level value is 1.27 which is not significant. The results show that there is no significant difference in the Satisfaction of Male Cancer patients and Female Cancer patients.

Table: 2: Mean, S.D. and 't' value of Male Cancer patients and Female Cancer patients in relation to Efficiency

Group	N	Mean	S.D.	't' Value	Level of sign.
Male Cancer patients	100	67.800	9.31	5.1	0.01
Female Cancer patients	100	74.883	5.52		

**Table no. II** show the Efficiency of Male Cancer patients and Female Cancer patients. For Male Cancer patients the mean is 67.800 and For Female Cancer patients the mean is 74.883 and S.D. is 9.31 and 5.52. For both groups 't' level value is 5.1 which is significant at 0.01 level. The results show that there is a significant difference in the Efficiency of Male Cancer patients and Female Cancer patients.

Table: 3: Mean, S.D. and 't' value of Male Cancer patients and Female Cancer patients in relation to Sociability

Group	N	Mean	S.D.	't' Value	Level of sign.
Male Cancer patients	100	76.243	8.43	2.43	0.05
Female Cancer patients	100	68.421	7.63		

**Table no. III** show the Satisfaction level of Male Cancer patients and Female Cancer patients. For Male Cancer patients the mean is 76.243 and For Female Cancer patients the mean is 68.421 and S.D. is 8.43 and 7.63. For both groups 't' level value is 2.43 which is significant at 0.05 levels. The results show that there is a significant difference in the Sociability of Male Cancer patients and Female Cancer patients.

Table: 4: Mean, S.D. and 't' value of Male Cancer patients and Female Cancer patients in relation to Mental Health

Group	N	Mean	S.D.	't' Value	Level of sign.
Male Cancer patients	100	66.252	7.38	1.35	NS
Female Cancer patients	100	68.360	6.45		

**Table no. IV** shows the Mental Health of Male Cancer patients and Female Cancer patients. For Male Cancer patients the mean is 66.252 and For Female Cancer patients the mean is 68.360 and S.D. is 7.38 and 6.45. For both groups't' level value is 1.35 which is not significant. The results show that there is no significant difference in the Mental Health of Male Cancer patients and Female Cancer patients.

Table: 5: Mean, S.D. and't' value of Male Cancer patients and Female Cancer patients in relation to Interpersonal relations

Group	N	Mean	S.D.	't' Value	Level of sign.
Male Cancer patients	100	69.810	7.29	4.72	0.01
Female Cancer patients	100	76.893	5.48		

**Table no. IV** shows the Interpersonal relations of Male Cancer patients and Female Cancer patients. For Male Cancer patients the mean is 69.810 and For Female Cancer patients the mean is 76.893 and S.D. is 7.29 and 5.48. For both groups't' level value is 4.72 which is significant at 0.01 level. The results show that there is a significant difference in the Interpersonal relations of Male Cancer patients and Female Cancer patients.

#### CONCLUSION:

- I. There is no significant difference in Male Cancer patients and Female Cancer patients in relation to Satisfaction.
- II. There is a significant difference in Male Cancer patients and Female Cancer patients in relation to Efficiency.
- III. There is a significant difference in Male Cancer patients and Female Cancer patients in relation to Sociability.
- IV. There is no significant difference in Male Cancer patients and Female Cancer patients in relation to Mental Health.
- V. There is a significant difference in Male Cancer patients and Female Cancer patients in relation to Interpersonal relationship.

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