

Psychological well being of female cancer patients during Covid 19 pandemic

Ms. Soumya Pandey

Research Scholar

BBD University

Lucknow

and

Dr.Laxmi Vajpeyi

Associate Professor & Head

Department of Humanities & Professional Communication

Babu Banarasi Das Northern India Institute of Technology

Lucknow

Abstract

This study intends to bring about a paradigm shift in the way individuals are approaching these tough times of Covid-19 lockdown, quarantine, social distancing and isolation. Instead of focusing on avoiding negativity we tried to turn off the negativity and focus on doing things that make our cancer patients happy and the Survival mechanism to convert a threat to well being opportunity. In this study we tried to improve mental health of cancer patients to do precisely that through several practical tips to deal with the impact of covid19's negativity by providing actionable and psychological tricks, advice, and guidance on things to do during the Covid-19 lockdown time.

This is not a Survival Guideline but An Effective way to live and enrich lifestyle. It is an Opportunity to stay away from negativity and build our self more strong as cancer survivor.

The current times triggered by this pandemic can severely disrupt the social, mental, physical and emotional balance of the cancer patients. Cancer patients feel very isolated and locked in normal days but in this hard time they feel more down as their loved ones are separating them for their betterment because of their low immune system and precautionary guidelines received from their treating Doctors. Many of them have been advised not to visit hospitals for follow up and that has impacted them very bad psychologically where we have decided to assess their wellbeing during this period.

Participants were enrolled based on their latest visit to ONCO-OPD for their follow-up, patients were requested to participate in this study which was done via telephonic-counseling. Participants who scored low on wellbeing were counseled via telepathy, counseling and mindfulness techniques & guidance were provided accordingly. We as a doctors and psycho-oncologist opine that they should stay away from the negativity, not pay heed to rumors, avoid the pessimism and debilitating thoughts that get triggered as a specific consequence. However, every dark cloud has a silver lining.

Keywords: Cancers, Psychological education, wellbeing, covid19, pandemic.

Introduction

In our lifetime, we have not yet witnessed anything like the global Corona virus pandemic. Currently, most of the attention is rightfully directed at dealing with the cure and prevention of the disease and spreading awareness about the same. At the same time, a large portion of the world is under lockdown mode, whether enforced or voluntary. Due to this covid19 risk on our cancer patients is highly increased. And somewhere it deteriorates their mental health in a negative way because a high risk of covid 19 is seen on cancer patients due to their weak immune system. So I decided to extend this review which is based on my thesis work. Social distancing is turning out to be one of the biggest levers in the hands of the individuals fighting this war against corona virus outbreak. It is high time that we motivate ourselves to take charge of our own lives and focus on things that are controllable in our hands, rather than on corona or Covid-19. (2020 by Rajiv Maheshwari)

Psychological-well-being. Drawn from points of convergence in prior theories of life course development, clinical accounts of positive functioning, and mental health conceptions, the model includes six distinct components of psychological wellness: Self-Acceptance, Environmental Mastery, Purpose in Life, Positive Relations with self and others, Personal Growth, and Autonomy.

In this time of coronavirus and lockdown anxiety how do our cancer survivors or our general populations maintain their mental health in times of COVID-19 fear and how do we enhance our wellbeing happiness and positivity.

Keep calm and understand that by taking a number of precautions, you'll be best prepared to physically *and* mentally withstand the pandemic and its impact on your neighbors, family, and friends.

Coping with corona virus and the accompanying disease — called COVID-19 — isn't easy. Many people feel overwhelmed by anxiety and fear. Your fear is shared among millions of people around the world. (JohnM.Grohol, 7 Apr 2020)

To assess the strategies on cancer patient is using during this pandemic time we tried to empower them with some Life style and Mood-boosting activities to keep your mind happy during COVID-19 lockdown

Expressing your artistic self has profound positive impacts on your mental health and wellbeing during times of stress.

We tried to motivate them for yoga, (mindfulness based meditation, abdominal breathing) and walking.

Participants who were able to crafting such as sewing, have quite a lot in common with mindfulness and meditation," according to neuroscientist Dr. Sarah McKay.

Few hours or minutes spending a quality time with the pets can also have beneficial positive impacts, includes low cortisol levels and a boosted immune system.

Participants who want to dancing and singing on happy tune with the loved ones or alone can also boost their mental health. Jaimee bell. (07 April.2020).

Paintings and crafts time with the home kids (or try some diving into a new hobby such as quilting on their own) can effects wonders for their mental health, according to several studies.

An article written by neuroscientist Dr. Sarah McKay explains: "Knitting and other forms of textile crafting such as sewing, weaving or crocheting have quite a lot in common with mindfulness and meditation, all are reported to have a positive impact on mental health and well-being."

Music can help boost your mood. According to a University of East Anglia (UEA) study, there are several benefits to belting a tune along with a group of people. The results of the study showed that:

Social engagement with others also gives people a sense of belonging and well-being that rare in often lasts all day.

Being part of a group dynamic also helps improve social skills and confidence.

Taking part in a fun activity helps improve your mood and allows you to function better on a day-to-day basis.

Also we should try to spend time with your pets provides hormonal changes that decrease stress and helps boost our happiness.

Having a pet can boost immunity.

People who are able to write a Journaling or expressive writing.

Similar to crafting, writing about your personal experiences can help improve your mood, boost happiness, and help you find catharsis during a time of trouble or stress.

During the stressful COVID-19 pandemic, stress and panic seem to be spreading just as quickly as the virus. Writing about your lock-down experience during this time can help decrease your anxiety and increase your mental well-being, according to research.

Some Coping Strategies in Uncertain Times: that calming Your cognition and mental health during the Coronavirus Outbreak, (Beth Kurland, Ph.D) some strategies that focus on our basic human Using our rational mind

- Focus on what is in our control
- Focus on inviting something else in to replace our fear
- Work with mental rumination
- Have anchors and refuges
- Focus on what you already have
- By writing, editing, and rewriting your own version of events, you can achieve a cathartic experience and see the situation more clearly, often changing how we view the situation we are in.

Objective of the study:

1. To improve the psycho-social health, and well being of cancer patients.
2. To assess the Strategies of Life style and Mood-boosting activities to keep your mind happy during COVID-19 lockdown

Material & Methods

In this article, all necessary information was collected through review literatures and mesh words query, scientific websites such as pub med, Google Scholar, my current thesis work, and comprehensive portal of human sciences.

Sample: The sample consisted of the Thirty Female Cancer Patients. (N=30). The patient's afflicted with early stage cancer in Oncology department, Lucknow.

Measuring Tools: The detailed descriptions of the tools used in this study are given below:

1. Ryff scales of psychological well being: 6 point rating scale:

Strongly Disagree	Disagree	Disagree Slightly	Agree Slightly	Agree	Strongly Agree
1	2	3	4	5	6

- *Item numbers 4, 5, 7, 9, 10, 11, 13,14,15,17,18, 22, 23, 25, 26, 27, 29, 31, 34, 36, 38, 42, 43, 44, 45, 46, 52, 53 in the above are reverse scored.*

Procedure

This study was conducted to assess the effectiveness of psycho education and their well-being status among cancer patients. The study period was for one month (during the Lockdown). Participants in this study were thirty adult women suffering from all type cancer. They belonged to various age groups more than 18 years who were diagnosed and treated in that Cancer opd. The Psycho educational intervention was aimed to improve well being and provide medical information and discuss the causes of cancer, prognosis and treatment strategies that was a more holistic, telepathy approach that was focused on improving the well-being status, coping skills and empowerment.

A pre-tested questionnaire was administered to collect information on the socio-demographic profile of the participants such as age, marital status, educational status, occupational status and chronic illness. Unique hospital identity number (UHID) informed was obtained from every participant and Well-being assessment during the pre-test.

Statistical Analysis Used: Statistical analysis was done by obtained data were coded, tabulated, and analyzed using paired t-test. The SPSS package version 20 and were interpreted using descriptive and inferential statistics on the basis of objectives and hypotheses of the study.

Result

The comparison between pre-test and post-test results of well-being assessment analysis revealed that majority of the participants was in the state of adequate well-being after the psycho-education improved compared to earlier during the pre-test assessment.

Table 1: Pre and post psychological Intervention evaluation of well being

Paired samples statistics & Correlation

SCALE	Mean	N	Standard deviation	T score	Correlation	Sig

Pre test well being	74.27	30	19.100	-20.588	.626	.000
Post test well being	263.4000	30	60.02620			

*Significant at .05 level, ** significant at .01 level. ***.000

Table 1 In pre well being test measures the participants had low scores. it indicates that there is a significant difference between pre and post test of well being. The t- value ($t=-20.58$) is significant at both level of confidence(.05 & .01). the mean value of post well being is greater ($m =263.40$ & $sd = 60.02$) than the pre test score of well being ($m= 74.27$ & $sd= 19.10$)Above table depicts there is a significant difference between pre and post test of well being. The t- value ($t=-20.58$) is significant at both level of confidence(.05 & .01).

Table: 2 Bar diagram of paired variables on pre and post mean value.

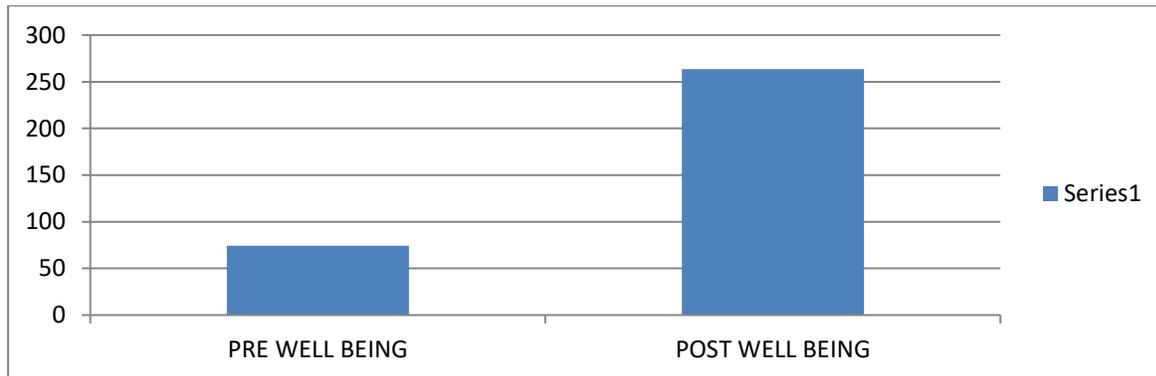


Table 2 in this bar diagram’s findings showed that cancer patients well being were improved effectively in comparison to pre tests conditions. As shown in the bar diagram well being increased respectively high impact of the life style strategies is reducing the stress as well as the various components of the stress; fear, mental health issues like psychosomatic issues self complaints, tensions negativity during pandemic and everyday life challenges and restrictions. Significant changes were seen in wellbeing and its domains; anatomy, environmental mastery,

personal growth, positive relations with others, purpose in life, self acceptance. Results showed a significant improvement and changes in coping with the current situations and improved well being that planned to positive decision making and adapting systems, better emotional well-being and mental interventional designs in malignant growth.

Discussion

The lives of cancer patients are distressing. This study shows that cancer patients who were suffering from cancer and undergoing treatment but due to lockdown and the pandemic stress their wellbeing affected due to this risk of covid19. They were poor in pre test telephonic examination, and after providing telephonic interventional sessions for their life style strategies which helps them to improve their well being and effectively improves their day to day happiness & Lifestyle. This helps to know more about self and deal with the illness, purpose of life, self acceptance, optimism, positive relations building.

After taking this telepathy they were able to deal with the risk in perspective of their day to days challenges and started taking normal & healthy precautions while they were unable to meet their respective consultants' doctors. These sessions have helped them to avoid over-consumption of media & negative discussions about pandemic. The mean value of well being indicated that there was significant difference in their pre test conditions and circumstance verses their post test condition.

Conclusion

The present study identified that cancer patients during this pandemic situation have high risk of infection of Corona Virus.

During lockdown period these patients were unable to take their regular follow-up with their doctors and this has affected their mental health and well being.

We have recommend telepathy sessions/interventions to improve their well being and cope with their emotions and chronic illness.

Limitations: This study was completed during the lockdown period due to which we were unable to meet these patients and provide them face to face counseling sessions/ psychotherapies.

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