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RESEARCH ARTICLE

A STUDY TO ASSESS THE ANXIETY AND SPIRITUALITY AMONG CANCER PATIENTS WHO ARE UNDER RADIATION THERAPY IN SVIMS, THIRUPATHI

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ABSTRACT

Aim: To assess the level of anxiety and spirituality among cancer patients under radiation therapy at selected hospitals, Tirupati. **Materials and Methods:** A descriptive study was conducted with structured questionnaire to assess the anxiety and spirituality among cancer patients at selected hospital, Tirupati. The sample size is 100 cancer patients. **Results:** Among 100 cancer patients related to anxiety 34.0% had mild anxiety, 41.0% had moderate anxiety, 25.0% had severe anxiety. Related to spirituality, 26.0% had mild spirituality, 41.0% had moderate spirituality and 33.0% had severe spirituality. **Conclusion:** The author was concluded that, there is an importance of integrating mental health care along with cancer treatment for the patients taking longer-term treatment.

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INTRODUCTION

Cancer is simply a group of abnormal cells that have abnormal growth patterns. American cancer society defines cancer is a large group of disease characterised by uncontrolled growth and spread of abnormal cells. Cancer is a major disease burden worldwide but there are marked geographical variations it includes overall and at specific organ sites. The impact of cancer is far greater than mere numbers. Its diagnosis causes immense emotional trauma and its treatment, a major economical burden, especially in a developing country like India." In cancer patient, some of the major concern is death, and various studies have shown higher death anxiety than control group. In India cancer is still perceived a synonymous to death."(2)

NEED FOR THE STUDY

Cancer is one of the leading causes of death globally and was responsible for 8.8 million deaths in 2015. The number of new cases is expected to rise by about 70% over the next two decades (3). In India, the number of new cancer cases in 2016 was around 14.5 lakhs and the figure is likely to reach 17.3 by 2020. (4) Study on coping behaviours among cancer patients has grown enormously and urge more attention for the specific population. Weismann identified coping styles used by many clients with cancer. Clients who are good problem solvers or who cope effectively tend to comfort reality, avoid excessive denial, remain flexible, accept support and remain hopeful and optimistic.(5)

OBJECTIVES

- To assess the level of anxiety among patients with cancer.
- To assess the level of spirituality among patients with cancer.
- To explore relationship between anxiety and spirituality among patients with cancer.
- To find the association between level of anxiety and spirituality with their selected demographic variables.

REVIEW OF LITERATURE

KONSTANTIONOS TSARAS (2018) conducted a study on breast cancer patients (n=152). With a structured questionnaire PHQ-2 and GAD-2 scales. The results were shown as mean age of the patients was 53.25 years (SD=12.10), 69.7% of the patients underwent mastectomy and 30.3% on gectomy. Chemotherapy received 46.1% of patients as adjuvant therapy, 15.8% radiotherapy and 38.2% received both chemotherapy and radiotherapy. A large percentage found to be classified as depressed (38.2%) and anxious (32.2%). Hence, researcher concluded Breast cancer patients are in high risk for developing psychiatric disorders such as depression and anxiety (6)

J. CHEN. Z. C. HANG. L. F. (2017) conducted a study on impact of naso-pharyngeal cancer and radiation therapy on the psychosocial condition among 70 Chinese patients in Hong Kong. Physical and psychological adjustments were measured by Rotterdam symptom checklist, Beck Anxiety Inventory, Perceived stress scale and the 36-Item short form health survey (Survey-36). The percentage of fear of dying and anxiety were reduced from 28% from pre radiotherapy to 2% at one year. So they proved that the period from the diagnosis to two months of post radiation therapy was a high risk period both physically and emotionally (7)

RESULTS

Variables	Mean	Standard deviation
Anxiety	65.68	9.673
Spirituality	83.77	11.514

The above table 6 shows that the mean of anxiety is 65.68 and standard deviation is 9.673; mean of spirituality is 83.77 and standard deviation of 11.514 respectively.

	N	Correlation	Sig.
Anxiety / spirituality	100	.587	.000
Pearson correlation significant (2 tailed)			

The table 7 depicts that there is a negative correlation between anxiety and spirituality. It indicates that as the spirituality is high the anxiety decreases gradually.

DISCUSSION

Major findings of this study showed that out of 100, 34% of them had mild level of anxiety, 41.0% had moderate level of anxiety and 25.0% of patient has high level of anxiety. Among 100 patients the level of spirituality, 26% of them have mild level of spirituality, 41.0% has moderate level of spirituality and 33.0% had high spiritual levels.

Recommendation

- A similar study can be conducted on a larger group of population to generalize the findings.
- A comparative study can be conducted among the urban population and rural population.
- A similar study can be conducted at different hospital settings at same geographical area.

CONCLUSION

In this study out of 100, 34% of them had mild level of anxiety, 41.0% had moderate level of anxiety and 25.0% of patient has high level of anxiety. Among 100 patients the level of spirituality, 26% of them have mild level of spirituality, 41.0% has moderate level of spirituality and 33.0% had high spiritual levels. In association of demographic variables with level of anxiety and spirituality there is a significant $p < 0.05$ level.

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