

Death Anxiety and Wellness of Cancer Patients

Dr. GAURAV PANT

Assistant Professor

Department of Physical Education

B.V.D.U. Pune, M.H., India

Dr. MAHESH SINGH DHAPOLA

Assistant Professor

Department of Physical Education

Gurughasidas Vishwavidyalaya, Bilaspur, (C.G.), India

Abstract:

The purpose of the study was to find out the “Death anxiety and Wellness of cancer patients Sixty cancer patients from integrated cancer treatment & research centre, Pune (n= 60) was selected randomly for this study. There was no age bar. Simple random sampling method was employ for the selection of subject from Integrated Cancer Treatment & Research Centre, Pune. The subjects (n= 60) cancer patients and there were no age bar. To measure “Death anxiety Upinder Dhar, Savita Mehta and Santosh Dhar, “Death Anxiety Scale”, questionnaire was used. To measure health and wellness Raymond W Smith, “Holistic health and Wellness Survey”, questionnaire was used in this study.

The descriptive analysis of data was used in the study. The data obtained from the given responses in the questionnaire rated according to the key and data was analyzed by percentage method was employed for the study. The data reveals that Death anxiety among the cancer patients was normal in Pune area. There was fair level of wellness among the cancer patients in Pune area. It was also observed that there was highly support given them by their family well wishers and it was also observed that there was good medical assistance given to cancer patients of Pune area by doctors and other medical staff.

Key words: Death, Anxiety and Cancer

Introduction

The origin of the word cancer is credited to the Greek physician Hippocrates (460-370 B.C.), considered the "Father of Medicine." Hippocrates used the terms "carcinoma" and "carcinoma" to describe non-ulcer forming and ulcer-forming tumors. In Greek these words refer to a crab, likely applied to the disease because the finger like spreading projections from a cancer called to mind the shape of a crab. Carcinoma is the most common type of cancer¹.

A thickening or lump in any part of the body, Noticeable changes in a wart or mole, a sore that does not heal, a nagging cough or hoarseness, Changes in bowel or bladder habits, Indigestion or difficulty swallowing, Unexplained changes in weight, Unusual bleeding or discharge. Not all of these symptoms are caused by cancer. They can also be caused by infections, benign tumors, or other problems. Only a doctor can make a cancer diagnosis. Anyone with these symptoms should not wait to feel pain before seeing a doctor because cancer doesn't normally cause pain in its early stages.²

Cancer is one of the main public health problems in the world. Diagnosis and treatment are major challenge for our society.

Cancer is the illness that afflicts the number of people, from all backgrounds and is feared individual and alike. Diagnosis with cancer may become depress and fearful dying. This causes them to question and treatment and sometimes avoid treatment altogether. Cancer may change the person's life and lives of other around them. Death depression and death anxiety are universal feeling and should not be neglected. The study is explored the survey death anxiety and wellness among the cancer patients. After that, the result of study suggest that

¹http://www3.cancer.org/cancerinfo/print_cont.asp?ct=1&doc=3&language=english

² Anonymous, "The complete history", May 4 ,2007.

health care provider should spend time with is patients discussing feeling with no boundaries and try to understand the patients feeling, and involve them in decision making and would help to improve patients quality of life.

Methodology

Sample selection

Sixty cancer patients from integrated cancer treatment & research centre, Pune (n= 60) was selected randomly for this study. There were no age bar. Simple random sampling method was employ for the selection of subject from Integrated Cancer Treatment & Research Centre, Pune. The subjects (n= 60) cancer patients and there were no age bar.

Variables used for Study

The following death anxiety and wellness variables were used for the study.

- Death anxiety.
- Wellness

Inclusion criteria

- Integrated Cancer Treatment & Research Centre will be selected for the present study.
- A total no. of 60 cancer patients will be included in the present study.
- The cancer care centre will be selected from Pune City only.
- Early stage cancer patients will be included in the present study.

Objectives of the Study

The research work was carried out with the following objectives:

- To find out the death anxiety of cancer patients in Pune area.
- To find out the wellness of cancer patients in Pune area.

Hypothesis

On the basis of literature, discussion with experts and the researcher own understanding it was hypothesized that

- There will be high level death anxiety among cancer patients in Pune area.
- There will be high level wellness among cancer patients in Pune area.

Selection & Administration of The Questionnaire

To measure **Death** anxiety and Wellness of cancer patients, for this Upinder Dhar, Savita Mehta and Santosh Dhar, “Death Anxiety Scale”, questionnaire was used. There are 10 questions in this questionnaire. This category consists of ten questions in it. To measure health and wellness Raymond W Smith, “Holistic health and Wellness Survey”, questionnaire was used in this study. There are 75 questions in this questionnaire. There are 75 items on three areas of adjustment (body, mind and spirit) in this questionnaire.

Statistical Analysis

The descriptive analysis of data was used in the study. The data obtained from the given responses in the questionnaire rated according to the key and data was analyzed by percentage method was employed for the study.

Result and Discussion of Findings

Findings

The data were collected from 60 cancer patients. The result of the study was divided into the following sections.

- Sections one – Death anxiety.

- Sections two - Wellness.

These two sections are shown in the following tables and graphs:

Table – I Survey of Death Anxiety in Cancer Patients

Death Anxiety			
Total	Normal	High	Low
60	38	2	20
Percentage	63.33 %	3.33 %	33.33 %

According to the norms if the score falls 3.80 – 7.04 it means the death anxiety shows normal, if the score falls 7.05 and above it means the death anxiety shows high and if the score falls 3.79 and below it means the death anxiety shows low.

It is revealed from table – 4 that 63.33 % cancer patients death anxiety level was normal in Pune, 3.33 % cancer patients death anxiety level was high in pune and 33.33 % cancer patients death anxiety level was low. So maximum level of death anxiety of cancer patients in Pune city was found to be normal whereas high (3.33 %) and low (33.33%).

The percentage of the death anxiety was graphical represented in fig.-1.

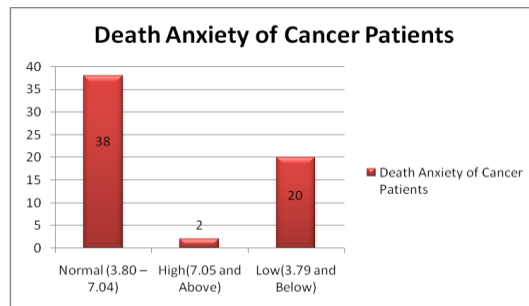


Fig. 1 Graphical Representation of Death Anxiety in Cancer Patients.

Table – 2: Survey of Wellness in Cancer Patients

Wellness							
Total	Optimal	Excellent	Good	Fair	Below average	Poor	Extremely unhealthy
60	1	1	21	33	4	0	0
Percentage	1.66 %	1.67 %	35 %	55 %	6.67 %	0 %	0 %

According to the norms if the score falls 325 – 375 it means the wellness shows Optimal, If the score falls 275 – 324 it means the wellness shows excellent, if the score falls 225 – 274 it means the wellness shows good, if the score falls 175 – 224 it means the wellness shows fair, if the score falls 125 – 174 it means the wellness shows below average, if the score falls 75 – 124 it means the wellness shows poor and if score falls 0 – 75 it means the wellness shows extremely unhealthy.

It is revealed from table – 5 that 1.66 % cancer patients wellness level was optimal in Pune, 1.67 % cancer patients wellness level was excellent in Pune, 35 % cancer patients wellness level was good in Pune, 55 % cancer patients wellness level was fair in Pune, 6.67 % cancer patients wellness level was below average in Pune, 0 % cancer patients wellness level was poor in Pune and 0 % cancer patients wellness level was extremely unhealthy in Pune.

So the present status of wellness of cancer patients in Pune city was fair overall three categories (body, mind and spirit).

The percentage of the wellness was graphical represented in fig.-2.

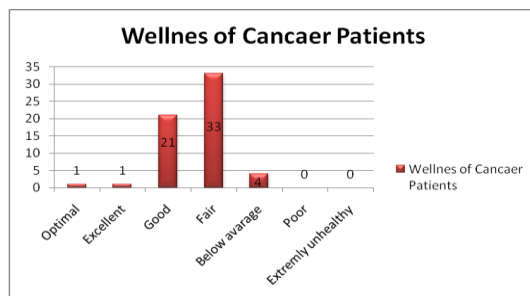


Fig. 2 Graphical Representation of Wellness in Cancer Patients.

Discussion of findings

From the findings of table – I it is clearly understood that death anxiety of cancer patients in Pune are comparative normal.

From the findings of table – II it is clearly that present status of wellness of cancer patients in Pune are comparative fair.

The normal majority of death anxiety might be due to –

1. Their death anxiety level was founded 63.33 %.
2. Majority of cancer patients had normal percent score 63.33 %, high percent score was 3.33 % and low percent score was 33.33 % of death anxiety in Pune.
3. The certain cancer patients in majority have proper knowledge about death anxiety.
4. They might have knowledge about death and anxiety forms under cancer.
5. They are victims of cancer and know the bad results of it.
6. Cancer patients are worried about death.
7. Cancer patients behaviour was very good towards
8. Cancer patient's nature was introvert.
9. Without hesitating they share their feeling (physical, mental, emotional and social) experience about cancer.

The fair majority of wellness might be due to –

1. Their wellness level was founded 55 %.
2. Majority of cancer patients had optimal percent score was 1.66 %, excellent percent score was 1.67 %, good percent score was 33 %, fair percent score was 55 %, below average percent score was 6.67 %, poor percent score was 0 % and extremely unhealthy was 0%.
3. There was certain cancer patients in majority have full knowledge about wellness.
4. There was awareness of wellness.

5. There was maintaining life style (diet, eating food, water).

Discussion of Hypothesis

In the beginning of the study it was hypothesized that cancer patients level of death anxiety and wellness would be high. But, after completing this research the researcher with the help of statistics came out and conclusion that death anxiety level of cancer patients was normal and level of wellness was fair. Hence the hypothesis stated earlier is rejected.

Conclusion

On the basis of findings, the following conclusions had been drawing:

1. Death anxiety among the cancer patients was normal in Pune area.
2. There was fair level of wellness among the cancer patients in Pune area.
3. It was also observed that there was highly support given them by their family well wishers.
4. It was also observed that there was good medical assistance given to cancer patients of Pune area by doctors and other medical staff.

Recommendations

Based on the conclusion of the study the following recommendations are made:

1. Similar study can be conducted on different type cancer.
2. Similar study can be conducted on knowing about cancer patients life style.
3. Similar study can be conducted on different age and sex groups.

4. Similar study can be conducted on different areas of Pune.
5. Organized cancer treatment and research of cancer centre should be developed.
6. Similar study can be conducted in other state.
7. It also suggested that further studies may be undertaken to assess of the cancer patients in various cancer treatment and research centre.

REFERENCES

¹http://www3.cancer.org/cancerinfo/print_cont.asp?ct=1&doc=3&language=english

²http://www3.cancer.org/cancerinfo/print_cont.asp?ct=1&doc=3&language=english

³Jules Bordet, "The History of Cancer", Accessed at www.bordet.be/en/presentation/history/cancer_e/cancer1.htm on June 8, 2012.

⁴Jessica Evert, 2010, "Overview: Introduction to Cancer", edited by Benjamin McDonald, http://www.mentalhelp.net/poc/view_doc.php?type=doc&id=5192&cn=26.

⁵Jessica Evert, 2010, "Overview: Introduction to Cancer", edited by Benjamin McDonald, http://www.mentalhelp.net/poc/view_doc.php?type=doc&id=5192&cn=26.

⁶ Anonymous, "The complete history", May 4 2007.

⁷Institut Jules Bordet, "The History of Cancer", Accessed at www.bordet.be/en/presentation/history/cancer_e/cancer1.htm on June 8, 2012.

⁸Imran Ali, "Cancer Scenario in India with Future Perspectives." Department of Chemistry, Jamia Millia Islamia (Central University), published: 1 November 2011, p – 35 -45.