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GRT MENTAL HEALTH AMONG CHRONIC PATIENTS

Chidanand¹ and Shivakumar S. Chengti²

¹Research Scholar, Department of Psychology, Gulbarga University Gulbarga.

²Professor, Department of Psychology, Gulbarga University, Gulbarga.

Abstract:-The main purpose of the present study was to examine the Mental health among Chronic patients. The objectives of the study were 1) to examine the significant difference in mental health between chronic (HIV +ve & TB) patients, 2) to examine the significant difference in mental health between male and female sample. The sample consisted of 80 (40 HIV +Ve & 40 TB patients) selected from Gulbarga District in Karnataka state. The sample matched for type of chronic diseases and gender. The sample was administered with mental health inventory by (Jagadish Srivastav) and data were subjected t-test. The results revealed that there is a significant difference in mental health between chronic diseases and gender.

Keywords:Mental Health , Chronic Patients , psychologist.

INTRODUCTION

The word health means different things to different individuals. To many individuals it merely means freedom from any obvious disease, and to someone it is freedom from poor health. To a psychologist, health is the normal functioning of the mind, to a physician, it is principally the normal functioning of the body. People's attitude to health, their ideas about the causes of illness, and the relationship between attitudes and behaviour portrays different meanings of health in their mind (Cartwright et al., 197)

Health is a continuous balancing of the physical, emotional, social, intellectual and spiritual components of an individual to produce happiness and higher quality of existence. Wellness means engaging in attitudes and behaviour that enhance quality of life and maximize personal potential. Health knowledge and attitude constitute an important dimension contributing to health and wellness. The aim of life must be to remain healthy as the poet, philosopher Ralph Waldo Emerson in nineteenth century had said, the first wealth is health. People have always valued good health but in the modern time of stress and anxiety they are becoming more health conscious than ever before.

Mental health is an important aspect of one's total health status and is a basic factor that contributes to the maintenance of physical health and social effectiveness. It means the ability to balance feelings, desires, ambitions and ideals in one's daily life. It means the ability to face and accept the realities of life.

The word mental health conjures up the image of mentally ill persons in the public mind. The WHO (1978) has stated quite clearly that mental health is not a state of absence from diseases but a state of well being encompassing our physical, social and emotional lives. This concept also implies that a healthy person must actualize all the potentialities of growth and development without being unduly tense or unhappy. This concept needs some reiteration, as overburdened medical professionals who are solely preoccupied with relief of immediate human suffering, have dominated this field too long. It is only in recent years that a consciousness is dawning on workers in this field, that almost every form of community activity has a direct bearing on the state of health of its citizens. Hence, the politicians, law makers, economists, people engaged in trade commerce, industry, educationalist's food and nutrition specialists, ecology experts including doctors, nurses and social workers are all involved, either overtly or covertly, in promoting or harming the mental health of citizens and/or in allowing them to actualize their growth potential (Dutta Ray, 1993).

Mental health is the balance between all aspects of life social, physical and spiritual and emotional. It impacts on how we manage our surrounding and make choice in our lives clearly it is an integral part of overall

health.

HIV is an acronym for the term “Human Immunodeficiency Virus” and can be explained as a virus, which enters into the cells of the body and weakens the body’s ability to fight other disease and infection (Muarry, 1999). It is further described by the centre of disease Control and Prevention as the Virus which causes, or results in the onset of AIDS (CDC, 2001).

Muarry (1999) describes AIDS as the disease a person with HIV gets. AIDS is an acronym for “Acquired Immune Deficiency Syndrome” (Mbuya, 2000). Acquired means that it is not genetically inherited but it is a result of an environmental factor. Immune Deficiency describes the resulting weakening of the infected person’s immune system, and Syndrome refers to the characteristic of this disease in that it does not present with one specific disease but rather a collection of symptoms.

AIDS is the late stage of HIV infection, when a person’s immune system is severely damaged and has difficulty fighting diseases and certain cancers. Before the development of certain medications, people with HIV could progress to AIDS in just a few years. Currently, people can live much longer - even decades - with HIV before they develop AIDS. This is because of “highly active” combinations of medications that were introduced in the mid 1990s.

Tuberculosis is a disease caused by an organism called mycobacterium tuberculosis. The mycobacterium tuberculosis bacteria can attack any part of the body, but most commonly attack the lungs. A person can have active or inactive (sometimes called latent) tuberculosis. Active tuberculosis or TB disease means the bacteria are active in the body and immune system is unable to stop them from causing illness. People with active tuberculosis in their lungs can pass the bacteria on to anyone they come into close contact with. When a person with active tuberculosis cough, sneezes or spits, people nearby may breathe in the tuberculosis bacteria and become infected.

Tuberculosis and HIV infection are two major public health problems in many parts of the world, particularly in many developing countries. TB is the most common opportunistic disease and cause of the death for those infected with HIV. Similarly, HIV infection is one of the most important risk factors associated with as increased risk latent TB co-infection progressing to active TB disease. It is estimated that one third of the 40 million people living with HIV/AIDS worldwide are co-infected with TB. The people who worldwide died of tuberculosis in 2009, it is estimated that 400,000 were infected with HIV. Tuberculosis is the leading cause of death among HIV infected people. The challenge of the TB and HIV co-epidemic has been recognized by World Health Organization, and collaborative TB/HIV actives were launched in 2004 to manage the TB and HIV co-infection.

2.METHODOLOGY:

Statement of the problem: To study the Mental health among Chronic Patient’s

Variables:

1.Independent Variable

- a.Chronic diseases
- b.Gender

2.Dependent Variable

Mental health.

Objectives:

- 1.To examine the significant difference in mental health between HIV +ve & Tuberculosis (TB) patients.
- 2.To examine the significant difference in mental health between male and female sample.

Hypotheses:

- 1.There would be a significant difference in mental health between HIV positive and Tuberculosis patients.
- 2.There would be a significant difference in mental health between male and female sample.

Samples:

The sample of the present study consists of 80 (40 HIV +ve patients & 40 TB patients) selected from Gulbarga District in Karnataka State. The sample is matched with chronic diseases and gender.

Tools:

1. Personal Data Schedule: This data schedule includes name, type of chronic disease and gender.
2. Mental Health Inventory:

This inventory is developed by Jagdish and Srivastava (1988) which is consisting of 56 items distributed along 6 dimensions. There are 4 response categories always, often, rarely and never. The scoring is done with the help of scoring key. The higher score indicate the higher mental health and vice versa. The reliability of the inventory has been found to be 0.75 which is significant.

3. RESULT AND DISCUSSION:

The major objectives of the present study has been to examine the mental health of chronic diseases and between male and female between Sample. The sample was administered with mental health inventory and the data were subjected to t-test. Results are given in tables

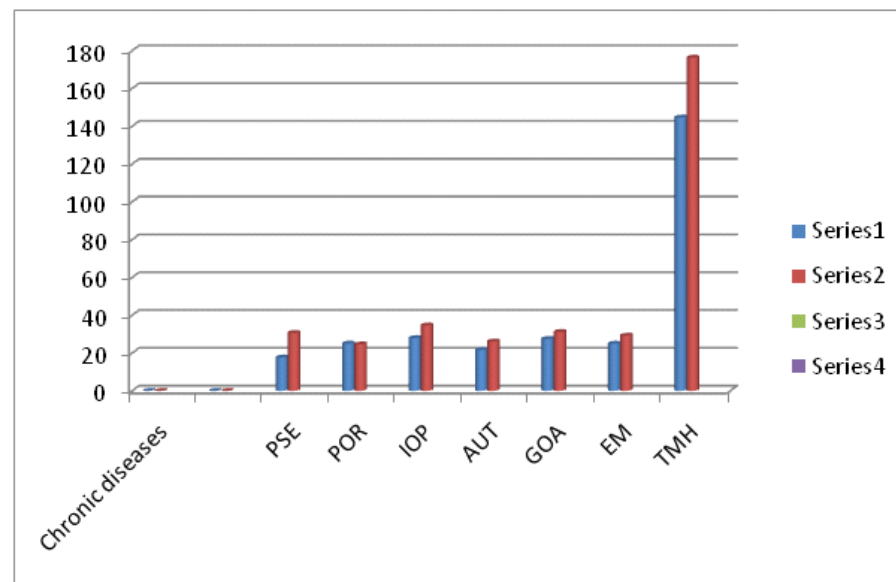
Table – 1: Mean, SDs and t-values of mental health of HIV +ve and Tuberculosis patients (N=80)

Chronic diseases		PSE	POR	IOP	AUT	GOA	EM	TMH
HIV +ve	Mean	17.63	25.00	27.93	21.63	27.46	24.96	144.61
	SD	12.25	6.04	4.02	11.35	5.11	5.83	44.6
TB	Mean	30.65	24.59	34.64	26.08	31.17	29.18	176.31
	SD	5.22	4.26	6.49	10.80	5.67	5.24	37.68
t-value		8.30**	7.89**	8.76**	2.54*	4.36**	5.71**	4.83**

*Significant at 0.05 level

** Significant at 0.01 level

Graph-1 mental health of HIV +ve and Tuberculosis patients



Graph-2

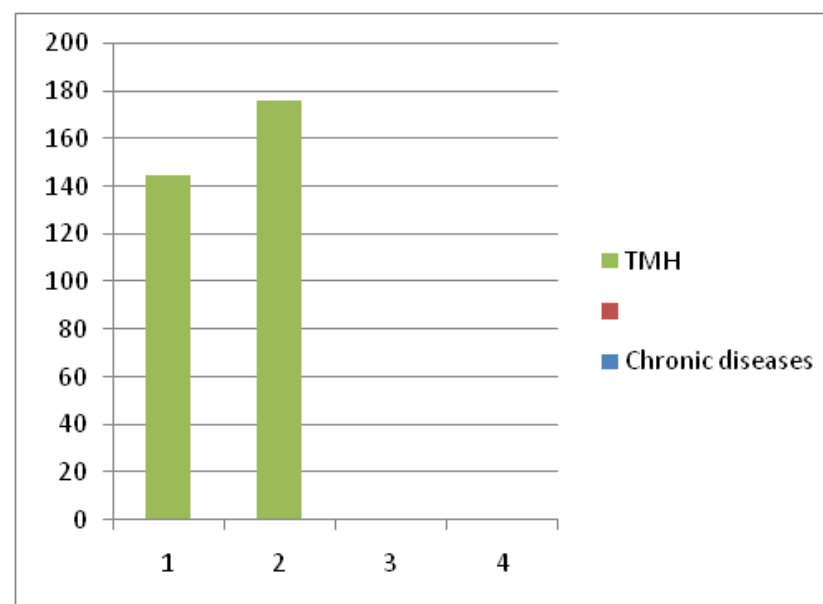


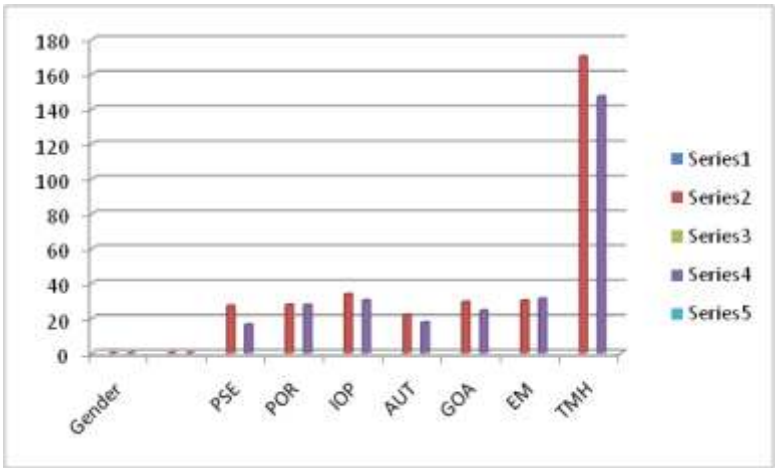
Table No.1 shows Means, SDs and t-value of mental health of HIV +ve and TB patient sample. The mean value of HIV +ve sample is (144.61) and of Tuberculosis is (176.31) on total mental health, which clearly indicates that the TB patients have higher mental health than the HIV +ve sample. The t-value of (4.83) is significant at 0.01 level. This shows significant difference in mental health between two groups. Similarly in other dimensions, there are significant differences. The graph 1 & 2 also highlights the same things.

Table No-2
Showing Means, SDs and t-values of Mental Health of male and female
Chronic sample (N=80)

Gender		PSE	POR	IOP	AUT	GOA	EM	TMH
Male	Mean	27.19	27.70	33.86	21.93	29.40	30.20	170.28
	SD	10.75	3.69	6.73	9.01	6.72	5.73	42.63
Female	Mean	16.37	27.60	30.27	17.61	24.40	31.16	147.41
	SD	14.92	5.50	6.79	4.10	8.14	5.93	45.38
t-value		5.25**	0.13	3.35**	3.92**	4.23**	1.12	3.26**

**Significant at 0.01 level

Graph-3 Mental Health of male and female Chronic sample



Graph-4

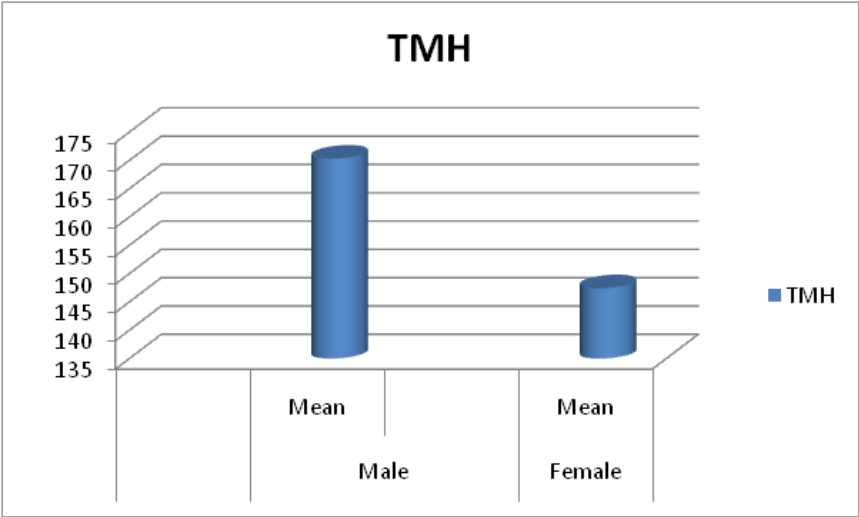


Table-2 clearly reveals that males have better total mental health (170.28) while females have lower mental health (147.41). The male samples have significantly higher scores than female sample. The t-value is 3.26 which is significant. This reveals that there is significant difference between male and female sample with regard to total mental health. Similarly, males have higher mental health in majority of mental health than females. Hence, the results clearly speak of significance of gender differences in all dimensions of mental health. Graph -3 & 4 depict the same things.

4.CONCLUSIONS:

1. There is a significant difference in mental health between HIV +Ve and Tuberculosis patients: Tuberculosis patients mental health is higher than the HIV positive sample.
2. There is a significant gender difference in mental health.

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