A COMPARATIVE STUDY OF ASTHMATIC AND NON-ASTHMATIC INDIVIDUALS IN CONTEXT TO THEIR ADJUSTMENT, DEPRESSION AND WELL-BEINGNESS

ABSTRACT

Aim of the present study is to compare asthmatic individuals (AI) and non-asthmatic individuals (NAI) in context to their Adjustment, Depression and Well-Beingness. The Purposive Sampling Method has been adopted to select the sample. The sample consisted of 600 subjects with AI (n=300) and NAI (n=300) which were selected from Ahmedabad city of Gujarat state. Asthmatic individuals & non-asthmatic individuals, gender as well as size of family were taken as independent variables. Adjustment, Depression and Well-Beingness were taken as dependent variables. The tools used were Indian adaptation of Bell Adjustment Inventory, Beck Depression Inventory – II (BDI-II) and Psychological Well-Being Scale (PWBS). ANOVA has been used to analyze the data.

MAJOR FINDINGS:

- **Main Effect** –

  (1) Asthmatic Individuals in comparison to Non - Asthmatic Individuals having –

    a) poor adjustment in health domain.

    b) poor satisfaction level, efficiency level, inter-personal relationship and overall well-beingness.

  (2) Non - Asthmatic Individuals in comparison to Asthmatic Individuals having –

    a) poor adjustment in home and social domains.
(3) Female having poor emotional adjustment than male.

(4) Medium Family [5 - 7 members] have poor home adjustment.

(5) Small Family [2 - 4 members] have more Depression level.

- **Interaction Effect** –

(1) Asthamic females have more Depression level in comparison to rest of the respondents.

(2) Asthamic individuals in small family [2 - 4 members] have poor satisfaction level in comparison to rest of the respondents.

(3) Asthamic individuals in large family [8 and more members] have poor efficiency level in comparison to rest of the respondents.

(4) Asthamic individuals in large family [8 and more members] have poor interpersonal relationship in comparison to rest of the respondents.

(5) Asthamic individuals in large family [8 and more members] have poor overall well-beingness in comparison to rest of the respondents.

(6) Females in medium family [5 - 7 members] have poor emotional adjustment in comparison to rest of the respondents.

(7) Males in small family [2 - 4 members] have poor satisfaction level in comparison to rest of the respondents.