

CHAPTER-4

METHOD

Sample

A pilot study was conducted to have an insight into the types of cancers being reported in the hospitals of Haryana and how many cancers were being reported. The sample comprised of 240 adults (120 males and 120 females) in the age range of 30-40 years, married, educated, belonging to low middle socio economic strata, from rural and urban areas, and staying in nuclear families. 120 males were further subdivided as 60 males with cancer and 60 healthy males (without any terminal illness) with equal number each from rural and urban areas. Likewise, 120 females included equal number of females with cancer and without any terminal illness, with equal number each from rural and urban areas. Cancer patients with (throat/ blood), who were newly diagnosed (6 months to 1 year) were taken from the hospitals of Haryana. Other participants (without terminal illness) were taken from the rural and urban areas of Haryana. Layout of the sample presented in (Figure A).

Exclusion criteria

- Presence of any other chronic medical illness, brain surgery etc.
- Any person seeking treatment for any diagnosable psychiatric disorder.
- Staying in joint families.
- Unmarried.

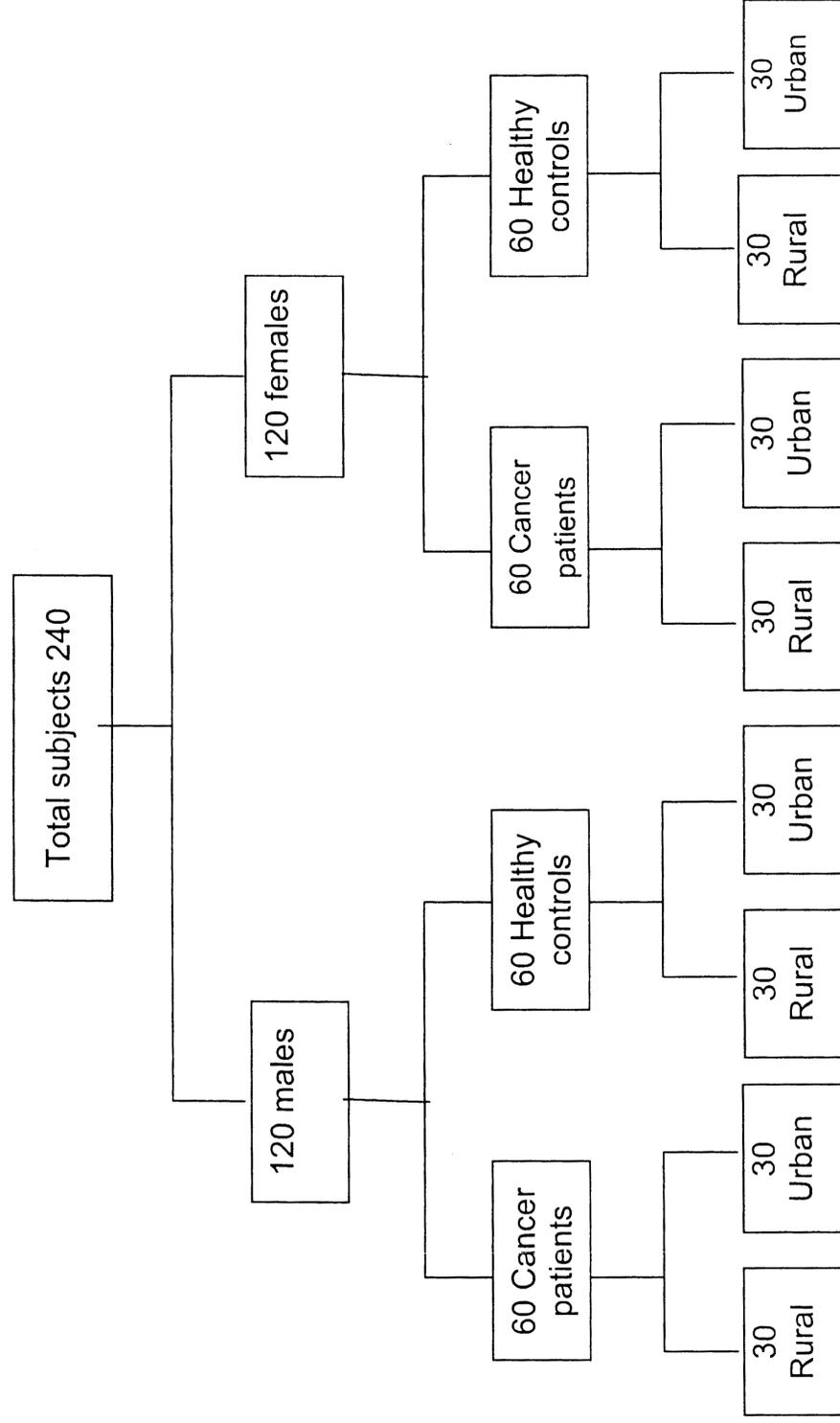
For this purpose, information was obtained from the doctors and family members.

Tools used

- 1) Stressful Life Events Scale (Singh, Kaur, and Kaur, 1984). The scale comprised of 51 items pertaining to different events which can prove stressful to a person. Besides taking the number of events considered stressful by an individual, the impact and degree of stress was also studied. Impact meant marking an event as positive or negative, and rating it in the range of -1 to -3 and +1 to +3 respectively for negative and positive stress. This was based on Vinayak (1999).

Figure A

Layout of the sample



- 2) Aatam Mulyankan Prashanavali (Spielberger, Sharma, and Singh, 1973): This rating scale was used for measuring anxiety. Test-retest reliability of A-State has been found to vary from 0.66 to 0.37 after 30 days to 90 days, and for A-Trait, it varied from 0.73 to 0.83 over same range of period. High correlations between in Hindi STAI A-Trait scale and IPAT (Cattell and Scheier, 1963) and Sharma MAS (Sharma, 1970) demonstrate concurrent validity of the Hindi STAI A-Trait Scale. For A-trait the reported test-retest reliability varied from 0.73 to 0.83 over a period ranging from 30 to 90 days.
- 3) Spiritual well-being scale (Paloutzian and Ellison, 1982). The spiritual well-being scale (SWBS) consists of 20 items and is a general indicator of well-being which provides an overall measure of the perception of spiritual well-being. A test retest reliability coefficient was reported as 0.89. The magnitude of this coefficient suggests that SWBS has high reliability and internal consistency (Bufford, Paloutzian, and Ellison, 1991).
- 4) Social Support Questionnaire (SSQ) by Sarason, Levine, Bashman and Sarason (1983). The SSQ yields one quasi- structural measure (SSQ-N – numbers of support) and one global functional measure (SSQ-S, satisfaction with support). The social support questionnaire consists of 27 items; each one asks a question to which a two part answer is requested. The SSQ has been found to have a number of desirable psychometric properties. It was found to have stability over four-week period of time test retest correlations for N and S as .90 and .83 respectively. On the Indian population SSQ has been successfully used by Kaur (2004) in Indian context.
- 5) Mindful Attention Awareness Scale (Brown and Ryan, 2003) which employs 15 items measuring the extent to which one is able to pay attention. The questions include both general and situation specific elements to weigh the frequency of mindful states. Each of the items is stated inversely using a six-point Likert scale (from almost always to almost never) asking the respondents how often they find themselves acting automatically, inattentively or being preoccupied. The scale has a single factor structure and yields a single total score with higher scores indicating

greater mindfulness. Brown and Ryan reported the internal consistency of the measure ($\alpha = 0.82$), its test-retest reliability ($r = 0.81$) and its convergent validity with related measures (e.g. positive correlations with well-being).

Procedure

Stressful life event scale, aatam mulyankan prashnavali, spiritual well-being, social support and mindfulness scales were administered to the subjects. Stress was studied as perceived stress with six sub categories: positive stress last year, negative stress last year, positive stress any time, negative stress any time, total positive stress, total negative stress. Participants were contacted personally and scales were administered individually to them two at a time. The subjects were assured that their results and the information would be kept strictly confidential, and information would be used for research purpose only. Administration and scoring of the scales was done according to the respective manuals. Data was obtained and statistical analysis was applied. Keeping in view the objectives of the study, stepwise moderator regression analysis, mean, SD and ANOVA was applied to the data.