CHAPTER VI

SUMMARY AND CONCLUSIONS
** General
** Limitation of the Study
** Suggestions
The main problem of the present inquiry was to examine some factors in relation to CHD, especially Angina Pectoris. Angina Pectoris involved chest pain which increase when the heart blood supply occasioned by acculsion of one or more of the coronary arteries. It is usually caused by excessive physical exertion or psychological stress and is relieved by rest and drugs.

The main method used was ex-post factor design employing experimental and control groups. It has its own advantages and disadvantages. It is adequate to say that the present author is aware of its limitations. Both the groups experimental and control have been equated on some relevant variables on the basis of surveys conducted in this field.

The subjects for the experimental group were drawn from the general hospitals and private practitioners in
the various localities of the city. The subjects of the control group were selected from the general population. The experimental and control groups were matched on sex, income and localities.

The interview method was the main method of data collection. Of course the anxiety and extroversion-introversion scale were administered to both the groups. For conducting standard interview, interview guide line was prepared the basis of experts and literature in the field.

Each subjects was interviewed three times. In some cases, where it was necessary, subjects were interviewed more than three times. During data collection the information thus obtained were simultaneously tabulated to suit the application $X^2$ test. Ho in case of $X^2$ and 'f' tests was tested at 0.05 level of confidence. To have the quick view of the data, it was graphically presented.

On the basis of the subjects drawn, tools employed for data collection and the statistical procedures
employed for examining the data, following are some of the conclusions appeared warranted.

(1) The age of the subjects is found to be associated with the CHD.

(2) The income of the experimental group is found statistically significant with CHD. The average income of the subjects of the experimental groups is high than that of the control group.

(3) The race has no relationship with CHD.

(4) The educational level of the subjects coming from experimental group is up to below S.S.S. while that of the control group is up to graduate level. Educational level is significantly related with CHD.

(5) The marital status of the patient is not significantly related with CHD.

(6) The caste of subjects is not statistically related with CHD.
(7) Similarly, type of marriage is not significantly related with CHD.

(8) The nature of marital relationship is not significantly related with CHD.

(9) The type of family-joint or separate family is not significantly related with CHD.

(10) The death of either parents is significantly related with CHD.

(11) The nature of marital relationship of the subjects is significantly related with CHD.

(12) The occupation of the subjects is significantly related with CHD. A majority of the subjects of the experimental group were either doing business or retired while that of the control group were service people.

(13) The age range of the spouse of the subjects was significantly related with CHD.
(14) The number of brothers is significantly related with CHD. While that of sisters is not significantly related with CHD.

(15) The nature of sibling relationship is not significantly related with CHD.

(16) The nature marital relationship of the brothers is significantly related with CHD; while that of the sisters is not significantly related.

(17) The number of children is significantly related with CHD. The number of boys is significantly related with CHD, while that of the girls is not significantly related with CHD.

(18) The age range of children is significantly related with CHD. Children after the age range of 21 to 25 onwards have high incidence of CHD; in the experimental group, and above that age have high incidence of CHD among the control group.

(19) The education of the children is not significantly related with CHD. Comparatively more subjects of the
The experimental group were doing, either business or service. While most of the children were either students and doing service.

(20) The nature of marital relationship of the children of the subjects is not significantly related with CHD.

(21) The nature of life events is highly significantly related with CHD. The important life events for the experimental group were falling in the categories of family events, occupational events and biological events while for the control group were falling in the categories of family events, and financial events. In case of 4% cases there were not reported events.

(22) Comparatively, more subjects of the experimental group were type 'A' personality, while type 'B' personality in control group. Type of personality - 'A' or 'B' is highly significantly related with CHD.

(23) Relatively, a majority members of the experimental group had high level of anxiety then the members of
controls group. The relationship observed was found statistically significant at 0.05 level.

LIMITATION OF THE STUDY:

Following are some of the limitations of the present study.

(1) The sample obtained for this study is not selected at random. The nature of the sample required was such that the author has to take a resort to purposive sample.

(2) The life events studied are not exhaustive. They are illustrative.

(3) The explanation offered are not causal but impressionistic.

(4) The emerging conclusion based on this study are not final and conclusive but suggestive. It may be interpreted in light of its limitations and may be used with adequate care.
(5) Here the factors studied are not exhaustive but illustrative.

(6) The factors work not in isolation but it works jointly and interactively.

SUGGESTIONS:

(1) The present study is illustrative and similar type of study extensive and intensive may be undertaken jointly by psychologist, psychiatrists and medical persons using more sophisticated designs spread over larger geographical area over a long period.

(2) The similar study may be undertaken using other methods, such as psychological tests, clinical method etc.

(3) This may be undertaken again.