

Emotional Distress, Temporal Satisfaction and Grit: A Study Examining among Cancer Patients of Kerala

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ABSTRACT

The crisis of living with illness can be lessened for patients with a greater understanding of the need to change treatment goals and care. In this study, the researchers examined the relationship between emotional distresses, temporal satisfaction and grit among 106 cancer patients (Mage = 43) of Kerala. The authors followed simple random sampling for the selection of participants. Based on existing studies, the researchers framed a model that tests four hypotheses. The study's finding reveals that emotional distress significantly contributed to temporal satisfaction (supports *H1*) while negatively contributed to patients' perseverance of effort and ambition (partial supports *H2*). Grit through consistency of interest, perseverance of effort and ambition significantly contributed to their temporal satisfaction (supports *H3*). Perseverance of effort and ambition mediates between emotional distress and temporal satisfaction with VAF .20 (partial supports *H4*). Pearson product-moment correlation and Process macro in SPSS for mediation analysis are employed. In line with the findings, the authors discuss the practical implications and future research directions.

Keywords: *Emotional Distress, Temporal Satisfaction and Grit*

Psycho-oncology is a versatile field that directs the psychological, social and physical facets of cancer patients. There are some Common psychological and social reactions to people diagnosed with cancer. The elevated rate of mood swings and depression influences an emotional crisis for the patient's family, especially the marital partner, group issues and individual issues—people with cancer experience various feelings such as anger, sadness, fear, unbearable feelings. While stating the treatment of chemotherapy, hormonal therapies, and radiotherapy, some physical problems will begin like hair loss, nausea and dizziness, vomiting, fertility problems, sexual problems, menopausal symptoms, and insomnia. However, there is a chance to lead this physical conflict to psychological issues. If

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the patient may have anxiety problems, they will show these types of symptoms: feeling scared all the time, ignore or avoid people, sweating, shaking legs or hands, breathing etc. Emotional distress is one of the negative variables that disturb all aspects of livings. When a life-threatening patient is haunted by emotional distress such as depression, sadness, loneliness, etc., they will directly influence their life challenges. They will cross the third stage of their diseases, so that it is necessary to collect the patients who have mentally emotional distress and give them proper therapies. Life satisfaction is an essential factor important in the life of cancer patients. If the patient lacks it, it will lead to psychological conflicts and ruin their disease, and temporal satisfaction became worst. Material satisfaction is one of the variables that used in this study. It refers to global satisfaction. Temporal satisfaction incorporates a secular framework that represents real-life satisfaction without specifying a single factor. It is a worldwide assessment of the quality of life of an individual. Temporal satisfaction focuses on past, present and future life satisfaction. According to cancer patients, life satisfaction is high before diagnosis. After detection, their present life satisfaction decreases in all aspects. At the same time, they join to job or work from home, or whatever they are doing will be haunted by tension, fear and anxiety, and thereby life satisfaction decreases in the present life. When they know that they have cancer, they started thinking about their family, life, financial issues, partner, parents, son or daughter, and thereby future life satisfaction reduces. When they turn to pessimism in life, satisfaction gradually declines, but in some patients, all this may vice versa.

Grit is a positive trait based on how an individual persevered through effort accompanied by a passion for a particular goal and end state. Grit will develop among the patient to overcome the present situation and focus on their plans to survive instead of being pessimistic. In 2007, Duckworth and colleagues' introduced the concept of 'grit' traits capable of predicting long-term success. We know that each person has their own life goals and achievement drives. If a patient has a vital purpose, they will forget about the disease and give importance to their dreams and survive from the worst conditions. So, here we have to find whether the patients' true grit and if they have, through particular motivations and therapies, they can get some idea about successful life.

The reason behind conducting this study is to analyze and evaluate cancer patients' lives globally, whether they are satisfied or not in past, present, and future life. If the patients don't have proper life satisfaction, it will affect cancer due to psychological issues. Meanwhile, the patient's life is helpless in their third stage of cancer. Before that, we can understand that the patient has some conflicts with satisfaction. Mostly there is a lack of research on cancer patients with the variable of temporal satisfaction. It deals with global satisfaction where the patients have problems with the past, present, and future without concentrating on specific aspects. Though attention also has an essential role in our life, it will directly influence the whole equilibrium of life whenever we are out of focus. According to the research field, several studies have conducted on anxiety, fear, attention, and the types of attention. Attention derives from cognitive psychology. Selective attention, divided attention, sustained attention, and executive attention is the four types of attention. The 'grit' has three aspects like the perseverance of goals, consistency of interest, effort, and ambition. When individuals are highly motivated with their goal, they will never give up before any other hindrance that emotionally and socially and physically hurts. Therefore, grit is a positive stimulus that trigger person to mould themselves.

REVIEW OF LITERATURE

Researchers found that patients with women are significantly affected by emotional distress in palliative care compared to control group women (Garland, Carlson and Marr, 2009). Usually, distress is common in cancer patients. Lots of psychological symptoms, including anxiety, depression and many more are found. Emotional distress is more significant among the curative patients with breast cancer, and the psychologist is suggesting the psychological intervention. In India, some studies have conducted on working stress among cancer patients and found that distress is frequently observed with poor satisfaction (Garg, Chauhan, and Sabreen 2018; Ravindran, Shankar, and Murthy, 2019; Kondeti, Yadala, Lakshmi, Prakash, Palat, and Varthya, 2021). Effective coping strategy leads to more satisfaction (Dubey and Agarwal, 2007). They founded that active coping strategies affected the satisfaction of life and were significantly interrelated in cancer patients. The study reveals that both qualities of life and life satisfaction are critical among patients with gynecologic and breast malignancies (Fasching, Theil and Nicolaisen-Murmann, 2007). In another study, researchers find the patients with high score on quality leads for longer life than patients with low score on this. This study was conducted among cancer patients during chemotherapy (Dancey, Zee, Osoba, Whitehead, Kaizer, Latreille and Pater, 1997). However, quality of life is better after curative treatment (Koller et al., 2000). Till now, no studies have conducted on grit among cancer patients. Researchers have found a significant impact of grit among patients with substance use disorders (Griffin, McDermott, Mchugh, Fitzmaurice and Weiss, 2016), brain Neoplasms (Cho, Yun and Jung, 2018) and even in depression and anxiety (Sharkey, Bakula, Baraldi, Perez, Suorsa, Chaney and Mullins, 2018).

Hypotheses

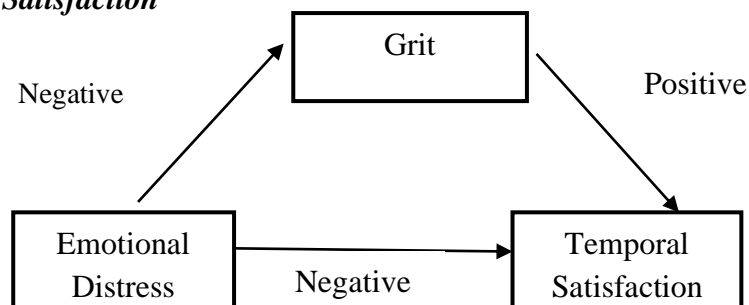
H₁: Emotional distress will have negative contribution towards Temporal Satisfaction

H₂: Emotional distress will have negative contribution towards Grit

H₃: Grit will have positive contribution towards Temporal Satisfaction

H₄: Grit will mediate on the relationship between Emotional distress and Temporal Satisfaction

Figure 1: Conceptual Model: Grit as mediator between Emotional Distress and Temporal Satisfaction



Research Design

This present research is a correlation research design. In this study, we attempt to find out the relationship between emotional distress, grit and temporal satisfaction among the cancer patients of Kerala. In addition, we also explore the mediating effect of 'Grit' in the relationship between emotional distress and temporal satisfaction.

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Sample: The sample of the current study encompasses cancer patients with different age categories. The authors include 106 participants who are undergoing various types of cancer diseases. We selected participants by taking consent from both patients and authorities of Hospitals and Rehabilitation centers in Kerala. The authors followed simple random sampling during data collection processes.

Study Measures

We listed three scales in the study questionnaire. First, the emotional distress scale which is pioneered by Kessler and his associates (2002). This scale consists 10 items. The test retest-reliability of this scale is ranged from 0.80 to 0.85. Second, we use temporal satisfaction scale (Pavot, Diene and Suh, 1998). This scale consists of 15 items with chronbach alpha of .87. Third, the short version (17 items) of grit scale (Duckworth and Qunin, 2009) is used.

Statistical tools to be used

Based on the objectives, the authors employed Pearson product moment correlation, and Process macro in SPSS for mediation analysis (Hayes, 2012). We installed PROCESS macro separately through custom dialogue in SPSS. It is an easier program for analyzing a mediated model and widely used in many Indian researchers (Mittal, 2019; Chakrapani, Vijin, Logie, Newman, Shunmugan, Sivasubramanian and Samuel, 2017; Rai and Agrawal, 2019).

RESULTS

This segment focuses relationship, prediction and mediation analyses. In Table 1, we find that emotional distress is negatively related to temporal satisfaction ($r = -.31, p \leq .01$) and grit ($r = -.16, p \leq .05$). In dimension wise of grit, we found that emotional distress is negatively related to perseverance of effort and ambition ($r = -.21, p \leq .05$) but no significant association with the consistency of interest. Grit overall and its dimensions were found to have positive relations with temporal satisfaction.

Table 1.0: Pearson Product moment correlation between measures of the study

SL No.	Measures	Mean	SD	1	2	3	4	5	6
1	ED	32.24	4.30	(0.77)					
2	TS	29.14	2.97	-.31**	(0.72)				
3	GCI	19.45	2.43	-.04	.21*	(0.78)			
4	GPE	19.76	2.63	-.21*	.34**	.87**	(0.85)		
5	GA	19.89	2.76	-.21*	.34**	.80**	.93**	(0.81)	
6	GRIT.T	59.10	7.47	-.16*	.31**	.93**	.97**	.96**	(0.83)

Note: ED = emotional distress; TS = temporal satisfaction; GCI = consistency of interest; GP E= perseverance of effort; GA = ambition; GRIT.T = grit overall

*significant at the 0.05 level

** Significant at the 0.01 level

Values in diagonals are chronbachs' alpha of study variables

Test of Prediction and Mediation

The authors discuss through H4 that 'grit' is a mediator in the relationship between emotional distress and temporal satisfaction among cancer patients. As shown in Table 1.1, we run this model by controlling three dimensions of grit between emotional distress and temporal satisfaction. The emotional distress significantly negatively predicted temporal

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satisfaction after controlling of consistency of interest ($\beta = -0.20, p \leq .01$), perseverance of effort ($\beta = -0.17, p \leq .01$), and ambition ($\beta = -0.17, p \leq .01$). These predictions are almost a better fit in the model if we consider R^2 (see the model summary of Table 1.1). The total predictive effect of emotional distress on temporal satisfaction is negative ($\beta = -0.21, p \leq .01$) and explains better model fit ($R^2 = .09, p \leq .01$). This supports H_1 . While it is not markedly predicted to the consistency of interest ($\beta = -0.02$), although prediction shows negative and poor model fit ($R^2 = .00$). Emotional distress is negatively predicted perseverance of effort ($\beta = -0.13, p \leq .05$) and this prediction shows a better fit in the model ($R^2 = .04, p \leq .05$). Ambition is positively predicted by emotional distress ($\beta = 0.13, p \leq .05$). Thus, we support H_2 partially. When emotional distress and Grit (consistency of interest, perseverance of effort and ambition) predicted temporal satisfaction simultaneously, the temporal satisfaction has significantly been predicted by the consistency of interest ($\beta = 0.25, p \leq .05$), perseverance of effort ($\beta = 0.32, p \leq .01$) and ambition ($\beta = 0.31, p \leq .01$). Hence, we support H_3 .

In Table 1.2, the total and direct effect as predicted by the consistency of interest on emotional distress and temporal satisfaction is not impressive. The indirect effect is significantly less, and the variance explained for this model is 0.05. So, the consistency of interest doesn't mediate the relationship between emotional distress and temporal satisfaction in cancer patients. The total and direct effect as predicted by the perseverance of effort and ambition on emotional distress and temporal satisfaction is moderate. The indirect effects of these are modest, and the variance explained for these models are 0.20. So, the perseverance of effort and ambition mediates partially between emotional distress and temporal satisfaction among cancer patients. So, we support H_4 partially.

Table 1.1: The Model describing the relationships between Emotional Distress and Temporal Satisfaction and Grit through Consistency of Interest, Perseverance of effort and Ambition

Paths of the Model		Model Statistics				Model Summary	
Criterion	Outcome Variable	β	t value	LLCI	ULCI	R^2	F value
Emotional Distress	Consistency of Interest	-.02	-.44	-.134	.086	.00	.19
Emotional Distress	Temporal Satisfaction	-.20	-3.23**	-.330	-.079	.13	7.94**
Consistency of Interest	Temporal Satisfaction	.25	2.19*	.023	.467		
Total Effect							
Emotional Distress	Temporal Satisfaction	-.21	-3.27**	-.338	-.083	.09	10.67**
Total Effect							
Emotional Distress	Perseverance of Effort	-.13	-2.13*	-.242	-.009	.04	4.14*
Emotional Distress	Temporal Satisfaction	-.17	-2.69**	-.296	-.045	.17	10.61**
Perseverance of Effort	Temporal Satisfaction	.32	3.11**	.116	.526		
Total Effect							
Emotional Distress	Temporal Satisfaction	-.21	-3.27**	-.338	-.083	.09	10.67**

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Emotional Distress	Ambition	.13	2.18*	-.256	-.012	.04	4.74*
Emotional Distress	Temporal Satisfaction	-.17	-2.68**	-.295	-.044		
Ambition	Temporal Satisfaction	.31	3.11**	.111	.502	.17	10.60**
Total Effect							
Emotional Distress	Temporal Satisfaction	-.21	-3.27**	-.338	-.083	.09	10.67**

*Significant at the 0.05 level

** Significant at the 0.01 level

Table 1.2: Total, Direct and Indirect Effects of Emotional Distress on Temporal Satisfaction under the mediation of Consistency of Interest (CI), Perseverance of effort (PE) and Ambition (A)

Mediator	Nature of the Effects	β	LLCI	ULCI	Variance Accounts For (VAF)	Impact of Mediation
Consistency of Interest	Total Effects	-.21**	-.338	-.083	.05	No mediation effect
	Direct Effects	-.20**	-.330	-.079		
	Indirect Effects	-.01	-.372	.026		
Perseverance of Effort	Total Effects	-.21**	-.338	-.083	.20	Partial Mediation effect
	Direct Effects	-.17**	-.296	-.045		
	Indirect Effects	-.04	-.099	-.010		
Ambition	Total Effects	-.21**	-.338	-.083	.20	Partial Mediation Effect
	Direct Effects	-.17**	-.295	-.044		
	Indirect Effects	-.04	-.100	-.002		

** Significant at the 0.01 level

VAF = Indirect effect coefficient/ total effect coefficient

DISCUSSION AND PRACTICAL IMPLICATION

This work aimed to analyze the effect between emotional distress and temporal and grit as the mediator between them. In this study, we got that emotional distress is negatively contributed to temporal satisfaction, which confirms the earlier studies (Jackson, Kincey, Fiddler, Creed and Tomenson, 2004; Vaselić, Šajinović, Spremo, and Marković-Basara, 2015). Distress is commonly experienced among cancer patients, resulting in poor quality of life (Orom, Nelson, Underwood, Homish, and Kapoor, 2015) and less satisfaction (Ferrans, 1990; Chaturvedi, 1991). The psychobiological system that influences cancer development is related to emotional stress (Greer and Watson, 1985; Pettingale, 1985). So many psychophysiological issues patients report during chemotherapy, including body pain, weakness, nausea, loss of appetite, etc., may predict emotional stress. So, we justify the **H1**. Next, to support **H2**, we test the prediction of emotional distress towards grit via the consistency of interest, perseverance of effort, and ambition. We found that emotional distress significantly predicted two dimensions of grit. They are perseverance of effort and ambition. So, we justify this hypothesis partially. Here, emotional distress does not have a significant prediction towards consistency of interest. To support **H3**, we found that all dimensions of grit significantly predict temporal satisfaction. Similar results have been reflected with other studies in China (Li, Fang, Wang, Sun and Cheng, 2018) and India (Singh and Jha, 2008). The authors argue that grit a tool validated in the Indian context precisely to measure life satisfaction (Beri and Sharma, 2019). One of the essential aspects of this study is to investigate grit as the mediator between emotional distress and temporal satisfaction (**H4**),

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and we found that perseverance of effort and ambition moderately mediates between them. Thus, the authors support this hypothesis partially. Consistency of interest has not reported mediation between emotional distress and temporal satisfaction. We placed two reasons: first, a poor correlation exists between emotional distress and consistency of interest (see Table 1.0) and second, health condition. According to studies, mood swings are inevitable when patients are diagnosed with cancer that affects everyday life (Ayres, Hoon, Pranzoni, Matheny, Cotanch and Takayanagi, 1994). Even in India, patients with breast cancer reported depression (Thakur, Gupta, Kumar, Mishra, Gupta and Kar, 2019).

In this study, we got that grit dimensions are partially mediated between emotional distress and temporal satisfaction. If we analyze the mean score of grit and its dimension, patients of this study have grit in more than average level. Some of these measures reduce emotional distress and increase temporal satisfaction. We found from many studies that grit personality is a source of motivation (Reraki, Celik and Saricam, 2015), happiness (Siah, Tung and Chan, 2020) and mindfulness (Arya and Lal, 2018). Unfortunately, no studies have been conducted on grit as an intervening variable among cancer patients of India. Concerning the above findings and the present study's findings, we hope that grit will create a kind of energy among cancer patients. The current investigator thinks about the necessity of grit and its implementation through counselling and therapy and how it is included in the regular training program in all cancer institutes of India.

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Conflict of Interest

The author(s) declared no conflict of interest.

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