CHAPTER - 6

SUMMARY, CONCLUSIONS AND SUGGESTIONS

Outline
I The Summary
II The Conclusions
III Suggestions For Further Research
I. THE SUMMARY

The report of this study is running into five chapters. The first chapter presents variate structure and systematically develops conceptual framework. Dependent variable i.e. learned helplessness has been presented and also discussed. Independent variable of this study i.e. cancer (laryngo-pharyngeal) and age are also discussed. The chapter ends with 'objectives' of the study.

Chapter two relates to "Methodology and Design" of the study. The study is based on "randomized group design". There are two broad groups of people, one constituted of those who are suffering from cancer (Experimental group) and another is the groups of normals (control group). These groups are further divided on the basis of age, hence, resulting in four groups in total. The extraneous variables have been controlled by randomization and sometimes by elimination.

The elements of the universe are patients (35-40 and 55-65 years) and normals of same age groups. The study has a final sample of 80 subjects with 20 elements each cell of the '2x2' paradigm. A standardized tool called LH-scale and a set of anagrams were used
to measure learned helplessness. The analysis of data has been carried out by using 'ANOVA' and 't' test.

Chapter 3 relates to 'Problem and Hypothesis' of the study. The results have been presented in chapter 4 followed by discussion in chapter 5 of the monograph. Chapter 6 relates to Summary, Conclusions and Suggestions.

II. THE CONCLUSIONS

a. The first two objectives of the study relate to the impact of laryngo-pharyngeal cancer and age in a factorial setting.

Laryngo-pharyngeal cancer, independent of age and in interaction with it, has shown significantly high degree of learned helplessness. It appears that somatic illness, particularly of a serious nature is, most likely to be accompanied by atypicalities on the psychological plane. Physical and psychological dimensions can not be segregated. They appear to be one, because their mutual effect can not be ignored.

b. The third and fourth objectives of the study relate to the preparation of factual base for creative and educational programmes, and opening up of new vistas for research.

The factual base that emerges out of the study is that the growth of unwanted experience of helplessness
relates to laryngo-pharyngeal cancer. Human being as an 'individual' is more important than the disease he is suffering from. Alongwith the checking of physical devastation, the patients' psychopathology should also be brought under control by utilizing the psycho-therapeutic techniques. The patients and their close relations should be appropriately educated about the disease; emotional support is likely to promote the optimistic outlook of the patients and their relations. Points to be noted are:-

1. General population should be educated and informed about the latest developments in etiology and prognosis of the disease through audio-visual aids.

2. Patients of the disorders like laryngo-pharyngeal cancer should be provided with psychological help by way of counselling.

III. SUGGESTIONS FOR FURTHER RESEARCH:

Pathological level of helplessness found in the present study is in line with the earlier studies of such disorders like Hansen's disease, ischemic heart disease, physical disability etc. The study of the variable of age is indicated on a larger sample
It is suggested that further research be carried out on the variables of existential concerns, locus of control, self concept, distress reactions, and such other variates in relation to laryngo-pharyngeal cancer.