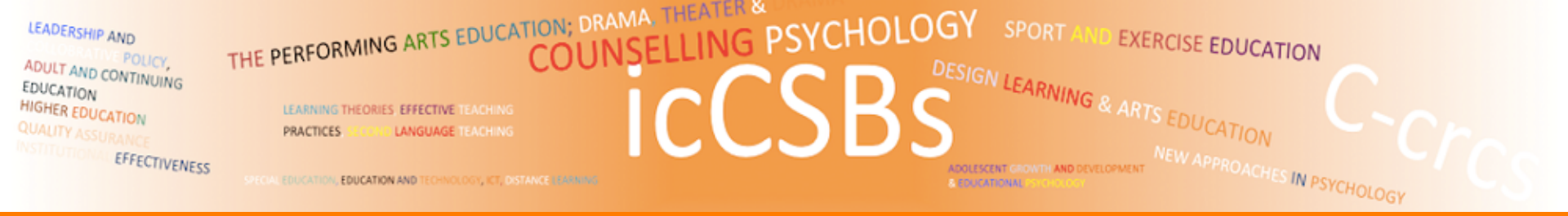

Comparison of Emotional Adjustment Between Ordinary People and Patients With Gastrointestinal Cancer

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Introduction

- Cancer is a chronic disease, which reminds humans of pain, limitation and finally death. It is, based on the reports released by World Health Organization, considered as a global disease which not only has the roots in social, cultural, economic conditions but it is largely depends on personal features and out-of-control cell growth.

Introduction

- Being diagnosed with cancer is a life-changing experience for most people.
- The person may experience shock, fear, anger, sadness, loneliness or depression.
- Most people face some degree of depression, anxiety, and fear when cancer becomes part of their lives because they know about the unwanted changes cancer will bring to their life.

Introduction

- Researches by Young (2005) demonstrated that 20 per cent of people diagnosed with cancer suffer from frustration and disbelief which is attributed to behavioral pattern-breaking.
- On the physical level, cancer can cause great changes in body image and in the way patients perceive their body.

Methodology

- **The present research is a descriptive-comparative study and carried out in an applied framework in order to yield useful implication in determining the differences of emotional adjustment between ordinary people and patients with cancer. Research population included**

Methodology

- 1) all people with Gastrointestinal Cancer in The Center for Gastrointestinal and Hepatic Disease at Masoud Clinic, Tehran, Iran in 2011 and
- 2) all staff of The Hospital of Petroleum Company who were the same as those with cancer people regarding age, gender and education.

Methodology

- **The Bell's Emotional Adjustment Inventory:** This inventory which includes 160 items was designed by Hugh M. Bell in 1961. It has five components: home adjustment, health adjustment, social adjustment, emotional adjustment and occupational adjustment.

Results

- Table 1 shows the mean, standard deviation, maximum and minimum of variables in groups. As the table represents, the mean and standard deviation are higher for the group of patients with cancers compared to that of ordinary people.

Variable	Groups	F	Minimu	Maximum	Mean	SD
Emotional Adjustment	With cancer	50	3	25	13.6	6.02
	Ordinary	50	1	24	13.42	5.71

Results

- As shown in table 2, the difference of emotional adjustment scores between two groups is significant (P> 0.05).

Variance	Source	SS	df	MS	F	Sig.	Partial Eta Squared
Group	Emotional adjustment	0.81	1	0.81	0.24	0.878	0.0001

Discussion

- Considering the descriptive statistics (i.e., mean and standard deviation) of emotional adjustment, it was revealed there would be no difference between two groups. This issue can be attributed to the fact that body like other stressors can adjust to cancer and its outcomes. Nevertheless, cancer does not seem so frustrating compared to incurable diseases as AIDS or addiction since human beings can normally adjust to cancer and consequently it is more likely to find a cure for cancer in future.

Discussion

- Furthermore, due to this fact that religious beliefs play crucial role in Iranian society the non-difference of emotional adjustment between two groups can be expected. Also, Iranian families strongly support the patients with cancer, so it can be inferred that people with such disease would be able to adjust to cancer (Abolmeali, 2009).
- Taking into account the review of literature, it is emphasized that adjustment is to be formed in early childhood. In addition, the role mothers play in family is of great importance in enhancing children's adjustment in future society.

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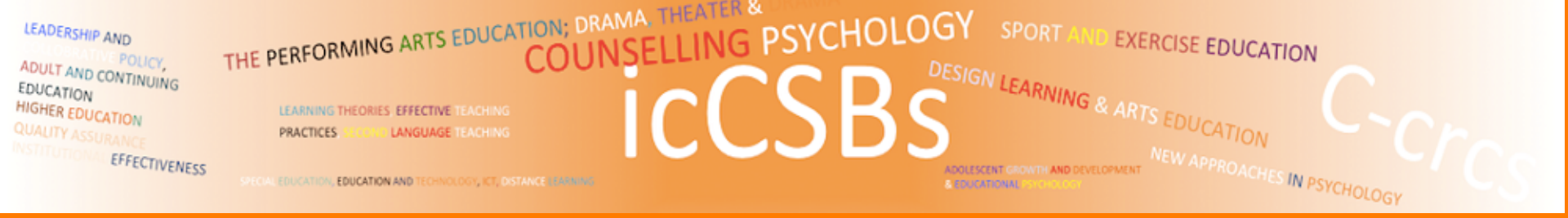

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