

Life Satisfaction and Frustration in Patients

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ABSTRACT

This study was conducted to investigate the difference in Life Satisfaction and Frustration in patients of cancer and tuberculosis. Total 120 samples of cancer and tuberculosis patients were taken from Sir. T. Government hospital from Bhavnagar city (Gujarat). Their samples were taken along with the data collected with the help of 'Life Satisfaction Scale.' This scale was constructed by Dr. Singh P. and Joseph G. (1996). The original Hindi scale was translated and standardized in Gujarati by H. D. Pancholi (2009). And 'Frustration Scale.' This scale was constructed by Dr. N. S. Chauhan and Dr. G. P. Tiwari (1972). The original Hindi scale was translated and standardized in Gujarati by J. A. Vegad (2015). The data was used to obtain the Life Satisfaction and Frustration measurement of the Subjects. The collected data was statistically analyzed with the help of 'F' and 'r' test. The results show that there is no significant difference between Cancer and Tuberculosis patients on Life Satisfaction ($F = 3.08$). There is no significant difference between Male and Female patients on Life Satisfaction ($F = 2.38$). There is significant difference between type of disease and gender on Life Satisfaction ($F = 7.54$). There is significant difference between Cancer and Tuberculosis patients on Frustration ($F = 14.79$). There is significant difference between Male and Female patients on Frustration ($F = 11.97$). There is no significant difference between type of disease and gender on Frustration ($F = 2.66$).

Keywords: *Life Satisfaction, Frustration, Patient, Disease, Gender*

When the world is leading towards 21st Century, such signs are attained from all directions that this century will become a tragic remembrance, because through many happiness, wealth and amenities have undoubtedly increased because of speedy scientific development in today's technical era, on the other side the human life has become complex and confused because of industrialization, technology, specialization, urbanization etc. And similarly, an American Psychologist Colman (Eds.-Sarda, K.C.-1989-90) identifies the modern era as 'Era of Worries'. The man believing himself modern is surrounded with shortages from all the

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four sides. The people of different areas of life experience frustration in absence of mental health and knowledge of organized management.

What is cancer?

The word 'cancer' is derived from the word 'cencurnm' Its meaning is a 'crab' It is the most dangerous fatal disease. Crores of people in the world are suffering from the said disease (Patel-1989). Physical disease affects mental state of an individual. When a fatal disease like cancer is diagnosed, an individual is shattered only on hearing the name of disease. Mental restlessness starts on hearing the name of disease only. Everybody knows that there is treatment of all these diseases. Cure is possible on undergoing treatment. Despite that, he becomes engrossed in worries on hearing only the name. The form of worry many times takes the form of death worry also.

What is Tuberculosis?

Tuberculosis (TB) is a disease caused by germs that are spread from person to person through the air. TB usually affects the lungs, but it can also affect other parts of the body, such as the brain, the kidneys, or the spine. A person with TB can die if they do not get treatment. Tuberculosis is a bacterial disease that infects the lungs and may spread to other parts of the body. Tuberculosis has been plaguing humankind for thousands of years; It has been and still is one of the most deadly infections in the world. The illness tuberculosis, TB is an infection caused by the bacterium *Mycobacterium tuberculosis*. These bacteria infect the body. Concentrating their effects in the lungs, they also spread to the Brain, Bones, Kidney, Joints, Lymph nodes, Spine.

Life Satisfaction

When inspiration of individual's life is satisfied, he attains satisfaction. The value of satisfaction attained by an individual is very large than the attainment of any substance. Thus satisfaction attained by achievement of objective is satisfaction of life in the life of individual. The satisfaction of life is attained from the happiness achieved from day to day life of individual. A man likes happiness because man experiences one type of mental peace. The mind of man experiences one type of fulfillment because of achieving what he suits and likes. The happiness keeps a man free from worries and difficulties.

"Life satisfaction means a combination of psychological, physical and atmosphere, situation or circumstances, which actually prones an individual to say that I am satisfied with my life." (Eds.-Pandya, D. C.- 2011). "When any inspiration of individual's life is satisfied, he attains satisfaction. The value of satisfaction attained by an individual is very large than the attainment of any substance. Thus satisfaction attained by achievement of objective is satisfaction of life in the life of individual. (Eds.-Pancholi, S. D.-2008).

In 1950, 'Beyond Pleasure Principle', Freud (Eds.-Pandya, D. C.- 2011) stated that "Ultimate goal of life is attainment of happiness, satisfaction only. Each humanbeing finally makes efforts to attain happiness." The individual with intense desire for attaining happiness,

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satisfaction interacts with the world surrounding him and knowledge of organized management. Thus an individual interacts with his social, cultural, psychological and work atmosphere. If the individual can establish balance in it, then only the individual can attain happiness, satisfaction by organized management. The same happiness, satisfaction becomes whole life satisfaction of the individual.

Frustration

It is easy to use the word 'Frustration', but it is difficult to derive its fixed meaning, because the word Frustration is used freely in many meanings. The verbatim meaning of Frustration is: *Hatt + Asha* i.e. the fact where hope has died means Frustration. When the hopes regarding any matter are not fulfilled, the man becomes frustrated.

"Frustration develops because of failure in fulfillment of any type of inspiration or when temporary or permanent inability or incapability culminates in fulfillment of cherished aim, the feeling of frustration develops." - J. C. Colman (Eds.-Shah, K. N.-2001).

"When any individual cannot satisfy any of his inspiration or need without expected time limit, the same becomes frustration." - Morgan (Eds.-Kamdar, N. H.-1997).

When a man has acted upon any hope, wish, desire or ambition and if there is any hindrance or disturbance, delay or failure in its fulfillment, a Psychologist named Kirt Levin (Eds.-Kothari M.-1985) has beautifully analyzed it. He has considered the individual and psychological atmosphere around him responsible for the same. First of all, need arises in the mind of individual. He becomes activated to satisfy the said need, but when there is disturbance and aim is not attained, he becomes frustrated. Levin explains the same incident scientifically i.e. on one side of its disturbance, there is positivity, while on other side of disturbance on the side of aim there is negativity, with which objectivity or positive feelings are associated.

The observations of psychological study of Changani M.C. (2007) in respect of satisfaction in life of manufacturers and retail traders of Rajkot City state that in reference to age, educational qualification and monthly income, any significant difference is not found between the scores and means of satisfaction in life. The observations of Kumar, K. (2008) on the effects of faith on principle of Karma and its effects on psychological happiness and satisfaction in life state that out of selected two groups (aged 25 to 35 years), the group which had faith in the principle of Karma out of believers and non-believers in principle of Karma, it was found during the research that happiness and satisfaction in life was found more in the group which had faith in the principle of Karma.

The observations of Alarape A. I. and other (2001) on the study carried out regarding disappointment and satisfaction in life against Menopause amongst professional women shows that (1) the women whose menopause period started recently, the disappointment was found of high level and satisfaction of life in low level (2) the women whose menopause

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period started late, the disappointment was more and satisfaction of life less (3) negative relationship between disappointment and satisfaction in life amongst women passing through menopause period attracts attention.

The observations of Pansuria, J. K. (2009) on the study carried out regarding frustration, professional satisfaction and organized management shows that (1) L.S.D. difference as per interaction towards type of school, gender and residence - area of teachers was found non-significant in 7 groups, significant at 0.05 significant level in 4 groups and significant at 0.01 significant level in 17 groups. (2) Between frustration, professional satisfaction and organized management of teachers, positive co-relationship was found. The observations of comparative study carried out by Saxena, P. (2009) regarding frustration amongst working and non-working women, (1) significant difference of frustration was found between working and non-working women (2) proportion of frustration was found more in working women than non-working women.

The observations of Gulzar, S. and other (2012) in study of frustration amongst students of Pakistan University shows that more educational demands is the main cause of frustration amongst students. In addition, the reasons like parents, love, money, defeat or death were also found responsible for frustration. Amongst the feelings of frustration, the feelings of weeping, psychological state of frustration, sitting stable, interest, loss, joy, decrease in level of interest, tiring, anger or revenge were intense.

The effect of satisfaction towards life is also seen on all other areas of individual. If an individual experiences satisfaction towards his life, his mental health will be good, less proportion of mental tension and as a result can maintain inter-individual relations and hence, he can easily develop organized management and because of it he can get co-operation from others and can give to others. The individuals experiencing feeling of dissatisfaction towards life cannot attain co-operation because of frustration and more proportion of mental tension, weak mental health, and weak inter-individual relations. The present research is regarding satisfaction of life and frustration amongst patients of Cancer and Tuberculosis (T.B.). As soon as a patient comes to know of this disease, he/she becomes disturbed and mental turbulence starts. Though there is remedy of this disease, he/she becomes worried simply on hearing the name. This is an effort to know about what is the proportion of frustration and life satisfaction amongst Cancer and Tuberculosis (T.B.) patients.

Objective

- 1 To find out the effect of type of disease and gender on life satisfaction and frustration.
- 2 To find out the interaction effect between type of disease and gender on life satisfaction and frustration.
- 3 To find out the correlation between life satisfaction and frustration.

Hypotheses

- 1 There will be no significant effect of type of disease, gender on life satisfaction and frustration.

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- 2 There will be no significant interaction effect of type of disease and gender on life satisfaction and frustration.
- 3 There will be no significant correlation between life satisfaction and frustration on patients of cancer and tuberculosis.
- 4 There will be no significant correlation between life satisfaction and frustration on patients of male and female.
- 5 There will be no significant correlation between life satisfaction and frustration of over all patients.

METHOD

Participants

120 Participants were selected for this study. There were 60 cancer patients and 60 tuberculosis patients. In each group there were 30 male and female. These Participants were selected from Sir T. Government Hospital Bhavnagar city in Gujarat. Participants with the help of stratified random sampling. The average age of Participants was 45-55 years.

Design

The experimental design for this study was 2 x 2 factorial design. There were two independent variables and two dependent variables. The first independent variable was type of disease that was varied at two levels i, e. cancer and tuberculosis. The second independent variable was gender that was also varied two levels i, e. male and female. The first dependent variable was life satisfaction. The second dependent variable was frustration.

Type of Disease (A) / Gender (B)	Cancer (A1)	Tuberculosis (A2)
Male (B1)	Cancer male n = 30	Tuberculosis male n = 30
Female (B2)	Cancer female n = 30	Tuberculosis female n = 30

Measuring Instruments

The following list of the measuring instruments was used.

1 Information Schedule

The information schedule was prepared by the investigators to collect information about the respondents such as type of disease, gender, age and level of education.

2 Life Satisfaction Scale

“Life Satisfaction Scale” Constructed by Dr. Singh P. and Joseph G. (1996). The original Hindi scale was translated and standardized in Gujarati by H. D. Pancholi (2009) has been used. The scale comprises 35 items, to be rated on five point scale. The reliability of the “Life Satisfaction Scale” was determined by Test-Retest method ($r = 0.89$) and Split-Half method ($r = 0.86$). The validity of the “Life Satisfaction Scale” was determined by concurrent method ($r = 0.82$).

3 Frustration Scale

“Frustration Scale” Constructed by Dr. N. S. Chauhan and G. P. Tiwari (1972). The original Hindi scale was translated and standardized in Gujarati by J. A. Vegad (2015) has been used. The scale comprises 40 items, to be rated on six option choice answer. The reliability of the “Frustration Scale” was determined by Test-Retest method ($r = 0.75$) and Split-Half method ($r = 0.90$). The validity of the “Frustration Scale” was determined by concurrent method ($r = 0.81$).

Procedure

A very cooperative and healthy environment was created for collecting the data, the investigator approached individually to all participants. The ‘life satisfaction’ and ‘frustration’ scale was given to the participants when participants fill up the scale, these were collected. The scoring was done according to the menial.

RESULTS

In order to study the effect of type of disease and gender on life satisfaction and frustration ANOVA and Correlation were calculated.

Table 1 : Summary of Analysis of Variance for Life Satisfaction

Source of Variation	Sam of Square	Df	Mean Sum of Square	‘ F’ Ratio	Level of Significance
A (Type of Disease)	896.54	1	896.54	3.08	N.S.
B (Gender)	691.21	1	691.21	2.38	N.S.
A x B	2194.68	1	2194.68	7.54	0.01
Wss	33759.94	116	291.03		
Total	37542.37	119			

N.S. = Not Significant.

Table 2 : Summary of Analysis of Variance for Frustration

Source of Variation	Sam of Square	Df	Mean Sum of Square	‘ F’ Ratio	Level of Significance
A (Type of Disease)	5135.21	1	5135.21	14.47	0.01
B (Gender)	29.01	1	29.01	11.97	0.01
A x B	924.06	1	924.06	2.66	N.S.
Wss	40270.71	116	347.16		
Total	46358.99	119			

N.S. = Not Significant.

Table 3 : Correlation between the Life Satisfaction and Frustration among patients

Variables	N	Life Satisfaction and Frustration ‘r’ Ratio	Level of Significance
Cancer patients	60	- 0.07	N.S.
Tuberculosis patients	60	0.10	N.S.
Male patients	60	- 0.07	N.S.
Female patients	60	0.19	N.S.
Over all patients	120	0.08	N.S.

N.S. = Not Significant.

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Figure 1 : Showing the mean scores of Life Satisfaction

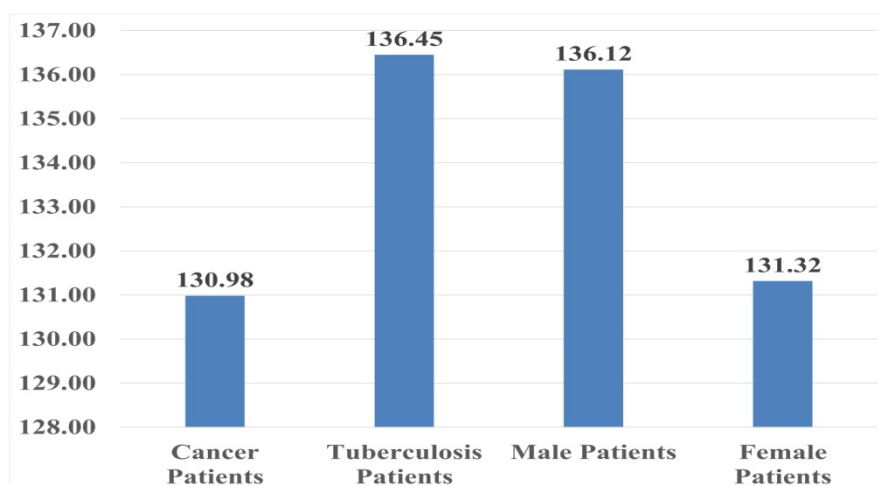
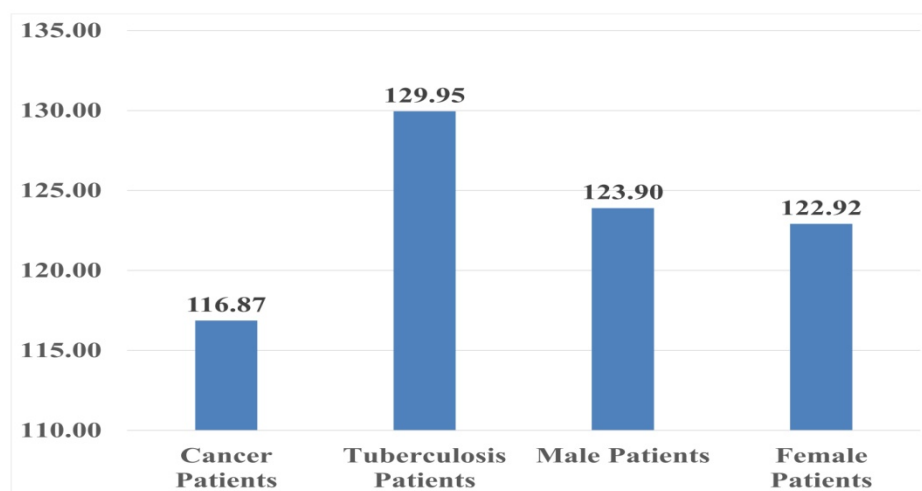


Figure 2 : Showing the mean scores of Frustration



DISCUSSION

The result shows that in reference to selection for research Life Satisfaction, the difference from the point of view of type of disease, gender is found not significant, while the difference in respect of type of disease and gender is found significant.

In respect of disease, the difference between average regarding Life Satisfaction amongst patients of Cancer and Tuberculosis (T.B.) is not significant. Therefore, hypothesis is accepted i.e. the type of disease of patient may be anyone, but there is no difference between their Life Satisfaction. Perhaps, the patient may be thinking that because of new types of diagnosis and treatment, he/she may become healthy; therefore, there may not be difference in Life Satisfaction of both. Life Satisfaction is not any mental position of individual; it requires to be attained by individual. The said aim cannot be achieved easily. Even if it is attained once, then also, it is also not so, that the said position will be maintained permanently (Patel, M.-1989).

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In respect of gender, the difference between average regarding Life Satisfaction amongst male and female patients is not significant. Therefore, hypothesis is accepted i.e. the gender does not effect in Life Satisfaction of the patient. Man and Woman are different form physical constitution and social-practical works. Therefore, though feeling and sentiments of both are different, any difference in Life Satisfaction is not found (Vegad, J. A. – 2015).

In respect of type of disease and gender, the difference between average regarding Life Satisfaction is significant. Therefore, hypothesis is not accepted i.e. type of disease of patient or gender may be anyone, but there is difference between their Life Satisfaction. Perhaps, because physical health can be ascertained easily. Here, it can be assumed that the effect of physical and mental position may be on Life Satisfaction and because of it the effect of type of disease or gender may not be on Life Satisfaction (Bhal, J. P. – 2016).

In respect of frustration, from the point of view of type of disease of patient selected for the research is found significant. From the view point of gender, the difference is significant, while the difference in respect of type of disease and gender is found not significant.

In respect of type of disease, the difference between average of frustration of Cancer and Tuberculosis (T.B.) patients is significant. Therefore, hypothesis is not accepted. Perhaps it may be that T.B. patients may be thinking that recovery from this disease will be possible due to proper treatment, but the Cancer patients may be thinking contrary to this, therefore, there may be difference in frustration of both. The frustration is a mental position of individual. The individual may have to make his/her mental feelings stable or instable each moment with instable atmosphere. Here also, the same can be in the matter of frustration of patient (Garrette, H. E. – 1968).

In respect of type of gender, the difference between average regarding frustration of male and female patients is significant. Therefore, hypothesis is not accepted i.e. gender effects on frustration of patient. A Male is strong by mind and do not bring his pain with speed, while a Female being full of feelings and sentimental breaks down speedily. Because of these reasons perhaps, there may be different between frustrations of both (Kothari, M. – 1986).

In respect of type of disease and gender, the difference between averages regarding frustration is not significant. Therefore, hypothesis is accepted i.e. type of disease of patient and gender may be anyone, but there is difference between their Frustration. There is mutual relationship between mind and body. The mental health is dependent on body and health of body is dependent on mind. The will power of individual is cultivated fast due to healthy body, meaning thereby that it seldom happens that any individual will be fully organized each time in each situation (Pancholi, H. D. – 2009).

The results in respect of co-relation between Life Satisfaction and Frustration shows that difference between co-relation in respect of male and female patients of Cancer, Tuberculosis (T.B.) is not significant and hypothesis is accepted. The co-relation between Life Satisfaction

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and Frustration of Cancer patients and male patients is negative, while co-relation between Life Satisfaction and Frustration of T.B. patients, female patients and overall patients is positive. From the results attained here, it can be said that on attaining more age in most of individuals, the maturity in excitement increases, which effects on health of individual. The patient being morally adult, he can become an appropriate guide to himself. Further, it can be said that the type of disease of patient or gender is not a bar in autonomy of patient, because it can be that the patient has capacity of proper special reactionary conduct in view of patient's own requirements and external elements working in his position (Mathur, S. S.-1985).

LIMITATIONS

In the present research only Sir. T. Government Hospital of Bhavnagar City (Gujarat) has been included. Any other Hospital has not been selected. Any other patients except the patients of Cancer and T.B. (Tuberculosis) have not been taken. Therefore, the results of this research cannot be made applicable to any other patients or patients of any other Hospital. There may be limitations prevailing because of Statistical Analysis in research. It cannot be clarified that participants give only true or good responses or not. The research paper is given final touch through Computer, therefore, linguistic or other mistakes arising because of its technical defect are found.

IMPLICATION FOR FURTHER RESEARCH

The present research was carried out to study the Life Satisfaction and Frustration amongst Cancer and T.B. patients and to find out which elements affect their Life Satisfaction and Frustration and in view of these effecting elements, the changes can be brought through advice. The research carried out may not be a standard of evaluation. There are many aspects of it viz. Social, Economical, Political, Religious, Educational, Family etc. The research can be carried out by selecting any one aspect form different aspects. The essence for research in the present study is patients of Cancer and T.B., and the subject of their Frustration and Life Satisfaction is centre point. This type of research can be carried out on patients of any Hospital of any City, State or District. The study effects found on patients by taking different subjects other than Life Satisfaction and Frustration can be carried out. The subject of Life Satisfaction and Frustration can be widened. The research can be taken up regarding finding out quantum of Life Satisfaction and Frustration by selecting different variables viz. different professional groups, gender, caste, level of education, age etc.

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