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Title of Thesis: Mental Health, Stress And Coping Among Asthmatic And Hypertensive Male And Female Patients

ABSTRACT

The present study was planned and carried out with the objectives to measure and compare mental health, stress and coping of asthmatics, hypertensives and normal subjects. The present study comprised of total 180 subjects; 60 participants falling in each of the three groups with equal numbers of male and female subjects. The asthmatic and hypertensive participants were taken from different government hospitals of Delhi and control group was drawn from the general population of Delhi on random basis. Mental health was measured by Mental Health Inventory developed by Srivastava, (1987), stress was measured by Presumptive Stressful Life Event Scale developed by Singh, Kaur. and Kaur, (1971) and coping was measured by Coping Strategies Scale developed by Srivastava, (2001). ANOVA technique followed by Tukey post-hoc test and t-test were used to analyse data. The following results on different measures were obtained.

Mental Health

Asthmatics scored least on mental health and exhibited significantly poor mental health among three groups. Consistency in results was also seen in male group comparison. Hypertensive group showed significantly greater difference with asthmatics and non-significant difference with control group. Same was found in male groups comparisons. Whereas females of all three groups showed almost equal degree of mental health and no gender difference was found in any of the group.

Stress

Both disease groups experienced almost equal degree of stress and significantly greater than control group. Asthmatic males perceived significantly greater stress than hypertensive and control male groups whereas no significant difference was found in hypertensive versus control male group comparison. Females of disease groups perceived

almost equal degree of stress and significantly greater than control female group. Asthma group showed no gender difference in terms of stress. Whereas hypertensive females perceived significantly more stress than hypertensive males. And on the other hand male control group was found significantly more stressed than female control group.

Coping

Both disease groups used approach coping in similar ways. Asthmatic and hypertensive groups used equally the approach coping. However, asthmatic group used significantly more avoidance coping than hypertensive group. Hypertensive group used significantly more approach coping than control group, but both the groups used equal degree of avoidance coping. Asthma group used significantly more approach as well as avoidance than control group.

No significant difference between asthmatic and hypertensive males were found in approach coping. Asthmatic males used significantly more avoidance coping than hypertensive males. Hypertensive and control males used approach and avoidance coping in almost similar way. Asthmatic males used significantly more approach as well as avoidance coping than control males.

Females of both disease groups showed no significant difference in use of either coping whether it was approach or avoidance coping. Hypertensive females used significantly greater approach as well as avoidance coping than control females. Asthmatic female group used approach coping similarly to control female group and used more avoidance coping than control female group.

In any of the group no gender difference was found in use of either coping, neither in approach coping nor in avoidance coping.

On the basis of research finding it can be concluded that asthma is the most fatal disease than hypertension. It exhibits poor mental health and perceives high stress for which it tries to use more coping.