

Preface

The present work was done to ascertain the effects of cardiovascular disorders on stress and quality of life. The CVD problems covered in this study are coronary heart disease (CHD), hypertension (HT) and combined disease (CDG). The patients suffering from both the types of heart problems (CHD+HT) were assigned to combined disease group. In addition to the above, the a control group was also taken against which the CVD groups were compared on the scales of stress and quality of life. According to the statistics available on CVD, it is said to be number one killer, not only in India, but in other countries also. It has affected people from all walks of life. Now, it has become a heavy burden on our people, and thus needs to be addressed by the families of the patients, the health professionals, NGOs and the Governments also.

The CVD patients were also compared on the scales of stress and quality of life from the point of view of gender difference and social support received from their social network. An attempt was made to see whether male and female CVD patients differ in experiencing stress and quality of life. The social support is said to be an important moderating factor for reducing stress effects and improving quality of life. Its effects are also ascertained in this study. Thus, the findings obtained are thoroughly discussed and interpreted.

This work is divided into seven chapters. The first chapter deals with the introduction and clarification of the concepts covered in the present study. The review of literature has been presented in second chapter. The

chapter third is devoted to the rationale of the study, i.e. justification for the present study. The methodology has been clarified in the fourth chapter while the chapter-fifth contains the statistical analyses and results obtained in this study. The findings are discussed in the sixth chapter and interpretations are also given there in. The chapter-seventh deals with conclusion of the findings in brief and limitations and suggestions are also given in this very chapter. The references appear at the end of it followed by appendices.

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