

Research Paper

## Impact of Mental Health and Quality of Life in Cancer Patients

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### ABSTRACT

The intention of the present study was to find out impact on mental health and quality of life in cancer patients. The sample for the current study consisted of 120 patients 60 was male and 60 was female patients. patients were selected randomly from cancer hospital in Ahmedabad city, Gujarat. mental health scale has been constructed by Dr. J Bharath Raj (the mental health medico psychological questionnaire in 2012. This questionnaire has 50 statements and quality of life scale constructed by dr Gandharva Joshi (Gujrati version) this scale 26 statements and 5 point scale was used to collect the required data, we analyzed in term of mean, SD, and f-test. The results are many quality of life domains were correlated with mental health domains and cancer had an effect on various aspects of patients life.

**Keywords:** *Mental Health, Quality of Life, Cancer Patients*

Cancer is a disease that is determined by unnatural deformation and differentiation of cells. Cancer patients face psychosocial and physical problems that may have an impact on the patients quality of life. It can be hard to cope with the effects of cancer and its treatment. Many survivors report having a anxiety, fear of recurrence, and trouble adjusting to changes in the body are possible, many people also have financial stressors. Such as concerns or hesitation about returning to work and regular life, personal relationships. May also be affected by a cancer diagnosis or cancer treatment positive and negative mental health, and their quality of life.

Untreated mental health issues can worsen physical symptoms, make it more difficult to follow treatment recommendations, and impede complete healing. Research has indicated a strong link between unfavourable treatment outcomes and psychological discomfort, highlighting the significance of including mental health services within all-encompassing cancer care.

Cancer patients may face numerous obstacles to their quality of life that go beyond the physical. Their capability to participate in significant activities and preserve a sense of normalcy may be hampered by weariness, discomfort, and reduced functional ability. In addition, the cost of cancer treatment adds to their distress and lowers their quality of life, along with worries about jobs and insurance. But it's important to understand that quality of life is a complex concept that goes beyond treating symptoms. The provision of palliative care services, chances for social interaction, and psychosocial support are essential

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components in improving the general health of those with cancer. Healthcare practitioners can enable patients to face cancer with greater resilience and dignity by addressing the psychological, social, and existential aspects of the disease.

Furthermore, the effects of mental health go beyond the particular sufferer and affect their families and carers as well seeing a loved one sufferer from cancer can cause severe emotional suffering which can strain family ties and results in care overload. Their support systems in crucial to maximizing the general well-being of people impacted by disease.

### *Objective:*

- To find out the impact of mental health and quality of life in cancer patients.
- To find out the income effect of mental health and quality of life in cancer patients.

### *Hypotheses*

- There is no significant difference between the mental health and quality of life in cancer patients.
- There is no significant difference between the income effect on mental health and quality of life in cancer patients.

### *Participants*

For this study, 120 patients from cancer hospital, 60 were male patients and 60 were female patients were randomly selected from various cancer hospital in Ahmedabad city, Gujarat.

### *Instruments*

Instruments used in this study are:

- **Personal datasheet:** Personal data sheet, which has been collects some personal information like age, sex, income, which disease
- **Mental health scale:** Mental health scale has been constructed by dr. j Bharath Raj the mental health medico psychological questionnaire in 2012. This questionnaire has 50 statements. And is scored on a scale of 2 point scale.
- **Quality of life scale:** QGIQOL scale Gujrati version in this scale 26 statements the statements given in routine life relation. This means the event is given in a 5 point scale translated into Gujrati by dr Gandharva Joshi validity and reliability was high. This scale published in 2012.

### *Variables*

A dependent variable is a component that is locked and measured to check the effect of in independent variable.

- Independent variables:
  - Mental health
  - Quality of life
- Dependent variables:
  - Cancer patients

## RESULTS AND DISCUSSION

In this study 't' test was used for statistical analysis. the hypothesis surrounding the objective of study knowledge after the applied mathematical analysis the impact of mental health and quality of life in cancer patients attention getting results were discussion of present study is as under

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Source of variation	Sum of Square (S.S)	df	Mean of Square (M.S.)	F-values	Sig.
Ass (mental health of patients)	150.01	01	150.01	7.04	0.01
Bss (quality of life of patients)	149.40	01	149.40	7.09	0.01
ABss	1113.520	01	1113.520	8.9	0.01
Wss	11438.082	119	101.58	-	-
Total	13662.65	120	-	-	-

### CONCLUSION

This study revealed that cancer patients experience many symptoms which affect their QOL. The management of cancer pain is a critical issue in the care of patients with cancer. All health professionals must ensure that patients receive timely and appropriate education and care. There is a need to develop measures for effective management of symptoms and to improve the QOL. The main issues are management of symptoms and need to use strategies that will empower the patients to have a better sense of control over their illness and treatment in summary the influence of mental health on cancer patients quality of life is immeasurable as academics and medical professionals, it is our responsibility to embrace a comprehensive approach to cancer treatment that given patients psychosocial needs top priority and creates a welcoming environment for every one impacted by this terrible illness.

The results are many quality of life domains were correlated with mental health domains and cancer had an effect on various aspects of patients life.

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### Conflict of Interest

The author(s) declared no conflict of interest.

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