

Effect on mental health of heart attack patients

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ABSTRACT

The present study is conducted to find out effect on mental health of the first Heart attack patient and second Heart attack patient. Data were collected from patients of Bhavnagar city HCG Hospital. Mental health questionnaire were used for data collection. Samples were selected randomly. Total 60 respondents selected. Among 30 respondent first attack and 30 respondents was second. Row data were interpreted by statistical t test. Obtained t value is 2.00.

Keywords: *Mental health, Heart Attack*

The research presented aims to conclude that a person's heart is irritated. What are the factors that prevent him from suffering a heart attack? So how does mental injury play a part in this injury? We know that man is full of fire. The more controlled and systematic the impulses we are, the more we are in them. But if there is any ups and downs, that decision will affect our heart. That is why mental health can be said to be the mainstay of life. The main purpose of mental health is to keep the individual physically, socially and spiritually healthy. Mental health plays an important part in keeping the heart healthy. Mental health together provides a healthy and healthy life. But if mental health problems arise, then absolutely will lose our health. Especially the heart will be more stressed. In addition, they suffer from serious illness like heart attack, coronary disorder. So this research will only attempt to know what mental health will play in keeping the heart healthy.

What is Mental Health?

According to the World Health Organization, "health is a state of complete physical, mental, and social well-being, not just a lack of disease or disability." Health is multidimensional, and the definition given by the World Health Organization emphasizes three major dimensions of health. Physical health, mental health, and social health. An important part of health is mental health. Mental health needs to be between internal factors and external environment.

Mental health is the merits of any human being; According to the World Health Organization, mental health can be described as the ability by which people build well-formed relationships and participate in the transformation of social, physical or spiritual clothing. Contributes creatively.

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It is written in the context of the UNESCO United Nations Education Scientific and Cultural Organization that questions arise from the brain of human beings and that the means for peace should also arise from the brain. According to the UNESCO Letter, without any discrimination justice, the law seeks to develop and promote international cooperation and cooperation through education, science and culture to achieve human rights and free liberty.

Mental health criteria

A true incident is hidden behind the onset of mental health. In the year 1900, a fifteen-year-old Bears man from Filford wrote a book titled "A mind That fauns is self" about how he was treated at a mental hospital for 3 years for suicidal suicide due to mental retardation. After writing this book, the movement to deal with mental illnesses began with humanity.

A mentally healthy person has a true knowledge of the strengths, characteristics, and limitations. Have a true picture of themselves. The expectations of being able to do everything do not go unnoticed; such people balance the home, society, business, etc., and constantly try to bridge the gap between their ideals and achievements through creative efforts.

Mentally healthy men are witty confident and contented. They have a high degree of personal adjustment, which is reflected in competition in business situations, with others.

What is a heart attack?

Our heart acts as a pump. To the right of the heart is carbon-oxide-rich unclean blood. On the left, both types of pure blood containing oxygen are not mutually exclusive. Because there is a septa wall between the two parts. Blood flow is always in the same direction, from the atrium to the ventricle. This is possible due to the openings of the arteries and veins of the heart and the valves between the atrium and the ventricle. Pumping is the rhythmic contraction and spread of the heart's strong muscles and the contraction of the muscle is achieved by the energy produced in the heart's aorta. The whole system of operation for the purpose of transmitting this electrical order or message is also present in the heart.

Any compromise or malfunction in any of the above arrangements makes the heart sick and its efficiency is affected somehow. Why a heart attack can be prevented and what treatment is available if a heart attack is present and what precautions are needed.

Heart disease

In this illness the heartbeat becomes very bright or slow. Or, sometimes, the heart is forgotten. Or the rhythm of the beat is compromised. It is likely that the heart's energy is caused by a malfunction in the atrium ventricular node or an obstruction in the conduction of electrical signals in the sinus node or the ventricular subsystem.

An electrical signal that controls the heartbeat, if not produced or obstructs its circulation. Then the heart muscle stops functioning. As a result, the dead are disposed of. This condition is called heart blockage. This type of condition often arises after a severe heart attack. If drugs do not calm the disease, then a small electronic machine, called a pace maker, is performed on the heart by surgical operation. Installation becomes necessary. This mechanism helps to restrict and restrain heart rate control.

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What is a heart disease?

There is a serious heart attack that comes from hearing the name of the heart disease. 40% of all deaths are due to heart disease. Until the 20th century, this was not considered to be a serious cause. In the beginning people were infected with infectious diseases. And heart disease was not seen in those patients. But in modernization, the disease is moving very sharply. Over 1.5 million new patients are diagnosed with heart disease every year in the United States. About 50,000 deaths from the age of 75 are recorded each year. Which is caused by heart disease. (American Heart Association 2001). In particular, the disease is a chronic disease. Recent research shows that 37% of total morbidity is attributed to heart disease in the United States. (Howard and others, 2005) The disease is the leading cause of death in both developing and developing countries (Leader and others, 2004).

The blood supply to the heart becomes narrower, causing the heart to not get enough oxygen or nutrients, which is called atherosclerosis. This is due to the frequent shortages of oxygen and nutrients found in the heart, which we call chest pains. When the pain becomes severe, it results in a heart attack. Dr. Banners (Medical College Georgia Physiologist March 2005) very well stated that our body's blood vessels are not as rigid as that of a steel pipe. Its contraction and diffusion should occur as the body needs. If this procedure is not done properly, the chances of heart disease are increased.

The history of heart disease is family. If a parent has heart disease, his children are more likely to have heart disease. This is called a genetic predisposition. At the beginning of life, it can be awkward and the way to live a rewarding life becomes intense. Risk factors for heart disease include diabetes, high blood pressure, cigarettes, smoking, stagnation, etc. (Amerin Heart Association, 2000).

The role of mood disorders in heart disease

Plays a very serious role for psychiatric heart disease. Intense moods and taboo emotions and accidental activities develop heart disease (Brady, 1993). Heart disease is most common in individuals whose socioeconomic status is very low. In particular, heart disease develops at a young age and the chances of recurrence in patients with low social status are very dim.

Heart disease is the gift of modernization and industrialization. Professional morale is especially related to this. When a person has a high demand for work and the person has control of it, the person is more likely to be a particular victim of heart disease. The risk of heart disease is increased if the person has to work for a Pune.

On the social side, where there is no stable social environment, people are also linked to higher rates of heart disease in urban and industrial areas.

Hypothesis

'There will be no difference in mental health of patients with first heart attack and second heart attack'.

Objectives

1. To study first and second seizures in heart disease patients
2. To know the mental health of a patient with a second attack.

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Variables

1) Independent Variable

- Patient suffering from first heart attack
- Patient suffering from second heart attack

Information gathering tools

Questionnaire for Mental Health Retired Chairperson of Psychology Department of Saurashtra University and Prof. Dr.DJ Bhatt and Co. Mis. Gida-certified (1992) questionnaire will be used.

The questionnaire presented has 40 statements to check if the respondent agrees with it. Giving a '2' score to any statement that the respondent agrees with, and a disagreement with which he or she disagrees, gives him a total score.

The reliability of the mental health questionnaire can be obtained in three ways.

- 1) Spearman Brown semi-dissection method
- 2) Test re-tests method

The accuracy of the mental health questionnaire

The accuracy is 0.63, so it can be said that it is true enough for a mental health questionnaire.

Select the statistical method

After selecting a formula t test based on a small group that is a large relative group or unrelated, then the raw data i.e. receipts received from the respondents according to the formula will be calculated and evaluated by 't' test.

No	Group	N	SD	SED	't'	Level of significance
1.	First heart attack	30	8.46	3.29	2.00	Significant 0.05
2.	Second heart attack	30	3.99			

Interpretation

From 't' table it can be said that the 't' value calculated between the first group with the heart attack and the second with the second heart attack is 2.00. When df is 58, the value of 't' in the table is 2.00 = 2.01 and the value of at the 0.01 level is large. So the difference is the rejection of the meaning and the origin. The first is the difference between the mental health of the heart attack and the second heart attack.

CONCLUSIONS

There is a difference in the mental health of the patients who have had a first heart attack and secondary attack.

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Conflict of Interest

The author declared no conflict of interests.

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