

## A Study on Mental Health Among Cancer Patients

Komal J. Kaliya<sup>1\*</sup>, Prof. (Dr.) S.M. Makavana<sup>2</sup>

### ABSTRACT

The main object of the researcher is to know any difference male and female cancer patients mental health. **Objective:** To study the mental health among cancer patients. **Hypothesis:** There will be no significant difference between the mean of the score on mental health among male and female cancer patients. **Sampling:** For present study researcher use 120 samples cancer patients 60 male cancer patients and 60 female cancer patients. (Gujarat only) **Tools:** for data collection researcher used personal data sheet and mental health scale by Dr. D. J Bhatt and Geeta R. Geeda. **Result:** There is no significant difference between the mean of the score on mental health among male and female cancer patients.

**Keywords:** Mental Health, Cancer Patients, Gender

### Mental health:

Mental health is a level of psychological well-being, or an absence of a mental disorder; it is the "psychological state of someone who is functioning at a satisfactory level of emotional and behavioral adjustment".

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices mental health is not just the absence of mental disorder. It is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.

### Definition of Mental Health:

According to WHO (World Health Organization), defined mental health is "A state of wellbeing in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community". WHO stresses that mental health "is not just the absence of mental disorder.

According to Medilexicon's medical dictionary, defined mental health is "emotional, behavioral, and social maturity or normality; the absence of a mental or behavioral disorder;

<sup>1</sup>PhD Research Scholar, Department of Psychology, Sardar Patel University, Vallabh Vidhyanagar

<sup>2</sup>Professor and Head, Department of Psychology, Sardar Patel University, Vallabh Vidhyanagar

\*Corresponding Author

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a state of psychological well-being in which one has achieved a satisfactory integration of one's instinctual drives acceptable to both oneself and one's social milieu; an appropriate balance of love, work, and leisure pursuits”.

*"Mental health includes precautionary steps to prevent mental illness, and though it growth can be seen in mental health." - Walter. J. Coville*

*"Mental health means a proper study of the aspects which affects an individual or society coordination and also optimum use of the aspects of that study." - Klein*

### **Cancer:**

Cancer is a term used for diseases in which abnormal cells divide without control and spread to other parts of the body through the blood and lymph systems.

The body is made up of many different types of cells, such as skin cells, muscle cell and blood cell. Many normal cells are continually dividing in our body to create new cell. Normal cells have an internal system that knows when the cell is getting old and should die to make room for a new cell.

In simple language cancer is the uncontrolled growth of abnormal cells in human body. There are more than 250 different types of cancer.

*The main categories of cancer are:*

- **Carcinoma:** This is the most common kind of cancer and is generally known by the place in the body where the cancer begins, such as the lung, breast, or colon.
- **Sarcoma:** Cancer found in supporting tissue, such as bone, muscle, or fat.
- **Leukemia:** Cancer that starts in the blood or bone marrow; an abnormal production of blood cells.
- **Lymphoma:** Cancer that starts in immune system cells within the lymphatic system.
- **Central nervous system cancers:** Cancer that starts in the brain or spinal cord.

Within these categories, there are many different types of cancer. It is very important to know the cancer type (the primary location) and cancer stage (how far the cancer has spread) before making treatment decisions.

## **REVIEW OF LITERATURE**

**Dugrani A (2014)** This study was conducted to investigate the difference in Mental Health among Patients of cancer. Total 60 samples of Male and Female cancer patients were taken from Sir. T. General Hospital from Bhavnagar City (Gujarat). Their Samples were also taken the data was collected with the help of „Mental Health Inventory“ Developed by Dr. A. K. Shreevastav and Dr. Jagdish (1982). The Original Hindi Inventory was translated in Gujarati and Standardized by Bhava Thummar (2009). The Data was used to obtain the Mental Health measurement of the subjects. The collected data was statistically analyzed with the help of „t“ test. The Results show that Mental Health for positive self-Evaluation of the Male and Female Patients were not significant ( $t = 0.17$ ). The Mental Health for perception of Reality of the Male and Female Patients were not significant ( $t = 1.34$ ). The Mental Health for Integration of Personality of the Male and Female Patients were not significant ( $t = 1.74$ ). The Mental Health for Autonomy of the Male and Female Patients were not significant ( $t = 0.66$ ). The Metal Health for Group – oriented Attitude of the Male and Female Patients were not significant ( $t = 0.76$ ). The Mental Health for Environmental Mastery of the Male and Female Patients were not

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significant ( $t = 0.20$ ). The overall Mental Health of the Male and Female Patients were not significant ( $t = 1.25$ ).

**Malaguti-Boyle M (2015)** Mental health as a clinical hallmark of cancer. A diagnosis of cancer bears a tremendous psychological impact on a patient's psyche. It is common for individuals diagnosed with cancer to develop anger, anxiety and/or depression during the first year of the disease. However, the moderate rate of major depressive disorder and the high rate of minor depressive disorder are accompanied by sub-threshold forms of depression that are at risk to be under-recognized and untreated.

### **Objective:**

To study the mental health among cancer patients.

### **Hypothesis:**

There will be no significant difference between the mean of the score on mental health among male and female cancer patients.

### **Independent variables:**

- Gender
- (Male and Female) cancer patients

### **Dependent variables:**

- Mental health (score of mental health scale)

### **Sample**

For present study researcher use 120 samples cancer patients. 60 male cancer patients and 60 female cancer patients the all-cancer patients belong to Gujarat's different cities like Rajkot, Surendranagar, Morbi, Ahmadabad, Jamnagar etc.

### **Tools:**

- 1. Personal datasheet:** Researcher had prepared personal data sheet for cancer patients. The data sheet container the information about gender, age, and more than collect information at that time in present research.
- 2. Mental health scale:** The mental health scale was developed and standardization by Dr. D. J. Bhatt and Miss. Geeta R. Geeda. In this scale 40 statements pertaining to five domains aim of mental health, three five dimensions include perception of reality, integration of personality, positive self-evolution, group-oriented attitudes and environmental mastery to be rated a 2-point scale. In this scale statements no. 1, 3, 7, 9, 14, 19, 20, 22, 24, 25, 26, 28, 33, 34, 37, 38 are negative and others are positive. Which statements are positive and for agree, disagree, 0, 1 score is used. Reliability of present study is checked by three methods in which 0.81 by logical similarity 0.94 by half divided method, and test, re-test has 0.87.

## **RESULT AND DISCUSSION**

**Table 1:** *There will be no significant difference between the mean of the score on mental health among male and female cancer patients.*

GROUP	N	MEAN	SD	SEM	T
Male	60	23.07	4.01	0.66	0.43
Female	60	22.80	4.04	0.67	

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Hear t test was applied to check the impact of mental health among gender of cancer patients. It can be seen above table 1 reveals that the mean score of mental health male was 23.07 and female 22.80 and t test result is 0.4 which is statistically not significant on 0.01. Hence the null hypothesis was accepted. Thus, the result shows that type of gender has no significant effect on mental health.

### CONCLUSION

There is no significant difference between the mean of the score on mental health among male and female cancer patients.

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### Conflict of Interest

The author(s) declared no conflict of interest.

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