

Research Paper

Satisfaction with Life and Dispositional Resilience among College Going Females with PCOS and without PCOS

Anju Soman^{1*}, Dr. Sruthi Sivaraman²

ABSTRACT

Polycystic Ovary syndrome (PCOS) is one major risk factor that makes the life of females more frantic. This condition can cause missed or irregular periods as well as other symptoms like hirsutism, weight gain, insulin resistance, and hair loss, Infertility and cyst formation in the ovaries. Females having PCOS may experience hardship and a decline in quality of life as a result of their PCOS symptoms. Even in the face of hardships there are people having ability to successfully adapt to adversity. Satisfaction with life and dispositional resilience vary among females with PCOS and without PCOS. The major purpose of this study was to identify the satisfaction with life and dispositional resilience among college going females with PCOS and without PCOS, and whether satisfaction with life relate to dispositional resilience among college going females with PCOS and without PCOS. The two tools used for the study were Satisfaction with Life Scale and Dispositional Resilience Scale-15. The participants of the study were 168 college going females (84 females with PCOS and 84 without PCOS). The findings of the study indicated that there is a significant difference in satisfaction with life and dispositional resilience among college going females with PCOS and without PCOS. A positive relationship was found between satisfaction with life and dispositional resilience among college going females with PCOS and without PCOS. Females with PCOS have low satisfaction with life and dispositional resilience when compared to females without PCOS.

Keywords: *Satisfaction with Life, Dispositional Resilience, Females with PCOS*

A student's life at college is filled with many hardships. A student's life depends on all of the major characteristics, including character development and career growth. College life and personal life provide several challenges for female students. PCOS is one of the problems they deal with. When a hormonal imbalance interferes with the ovulation process, PCOS, also known as Polycystic Ovary Disorder (PCOD), develops. Medication is frequently used to treat PCOS. Although it cannot treat PCOS, it can aid in symptom management and health problem prevention.

Subjective well-being and general cognitive evaluation are related to total life satisfaction. This conclusion is reached by contrasting one's own circumstances with what is regarded as

¹MSc. Clinical Psychology Student, Kristu Jayanti College (Autonomous), Bangalore, India

²Assistant Professor, Department of psychology, Kristu Jayanti College, (Autonomous), Bangalore, India

*Corresponding Author

Received: April 13, 2023; Revision Received: July 21, 2023; Accepted: July 25, 2023

Satisfaction with Life and Dispositional Resilience among College Going Females with PCOS and without PCOS

an acceptable standard. There are numerous phrases that can be used to describe life satisfaction, but they all generally mean the same thing. Synonyms include "happiness" and "subjective well-being," for instance. Each person assesses and experiences life happiness in their own unique way, which is influenced by a number of factors. Many women may experience hardship and a decline in quality of life as a result of their PCOS symptoms. Thus, women with PCOS experience a reduced satisfaction with their life.

The ability to successfully adapt to adversity, trauma, tragedy, threats, or significant sources of stress like family or relationship issues, serious health issues, workplace issues, or financial issues is described as dispositional resilience. dispositional resilience is a temperamental or personal quality that enables people to triumph and flourish in the face of difficulty. The reduced satisfaction with life of females with PCOS also might affect their dispositional resilience.

PCOS is a frequent state in young women. Today, PCOS is the most common endocrine disorder in women and a leading cause of infertility. In India alone, one in five women has been diagnosed with the disease, and that number is rising at an alarming rate. Many of the symptoms of PCOS question femininity and female appearance. Many women with PCOS feel physically unattractive, physically not fit and unhealthy. This can be very difficult to deal with mentally and emotionally. Some college students may experience anxiety, lower self-esteem and confidence, and affect behavior.

PCOS is taboo in India. Talk about it has dwindled in recent decades due to its association with infertility. women feel shunned and sometimes even banished. These women are at high risk of mental illness, which can severely limit their quality of life. Nearly 15% of women don't want to talk about their PCOS with anyone, and more than 4.5% think it's taboo to talk about its Researchers therefore decided to examine the temperamental resilience and life satisfaction of female students with PCOS. Women with PCOS are significantly less temperamentally resilient than normal women and may also experience less life satisfaction.

Satisfaction with Life

Satisfaction with life refers to a person's cognitive evaluations of his or her life. Although the words are occasionally used interchangeably, they do in fact refer to different ideas. The estimation of a person's life as overall, than just their present condition of pleasure and enjoyment, is what is meant by life satisfaction. It is an overall evaluation of attitudes and feelings towards one's life at a specific time, ranging from negative to positive.

Dispositional resilience

Commitment, control, and challenge are three personality traits that make up the constellation of dispositional resilience (Antonovsky, 1979). Collectively, these three traits have been proposed to serve as a resilience resource, contribute to a person's overall outlook on life, and support people's capacity to overcome, navigate through, and recover from adversity. A pattern of attitudes and behaviors known as dispositional resilience is emerging as a tool for converting stressors from potential catastrophes into growth opportunities.

Females with PCOS

Females with PCOS are those with a hormonal imbalance that interferes with the ovulation process, PCOS, also known as Polycystic Ovary Disorder (PCOD). This condition can cause

Satisfaction with Life and Dispositional Resilience among College Going Females with PCOS and without PCOS

missed or irregular periods as well as other symptoms like hirsutism (excessive facial and body hair), weight gain, insulin resistance, and hair loss. Infertility and cyst formation in the ovaries, as the term implies, are both possible outcomes of PCOS.

The importance of dispositional resilience in restoring life satisfaction following the death of a spouse was the subject of a 2007 study by Rossi et al. The study included 55 widows aged between 57-83 years assessed on average 1 month following the death of a spouse. Conclusions aided dispositional resilience as a mediator and moderator between perceived stress and life satisfaction. Dispositional resilience was a significant predictor of life satisfaction.

Wilson, J. et al., (2012) studied the relationship between psychological symptoms and life satisfaction in women with polycystic ovarian syndrome. A total of 161 cases and 161 controls matched for age, race and neighborhood entered the study. Results showed that women with PCOS had a higher prevalence of mild or moderate depressive symptoms.

Results on the relationship between ongoing stress and irregular menstrual cycles were found in a study by Ehlert, U. et al., (2014) on dispositional resilience as a mediator of the relationship between ongoing stress and irregular menstrual cycles. Women completed measures against chronic stress, physical resilience, and menstrual cycle irregularities. The study identified that women with a more resilient temperament have a lower risk of irregular menstrual cycles in the face of low to moderate chronic stress.

The Dispositional Resilience Scale (DRS-15) was transculturally and psychometrically validated in a study of Chinese women conducted by Choi et al. in 2014. The goal of this study was to describe the Traditional Chinese translation and cross-cultural adaption of the 15-item disposition resilience scale (C-DRS-15) as well as to evaluate its psychometric qualities. Results shown, Overall resilience scores were negatively correlated with depression ($p < 0.001$), with non-depressed women scoring higher on C-DRS-15.

In a study by Rzonca et al. (2018) on Determining quality of life and life satisfaction in women with polycystic ovary syndrome (PCOS). The purpose of the study was evaluating quality of life (QoL) and life satisfaction (SwL) in women with polycystic ovary syndrome (PCOS) to identify and analyze factors that determine QoL and SwL in healthy controls and women with PCOS. The study found that, Females with PCOS have lower her QoL and SwL than healthy controls.

METHODOLOGY

Aim

The current study aims to understand the satisfaction with life and dispositional resilience among college going females with PCOS and without PCOS.

Hypotheses of the study

- There will be no significant difference in satisfaction with life among college going females with PCOS and without PCOS.
- There will be no significant difference in dispositional resilience among college going females with PCOS and without PCOS.
- There will be no significant relationship between satisfaction with life and dispositional resilience among college going females with PCOS.

Satisfaction with Life and Dispositional Resilience among College Going Females with PCOS and without PCOS

- There will be no significant relationship between satisfaction with life and dispositional resilience among college going females without PCOS.

Sample

The population of the study is 168 college going females of age group 18-25, who are residents of Kerala and Bangalore who are diagnosed with PCOS and without PCOS were selected for the study. There will be 84 women with PCOS and 84 women without PCOS.

Measures

Dispositional Resilience

Dispositional Resilience Scale-15(DRS-15,1995) is used to identify the level of psychological hardiness for each participant.it consist of 15 statements requiring respondents to indicate agreement on a 4-point Likert scale (0= not at all true, 1= slightly true, 2= quite true, 3= completely true). The total score ranges from 0 to 45, with a higher score representing greater dispositional resilience. Bartone (2007) indicated that DRS-15 has the advantage of brevity, good internal consistency and validity. Test-retest reliability coefficient was 0.78.

Satisfaction with life

Satisfaction With Life Scale (Diener et al,1985) is employed to measure each participant's level of life satisfaction. This 5-item scale was made in order to assess the overall cognitive assessments of one's life satisfaction (not a measure of either positive or negative affect). On a 7-point scale (1=strongly disagree, 2=disagree, 3=slightly disagree, 5=agree, 4=neither agree nor disagree), participants indicate how much they agree or disagree with each of the five statements. The overall score for the scale can be calculated by adding the five responses, which are all scored positively across the board. The possible score range is 5 to 35, with a score of 20 denoting the scale's neutral point. is employed to measure each participant's level of life satisfaction. The respondent is extremely unsatisfied with life if their score falls between 5 and 9, but they are extremely satisfied with life if their score falls between 31 and 35. Scores between 15 and 19 are understood as lying in the slightly dissatisfied range, whereas scores between 21 and 25 signify slightly satisfied. The SWLS has been shown to have good internal consistency and temporal stability, with Cronbach's alpha of 0.87 and 2-month test-retest reliability of 0.82, according to Diener and coworkers.

Procedure for data collection

Prior to the collection of data consent of the participant was taken. The purposive sampling method was used to collect the sample for the study. Questionnaires were given as the survey method in online method for collecting data regarding variables of the study. Participants were informed regarding the honesty of their responses and their right to withdraw from the study at any time. Instructions were given about the questionnaire before the participant started. Further doubts were clarified by the researcher.

RESULTS AND DISCUSSIONS

Table 1 Significant difference in Satisfaction with life and Dispositional Resilience among college going females with PCOS and without PCOS

Variable	Females	N	Mean	SD	t value	Sig. (2-tailed)
Satisfaction with Life	With PCOS	84	17.58	8.66	6.79	0.001
	Without	84	25.32	5.82		
Dispositional Resilience	PCOS	84	17.83	6.50	2.88	0.004
	With PCOS	84	20.69	6.34		
	Without					
	PCOS					

Table 1 shows the score of satisfaction with life and dispositional resilience among college going females with PCOS and without PCOS. The mean value of satisfaction with life among females with PCOS is 17.58 (S.D.=8.665) and among females without PCOS is 25.32 (S.D.=5.823). It can be seen that females without PCOS have more satisfaction with life as compared to females with PCOS. The obtained t-value is -6.793 and P- value is 0.000 (p<0.01). The p- value is significant at 0.01 level. Hence, the null hypothesis is rejected. It shows there is a significant difference in satisfaction with life among females with PCOS and females without PCOS.

The table 1 also shows the score of dispositional resilience among college going females with and without PCOS. The mean value of dispositional resilience among females with PCOS is 17.83(S.D.= 6.506) and among females without PCOS is 20.69(S.D. = 6.34). It can be seen that females without PCOS have more dispositional resilience as compared to females with PCOS. The obtained t-value is -2.882 and p-value is 0.004 (p<0.01). the p-value is significant at 0.01 level. Hence, the null hypothesis is rejected. It shows there is a significant difference in dispositional resilience among females with PCOS and females without PCOS.

The findings of the study showing females without PCOS have more satisfaction with life as compared to females with PCOS is similar to the study conducted by Rzonca et. al (2018) to assess the quality of life and satisfaction with life of women with polycystic ovary syndrome in comparison with those of healthy controls. A cross sectional study was conducted on a sample of 504 women. The study group consisted of women with PCOS, the control group women without PCOS. The study found women with PCOS have lower quality of life and satisfaction with life than healthy controls. The factors affecting satisfaction with life in PCOS patients included socio-economic standing, having children, BMI, and time from PCOS diagnosis (Rzonca et al., 2018).

The study's findings that women without PCOS exhibit greater dispositional resilience than women with PCOS are comparable to those of a study by Ehlert et al. (2014) that looked at dispositional resilience as a possible mediator of the link between chronic stress and irregular menstrual cycles. A cross-sectional study of 696 women between the ages of 20 and 40 was conducted. According to a study, women who are more dispositionally resilient are less likely to experience irregular periods when exposed to low to moderate levels of chronic stress. In keeping with the research, dispositional resilience may be a shielding psychological quality that effects the reproductive function (Ehlert et al., 2014).

Satisfaction with Life and Dispositional Resilience among College Going Females with PCOS and without PCOS

Table 2 Relationship between Satisfaction with Life and Dispositional resilience among college going females with and without PCOS

	N	Mean	SD	r	Sig
Satisfaction with Life	84	21.45	8.32	0.33**	0.001
Dispositional Resilience	84	19.26	6.56	0.33**	0.001

** $p < 0.01$ (2-tailed).

Table 2 shows the relationship between satisfaction with life and dispositional resilience among college going females with and without PCOS. The mean value of satisfaction with life is 21.45(S.D.= 8.321) and the mean value of dispositional resilience is 19.26 (S.D.=6.565). The correlation coefficient for satisfaction with life and dispositional resilience is 0.330** and the significance value is 0.000. The significance value is significant at 0.01 level. This indicates that there is a significant positive relationship between satisfaction with life and dispositional resilience among college going females with and without PCOS. Hence, the null hypothesis which states that there is no significant relationship between satisfaction with life and dispositional resilience among college going females with and without PCOS is rejected.

The finding of the study showing a significant positive relationship between satisfaction with life and dispositional resilience among females with PCOS and females without PCOS is similar to the study conducted by Rossi et. al (2007) on the part of dispositional resilience in recovering satisfaction with life after the deprivation of one's spouse. The study included 55 widows aged between 57-83 years assessed on average 1 month following the death of a spouse. Conclusions aided dispositional resilience as a mediator and moderator between perceived stress and life satisfaction. Dispositional resilience was a significant predictor of life satisfaction (Rossi et al., 2007).

CONCLUSION

The present study is aimed at assessing satisfaction with life and dispositional resilience among college going females with PCOS and without PCOS. It also aims to find out whether there is any difference in satisfaction with life and dispositional resilience among college going females with PCOS and without PCOS. The study also focused on to find out whether there is any relationship between satisfaction with life and dispositional resilience among college going females with PCOS and without PCOS. The sample of the study was 168 college going females from the age range 18 to 25 years. There were 84 college going females with PCOS and 84 college going females without PCOS. They were collected from Bangalore and Kerala.

The research design used in the present study was quantitative non experimental research design. Survey method was adopted for collecting data regarding the variables of the study. In this research purposive sampling technique via google form was used. Statistical tools such as mean, standard deviation, independent sample t test and Pearson product moment correlation method were used. The result of the study found out that there is a significant difference in satisfaction with life and dispositional resilience among college going females with PCOS and without PCOS. A positive relationship between satisfaction with life and dispositional resilience among college going females with PCOS and without PCOS. Females without PCOS have more satisfaction with life and dispositional resilience as compared to females with PCOS.

Satisfaction with Life and Dispositional Resilience among College Going Females with PCOS and without PCOS

Implication of the study

From the results of the present study, it shows there is a significant difference in satisfaction with life and dispositional resilience among college going females with PCOS and women without PCOS. Also, there is a positive relationship between satisfaction with life and dispositional resilience. Females without PCOS have more satisfaction with life and dispositional resilience compared to females with PCOS. The presence of PCOS can affect the college going females in regard to their academic, personal and social life. Family members, educational institutions should pay more attention towards them to prevent the ill effects of PCOS. College institutions should arrange programs and counselling to improve their well-being.

PCOS is increasing in females. The society is still having a stigma on menstruation. Lack of awareness about PCOS is a main problem. Some females are not taking treatment for PCOS because of the lack knowledge about the severity of this hormonal dysfunction. Students with PCOS struggle a lot of problems like headache, severe menstrual pain, anxiety, mood swings and it is also a problem for attending classes during the time of menstrual periods. Intervention for life satisfaction is also needed for increasing the life satisfaction among PCOS students. Life skill training to females with PCOS can help them improve their dispositional resilience, well-being and thus satisfaction with life. The parents and teachers should support and help those females with PCOS in their lives to cope physical and psychological problems occurring as result of PCOS and thus to build up their dispositional resilience as causing satisfaction with life.

Limitations of the study

As the main objective of the study was to investigate the satisfaction with life and dispositional resilience among college going females with PCOS and without PCOS, other factors like health consequences, psychological wellbeing and sociocultural factors were not studied. Reporting bias from the participants. Participants might take about 5 minutes to complete both questionnaires, they might be less likely to fully engaged for the study. Limitations of this study include limited generalizability of the sample used as part of the study. It was difficult to find PCOS samples. There is a lack of awareness about PCOS existing among the female population.

Suggestions for the study

More understanding can be made on what cause PCOS and how it affects mental and physical well-being as well as satisfaction with life. More understanding about decreased dispositional resilience among college going females with PCOS and its consequences. Future studies can also examine other factors among females with PCOS like their level of confidence, self-esteem, depression, socialization, as compared to females without PCOS. Further studies can assess the satisfaction with life and dispositional resilience among other population.

REFERENCES

- Bien, A., Rzonca, E., Iwanowicz-Palus, G., Lecyk, U., & Bojar, I. (2017). *The quality of life and satisfaction with life of women who are childless by choice*. In *Annals of Agricultural and Environmental Medicine* (Vol. 24, Issue 2, pp. 250–253). Institute of Rural Health. <https://doi.org/10.5604/12321966.1235181>
- Carmina, E., Rogério, A. & Lobo, (2009). *Polycystic Ovary Syndrome (PCOS): Arguably the Most Common Endocrinopathy Is Associated with Significant Morbidity in*

Satisfaction with Life and Dispositional Resilience among College Going Females with PCOS and without PCOS

- Women, *The Journal of Clinical Endocrinology & Metabolism*, Volume 84, Issue 6, 1 June 2009, Pages 1897–1899, <https://doi.org/10.1210/jcem.84.6.5803>
- Deswal, R., Narwal, V., Dang, A. S., & Pundir, C. S. (2020). *The Prevalence of Polycystic Ovary Syndrome: A Brief Systematic Review. Journal of Human Reproductive Sciences*, 13(4), 261. https://doi.org/10.4103/jhrs.jhrs_95_18
- Dokras, A. (2012). *Mood and anxiety disorders in women with PCOS*. In *Steroids* (Vol. 77, Issue 4, pp. 338–341). Elsevier BV. <https://doi.org/10.1016/j.steroids.2011.12.008>
- Fischbacher, P. S. & Ehlert, U. (2014). *Dispositional resilience as a moderator of the relationship between chronic stress and irregular menstrual cycle*. *J Psychosom Obstet Gynaecol*. Jun;35(2):4250. https://doi.org/10.4103/jhrs.jhrs_95_1810.3109/0167482X.2014.912209.
- Holm, S.E., Hansen, B., Kvale, G., Eilertsen, T., Johnsen, B.H., Hystad, S.W. & Solem, S. (2019). *Dispositional resilience in treatment-seeking patients with obsessive-compulsive disorder and its association with treatment outcome*. *Scand J Psychol*. 2019 Jun;60(3):243-251. <https://doi.org/10.1111/sjop.12531>.
- Masood, A., Masud, Y., & Mazahir, S. (2016). *Gender differences in resilience and psychological distress of patients with burns*. *Burns*, 42(2), 300–306. <https://doi.org/10.1016/j.burns.2015.10.006>
- Muzamil, J. & Masood, T. (2008) *An Assessment of Life Satisfaction among Women, Studies on Home and Community Science*, 2:1, 33-42, <https://doi.org/10.1080/09737189.2008.11885250>
- Moody, R. A. & Arcangel, D. (2001). *Life after loss: Conquering grief and finding hope*. New York: Harper Collins Publishers, Inc.
- Navid, B., Mohammadi, M., Sasannejad, R., Dehkordi, M.A., Maroufizadeh, S., Hafezi, M. (2018). *Marital satisfaction and social support in infertile women with and without polycystic ovary syndrome*. *Middle East Fertility Society Journal*, Volume 23, Issue 4, <https://doi.org/10.1016/j.mefs.2018.01.014>.
- Pan, H., Wu, L., Chang, L., Hung, Y., Lin, C. E., & Ho, C. (2021). *Effects of Dispositional Resilience and Self-Efficacy on Practice in Advanced Care Planning of Terminally Ill Patients among Taiwanese Nurses: A Study Using Path Modelling*. In *International Journal of Environmental Research and Public Health* (Vol. 18, Issue 3, p. 1236). MDPI. <https://doi.org/10.3390/ijerph18031236>
- Pinquart, M. (2009). *Moderating effects of dispositional resilience on associations between hassles and psychological distress*. *Journal of Applied Developmental Psychology*. 30(1):53-60 <https://doi.org/10.1016/j.appdev.2008.10.005>
- Platania, S.; Gruttadauria, S.V.; Morando, M. (2022). *Dispositional Resilience as Mediator in Psychological Stress on Healthcare Workers: A Multi-Group Analysis of Frontline and Non-Frontline Workers*. *Eur. J. Investig. Health Psychol. Educ.* 2022, 12, 1285-1299. <https://doi.org/10.3390/ejihpe12090089>
- Rack, J. J., Burleson, B. R., Bodie, G. D., Holmstrom, A. J. & Servaty-Seib, H. (2008). *Bereaved adults' evaluation of grief management messages: Effects of message person centeredness, recipient individual differences, and contextual factors*. *Death Studies*, 32, 399-427. Retrieved on August 8, 2008 from Academic Search Premier.
- Robert R. Sinclair, Abby L. Paulson & Lyndon A. Riviere (2019). *The Resilient Spouse: Understanding Factors Associated with Dispositional Resilience Among Military Spouses*, *Military Behavioral Health*, 7:4, 376-390, <https://doi.org/10.1080/21635781.2019.1608876>

Satisfaction with Life and Dispositional Resilience among College Going Females with PCOS and without PCOS

- Robert, A. W., *Long-term health consequences of PCOS*. Human Reproduction Update, Volume 8, Issue 3, 1 May 2002, Pages 231-241, <https://doi.org/10.1093/humupd/8.3.231>
- Rossi, N. E., Bisconti, T. L. & Bergeman, C. S. (2007). *The role of dispositional resilience in regaining life satisfaction after the loss of a spouse*. Death Studies, 31, 863–883.
- Rzonca E, Bien A, Wdowiak A, Szymanski R, Iwanowicz-Palus G. (2018). *Determinants of Quality of Life and Satisfaction with Life in Women with Polycystic Ovary Syndrome*. Int J Environ Res Public Health. 2018 Feb 22;15(2):376. <https://doi.org/10.3390/ijerph15020376>. PMID: 29470449; PMCID: PMC5858445.
- Sagone, Elisabetta, & Carol, M. E. (2014). *A Correlational Study on Dispositional Resilience, Psychological Well-being, and Coping Strategies in University Students*. American Journal of Educational Research 2.7: 463-471. DOI: 10.12691/education-2-7-5
- Shakil M, Ashraf F, Wajid A. (2020). *Sexual functioning as predictor of depressive symptoms and life satisfaction in females with Polycystic Ovary Syndrome (PCOS)*. Pak J Med Sci. 2020 Nov-Dec;36(7):1500-1504. Doi: 10.12669/pjms.36.7.2562.
- Wang, J. J., Davies, M. J., & Norman, R. J. (2001). Polycystic ovarian syndrome and the risk of spontaneous abortion following assisted reproductive technology treatment. In Human Reproduction (Vol. 16, Issue 12, pp. 2606–2609). Oxford University Press. <https://doi.org/10.1093/humrep/16.12.2606>
- Wong, J.YH., Fong, D.YT., Choi, A.WM. et al. (2014). *Transcultural and psychometric validation of the Dispositional Resilience Scale (DRS-15) in Chinese adult women*. Qual Life Res 23, 2489–2494 (2014). <https://doi.org/10.1007/s11136-014-0713-9>

Acknowledgement

To the valuable guidance and supervision given to me throughout the work I feel to acknowledge my indebtedness and deep sense of gratitude to my guide Dr. Sruthi Sivaraman. I would like to convey my sincere gratitude to all the teaching staff of Department of Psychology, Kristu Jayanti College (Autonomous), Bangalore who have aided me in the successful completion of this research work.

Conflict of Interest

The author(s) declared no conflict of interest.

How to cite this article: Soman, A. & Sivaraman, S. (2023). Satisfaction with Life and Dispositional Resilience among College Going Females with PCOS and without PCOS. *International Journal of Indian Psychology*, 11(3), 1121-1129. DIP:18.01.108.20231103, DOI:10.25215/1103.108