CONCLUSIONS AND IMPLICATIONS

The present study investigated relationship of Recovery in bypass coronary surgery patients with marital adjustment, stress symptoms, perceived stress, coping styles, psychological well being and optimism.

Results showed a significant positive relationship between recovery process, positive emotion oriented coping style, psychological well being and optimism. One may conclude that recovery hastens as a result of positive protective factors. This implies that Well Being and Optimism play a positive role in recovery from bypass surgery.

Lack of gender differences shows that gender does not necessarily play a major role in recovery process and its correlates. Factors such as psychological state of mind seem to play a major role in recovery instead of age or gender. Studies show that resilience, hardiness, social support and well being dimension of psychological well being play the most important role in recovery, longevity and better health outcomes (Tung, Hunter, and Wei, 2008).

The results of this study reconfirm that as many patients referred to cardiac rehabilitation (CR) are stressed, exercise training, nutritional and psychological counselling for psychological distress needs to be included as important components in all cardiac rehabilitation programmes (Tolmie, Lindsay, and Belcher, 2006). Interventions that target positive emotions must also be included along with surgery. Coping strategies that may help patients take a more active role in their heart failure management and may improve psychological and cardiac outcomes must be included in cardiac rehabilitation centers (Klein and Murray, 2007).

The results of the present study might help medical professional design specific interventions intended to lower anxiety levels, promote the use of problem-focused strategies and identify patients’ values, necessary to achieve optimal quality of life (Tung et al., 2008). Based on the findings of this study one can advocate strengthening of psychological protective factors to hasten recovery.

The extension of knowledge in the field of health psychology and its practical use in treatment of the patients is highlighted. This thesis is an humble attempt in enlarging the knowledge in the challenging filed of cardiac health.