

# Relationship of Psychological well-being with Depression and Anxiety among Heart Patients

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## ABSTRACT

The study was designed to investigate the relationship of psychological well-being with depression and anxiety among heart patients.<sup>1</sup> For this purpose, a sample of 200 patients was taken, including 100 men and 100 women, educated uneducated, employed and unemployed volunteers. The sample was taken from Nishtar Hospital, Combined military hospital and other private hospitals in Multan. The age range from 25 to 60 (mean age 43.085).<sup>2,3</sup>

**Objective:** To observe the effect of demographic variables (age, education, gender and source of finance) on psychological well-being and depression, anxiety in heart patients.

### Methods:

1. Low psychological well-being would be positively correlated with depression and anxiety.
2. Older age (above 50) heart patients would have low sense of psychological well-being as compared to younger age (above 35) heart patients.

**Results:** Different statistical procedures were used to determine the relationship of psychological well-being with depression and anxiety among heart patients. Correlation was computed to see the relationship among variables. It was found that there is negative correlation between psychological well-being with depression and anxiety. Since the p-value is less than  $\alpha$  (p-value < 0.01), so we reject null hypothesis  $H_0$ , and conclude that low psychological well-being is positively correlated with depression and anxiety.

**Conclusion:** This study also finds out important findings on the role of stresses, feeling of worthlessness in depression and anxiety disorder. It is concluded that psychological well-being, depression and anxiety are not significant correlated with each other. Source of income or job and sex of the heart patients have significant effect on psychological well being. However there is no significant difference between men and women regarding the rate of depression and anxiety.

**Keywords:** P-Value, Correlation, Null Hypothesis, Depression

## INTRODUCTION

It has been estimated that one out every two person who seek medical aid suffers from an illness related to emotional stress or his negative effect (Depression, Anxiety, Pessimism and low body image).<sup>5,6</sup> According to an earlier estimation made by Pennebaker (1982) emotional disturbance may underline 50% to 80% of the disorder for which people consult doctors.<sup>7,8</sup>

In fact, some times a vicious cycle is established in most of our physical disease (Chesny, 1996; Frasure Smith et al., 1993). For example, a person with a known organic heart condition is likely to become frightened and to worry over his health. In return his prolonged emotional state may effect the functioning of his already weakened heart, worsening its condition. These emotional states should be constantly in the physicians mind because some times the physical damage caused by the emotional state of the patient is more serious and permanent that the result of the organic Derangement (Ryff, C.D. 1989).<sup>9</sup>

Positive state of physical, mental and social well-being, not merely the absence of disease or infirmity, (WHO, 1958) the term mental health is used to include emotional and social well-being as well as the mental state of the individual. We all agree that no one lives perfectly efficiently and no one ever attains and maintain a continual high level of enjoyment.<sup>10</sup>

**Objectives of The Study:** To observe the effect of demographic variables (age, education, gender and source of finance) on psychological well-being and depression, anxiety in heart patients.

## METHOD

- 1) Low psychological well-being would be positively correlated with depression and anxiety.

- 2) Older age (above 50) heart patients would have low sense of psychological well-being as compared to younger age (above 35) heart patients.

## RESULTS

Different statistical procedures were used to determine the relationship of psychological well-being with depression and anxiety among heart patients. Correlation was computed to see the relationship among variables. It was found that there is negative correlation between psychological well-being with depression and anxiety.

### Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
Age	200	25	50	42.60	9.286
Anxiety	200	11	42	28.96	7.630
Depression	200	10	46	30.24	7.899
Psychological well-being	200	18	36	24.53	6.034

### Anxiety Level

Anxiety Level	Frequency	Percent
Normal	13	6.5
Moderate	81	40.5
Severe	106	53.0
Total	200	100.0

**Correlation Matrix among Depression, Anxiety and Psychological Well-being:** In order to measure relationship between depression, anxiety and psychological well-being correlation matrix was made. Means, Standard Deviation and t-

value for the scores of relationship of depression anxiety and psychological well-being scale (N=200)

**Analysis:** Since the p-value is less than  $\alpha$  (p-value < 0.01), so we reject null hypothesis  $H_0$ , and conclude that low psychological well-being is positively correlated with depression and anxiety.

Depression Level	Frequency	Percent
Normal	13	6.5
Moderate	66	33.0
Severe	121	60.5
Total	200	100.0

Depression Level

Correlation Matrix among Depression, Anxiety and Psychological Well-being

		Anxiety	Depression	Psychological well being
Anxiety	Pearson Correlation	1.00	0.936(**)	0.914(**)
	N	200	200	200
Depression	Pearson Correlation	0.936(**)	1.00	0.921(**)
	N	200	200	200
Psychological well being	Pearson Correlation	0.914(**)	0.912(**)	1.00
	N	200	200	200

**DISCUSSION**

Depression and anxiety are two of the most common psychological problems associated with cardiac disease. Cardiac patient have to face a threatening situation. When patients feel helplessness according to their disease, it enhances their level of depression and anxiety. Cardiac patient's have persistent sad, anxiety or empty mood. They have feeling of hopelessness and pessimism cardiac patient's fear the impending death which is sudden fear of death when suppressed is shown in the form of death anxiety which results when the patients realized morality of human beings. This death anxiety is manifested in the form of physical symptoms. Uncertainty of the situation also makes the patients more anxious and hence patients are more anxiety prone.

This research was undertaken to investigate the role of depression, anxiety and psychological well-being in heart diseases. The purpose of the study was to find out relationship of depression, anxiety and psychological well being with heart diseases. The findings regarding the effects of demographic variables including sex, education, age and source of income have a significant effect on psychological well-being of heart patients. However, there is no significant difference between men and women regarding the level of depression and anxiety.

The 1st hypothesis pertaining to the correlation of low psychological well being, anxiety and depression is supported by the findings. In this way there is negative correlation between psychological well-being and high level of depression and anxiety. Researches proved that individual with high and strong sense of psychological well being experience fewer and less severe episodes of emotions such as anxiety, depression and anger (Bootzin, R.R.s Accocella, R.J., 1988). In this context Myer and Diener (as cited in Ryff, C.D 1989) point out positive and negative emotions are not correlated. Thus, psychological well being depends on complex of experiences and perspectives, not a single dimension of mood.

The 2<sup>nd</sup> hypothesis related to the effect of sex on psychological well being is supported by the findings. It is true that women have low psychological well-being as compared to men because of norms and culture of society. Culture can change the correlates of the well-being. Another reason of low psychological well-being of women is that they don't have right to take decisions about their own life. The role of women in family also effect of

psychological well-being. In most of the families and organization men are dominant. The result of a study by Sharp and Heppner (1991) Role quantity or satisfaction judgments were better predictors of women's well-being than mere occupancy of roles.

**CONCLUSION**

And this study also finds out important findings on the role of stresses, feeling of worthlessness in depression and anxiety disorder. It is concluded that psychological well-being, depression and anxiety are not significant correlated with each other. Source of income or job and sex of the heart patients have significant effect on psychological well being. However there is no significant difference between men and women regarding the rate of depression and anxiety.

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