CHAPTER - V

Conclusions, Implications, and Suggestions for Future Research
Conclusions:

The findings of the present study have led to certain conclusions. These are summarized as under:

- The present research has contributed significantly the idea that the patients who have high religious involvement have greater sense of well-being. Individuals who have strong faith are able to cope better with their illness and those who are religious are likely to live longer than those who profess no religious beliefs.

- The present research has highlighted the important role played by family and social support in the alleviation of respiratory and cardiovascular disorders. Persons having strong family and social ties are able to face health problems more effectively.

- Findings of the present study imply that ego-strength affects the well-being of bronchial asthma and hypertensive patients. Patients with high levels of ego-strength exhibit greater sense of well-being.

- Psychosocial variables like social support, or marital - family stability and ego-strength, positive attitudes and emotions are associated with physical health, religious involvement and with well-being.

- It is therefore, concluded that Psychosocial variables like, religiosity, ego-strength and social support are closely linked with
the well-being. Therefore it is necessary to strengthen and enhance the level of these variables in the case of respiratory and cardiovascular disorder patients.

Implications

• A set of psychosocial variables like religiosity, ego-strength and social support is the best approach to study the subjective well-being of psychosomatic disorder patients. This can be helpful for medical or health professional to look forward to the psychological aspects of these diseases.

• Research suggests that the association of religious involvement and physical health might be more closely tied to the psychosocial resources.

• The findings of the present study helps in understanding that religion can bestow on believers a contentment and resilience in the face of misfortune that is due to the hope provided by faith, with which modern medicine and psychotherapy can still, even after thousands of years, simply not compete.

• This study also helps the medical or health care professional to understand the role of various psychosocial factors in the causation of these diseases like bronchial asthma and hypertension.
• This study also helps in understanding the role of religiosity in healthy living or well-being of the patients.

**Suggestions for Future Research**

Despite of various research work on psychosocial variable on the diseases, there are many other areas that needed to be explored further in order to gain better understanding of the phenomenon.

• Relationship between other variables, like hopefulness, optimism, and various aspects of well-being.

• Role of various holistic approaches like yoga and meditation in the management of bronchial asthma and hypertension should be investigated.

• Future researches should investigate the influence of religiosity on well-being of the people in general.

• Further research should also examined the role of various psychosocial factors as the causative factors in the development of stress-related disorders.

• Further research should also explore the impact of people’s illness on the well-being of their family members.

• Researchers may use more reliable measures of multiple dimensions of religious involvement e.g. public religious involvement, private religious activities, religious beliefs, religious motivation etc.