

Relationship Between Psychological Wellbeing and Quality of Life Among Patients with Diabetes Mellitus

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ABSTRACT

Diabetes have a far reaching and divesting physical, social and economic consequences such as amputation, vision loss, and end stage kidney diseases. This is also a leading point of mortality from disease, primarily due to increased level of heart problems, stroke, and peripheral vascular disease among people with diabetes. Diabetes mellitus is an economic burden for the society and adversely affects the wellbeing and quality of life of people. The present study is carried out in the light of gaps in knowledge. Hence, a strong need felt to investigate the relationship among psychological well-being and quality of life aiming individuals with diabetic conditions in District Karnal. Result and Findings suggests psychological well-being and quality of life are significantly and positively correlated with each other.

Keywords: Health, Diabetes and Relationship

Health psychology is an emerging field of Psychology. Health Psychology is an exciting and relatively new field devoted to understanding psychological influences on how people stay healthy, why they become ill, and how they respond when they do get ill (Taylor S., 2012). Health psychologists study issues related to health and enhanced health interventions to help people stay healthy and get over illness. Health as a complete state of physical, mental, and social well-being and not merely the absence of disease or infirmity (World Health Organization, 2006). Diabetes represents one of the most significant disease burdens facing Indian population as the incidence and prevalence of diabetes has gone up multifold in the past few decades. International Diabetes Federation (IDF) predicts that by 2030, India could account for 101.2 million of the world's 552 million patients with diabetes, which indicates that the disease is going to take an endemic status soon.

Diabetes is the most common chronic illness and has invaded in almost every Indian family. Diabetes is a metabolic disorder of multiple an etiology characterized by chronic hyperglycemia with disturbances of carbohydrate, fat and protein metabolism resulting from defects in insulin secretion, insulin action, or both (WHO, 2006). Being life-style illness,

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Received: July 10, 2022; Revision Received: September 24, 2022; Accepted: September 30, 2022

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diabetes affects every area of a diabetes patient's life. Various aspects of patient's psyche also affect the disease and its management. Distress related to diabetes, knowledge and efficacy of diabetes, and personality make tremendous difference in quality of life (QOL) of the patients. Diabetes is less focused on medicine and more on management. This management is done by the patients which most of the times makes the patient stressful and unproductive for daily activity. If the patients are not well informed about the disease and its management they might get severe complications, which may lead to death. Patients need self-control and patience to apply the modifications which is directly affected by the personality of the patient.

The demands of diabetes care can have a potent impact on mood, both short-term and long-term. Many patients may become chronically frustrated, discouraged, and/or enraged with a disease that often does not seem to respond to their best efforts. They may also feel hopeless or despondent about the possibility of avoiding long-term complications. It can be a difficult, emotional struggle to find a way to include diabetes in one's life and to confront the sense of mortality that diabetes may represent. This may be especially problematic at those specific time points in the natural history of the illness when diabetes suddenly seems quite "real"—such as at diagnosis, when insulin is first started, and when long-term complications begin to occur.

Aqueleem et al. (2016) had studied the hope and psychological well-being among diabetes patients. The result revealed significance difference between male and female diabetes patients on hope and psychological well-being. A positive relationship between hope and psychological well-being was found significantly positive.

Yfantouda and Evangelini, (2012) have conducted the role of psychosocial factors in wellbeing and self-care in young adults with Type I Diabetes. The relationship between internal and external locus of control beliefs, diabetes knowledge and wellbeing indicate the importance of addressing empowerment and self-efficacy in psycho education interventions for this client group.

Vazquez et al. (2015) done a study on Emotional stress and quality of life in people with diabetes and their Families in this The DAWN2 study is an observational, cross-sectional study. In the present study, we used the Spanish sample of patients (N=502) and their relatives (N=123). 13.9% of patients were at risk of possible depression while 50.0% of people with diabetes and 45.5% of family members reported a high level of diabetes-related emotional stress. People with diabetes experience high levels of stress and the psychosocial impact of diabetes affects family members.

RESEARCH METHODOLOGY

Aim of the Study

The aim of the study is to find out a relationship between psychological well-being and quality of life among patients with diabetes mellitus.

Research Method

Descriptive survey method will be employed to carry out present study.

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Objectives of the Study

To study the relationship between psychological well-being and quality of life among patients with Type 2 of diabetes mellitus.

Hypotheses of the Study

There will be significance relationship between psychological well-being and quality of life among patients with Type 2 of diabetes mellitus.

Population

Patients with diabetes mellitus with type 2 who are attending the clinics and health care centers in District Karnal will constitute the population of the study for the present investigation.

Sampling Procedure

To conduct this study, the investigator will select a representative sample of total 100 Patients with diabetes mellitus with type 2 who has attended the clinics and health care centers in District Katmai by using random sampling method.

Inclusion And Exclusion Criteria

- Only District Karnal Area will be included.
- Only Patients with diabetes mellitus from District Karnal will be included in the study.
- Only Patients with diabetes mellitus with type 2 of District Karnal will be included in the study.
- Patients with diabetes mellitus having type 2 with 35-50 years old age will be included.

RESULTS

Table 1: Showing relationship (Correlation) between psychological well-being and quality of life among patients with Type 2 of diabetes mellitus (N=100)

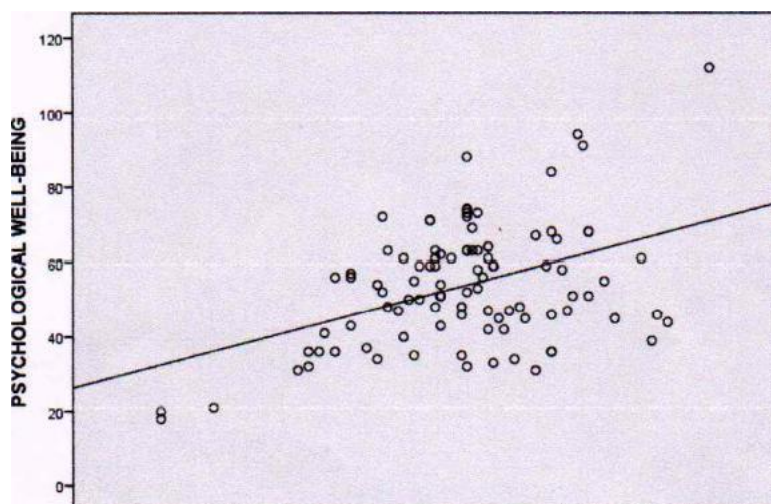
Variables	N	R	p
Psychological Well-Being	100	.434	0.000 *
Quality of life	100		

* Correlation is significant at the 0.001 level (2-tailed)

The table 1 reveals that the co-efficient of correlation between psychological well-being and quality of life among patients with Type 2 of diabetes mellitus is .434, which is significant at 0.001 level of significance and the calculated p-value (0.000) is less than significant level ($\alpha = 0.001$). Therefore, the variables i.e., psychological well-being and quality of life are significantly and positively correlated with each other.

However, the result of the present study contradicts with the findings of the studies conducted by Singh (2015) have conducted the role of self-efficacy in mental health among people with Type 2 diabetes. The results of the study make it obvious that self-efficacy was an important predictor of mental health. If diabetic people have higher, level of self-efficacy they were had lower rate of mental health problems. They were able to interpret threatening situation as manageable significant challenges and feel less stressed in adverse circumstances of life.

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Similar, Kalka D (2013) shows that Individuals with diabetes have lower global perceived quality of life and satisfaction with health and physical domain. In this group, the intensity of depressive symptoms is higher. Both groups use a task-oriented style with the same frequency in times of stress. Persons with diabetes use an emotion-oriented style more often than healthy persons, whereas the latter use an avoidance-oriented style.

CONCLUSION

Diabetes has a far reaching and divesting physical, social and economic consequences such as amputation, vision loss, and end stage kidney diseases. In the present study, variables i.e., psychological well-being and quality of life are significantly and positively correlated with each other in patients with Diabetic Mellitus.

The present study has the limited knowledge regarding the long- term effects of Diabetic Mellitus and in terms of how consequences develop over time. It is likely that, those who experience diabetic mellitus over a long time will be more negatively affected as compared to those who are normal.

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Acknowledgement

The author(s) appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interest

The author(s) declared no conflict of interest.

How to cite this article: Sharma, R. K., Srivastava, P. & Singh, D. (2022). Relationship Between Psychological Wellbeing and Quality of Life Among Patients with Diabetes Mellitus. *International Journal of Indian Psychology*, 10(3), 1542-1546. DIP:18.01.163.20221003, DOI:10.25215/1003.163