CHAPTER-III

PROBLEM AND HYPOTHESES
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Today world has become more materialistic and man has mastered a number of means to accumulate wealth for leisure and rest. The technological advances remarkably made the life of the people easy by minimizing physical activities but on the other side it equally increased the mental work load. The etiology of a number of physiological diseases is not only infection and contamination but also psychological risk factors. Cardiovascular diseases fall in this category where the origin of the disease may be physiological anomalies in the functioning of the heart and blood vessels but presence of psychological risk factors increases the probability of initiation of the disease several times. It seems that meaning of life has confined only to wealth, social status, and competition. Person today is increasingly becoming psychologically handicapped because of more negative emotions one is experiencing. Isolation, loneliness, poor social support, stress, anger, hatred, impatience, etc. are increasing day by day among people at the cost of their health and well-being. Sedentary lifestyle has also become a fashion and smoking, and alcohol consumption as a means of relieving stress. There is a strong relationship between psychological risk factors and incidences of CVD. Emotions are an inseparable part of human beings and their inhibition has strong implications in cardiovascular diseases. Stress and negative emotions make pattern of heart rhythm more erratic. The neuron firing, when one experiences negative emotions inhibits superior mental abilities which adversely affect brain’s mechanism of emotional processing. Now, it is quite established in scientific researches that disturbances in emotional processing due to excessively repeated exposure to environmental stressors or negative emotions lead to initiation of atherosclerosis in the blood vessels making the persons highly prone to CVD. One of the known manifestations of atherosclerosis is hypertension, a major risk factor behind heart problems. If the emotional processing disturbances are not timely assessed and controlled, it may result in adverse and irreversible cardiac conditions.
These days one can find a drastic growth in deaths caused by chronic diseases, among which cardiovascular diseases is one of the leading cause. Modern lifestyle is making people psychologically burdened resulting in poor health (physical as well as psychological). Modern researchers have established a relationship between adverse emotional experiences of individuals and the occurrence of heart disease, particularly cardiovascular disease (CVD). Current investigations in neurological sciences, body-mind medication and psychological therapies have disclosed that emotions are fundamental to health and well-being. For better management and maintenance of good health, it is very important to consider psychological aspects of the CVD along with the physiological aspects of the disease.

The present study is an attempt to examine and understand the role of various emotional processes in relation to cardiovascular diseases.

THE PROBLEM, OBJECTIVES AND HYPOTHESES OF THE STUDY

On the basis of the conceptual understanding (chapter-I) and review of pertinent literature (chapter-II) following problem, objectives and hypotheses were framed:

Problem

To study the role of emotional processes in Cardiovascular Diseases.

Objectives

In view of the extended scope of emotional processes, following specific objectives were identified for the investigation.

1. To assess and compare health complaints among CVD groups and healthy controls group.
2. To assess and compare positive emotions among CVD groups and healthy controls group.
3. To assess and compare negative emotions among CVD groups and healthy controls group.
4. To assess and compare alexithymia among CVD groups and healthy controls group.
5. To assess and compare the emotional intelligence among CVD groups and healthy controls group.
6. To assess and compare the emotional processing among CVD groups and healthy controls group.
7. To assess and compare the life orientation among CVD groups and healthy controls group.
8. To assess and compare the emotion regulation among CVD groups and healthy controls group.
9. To study the effect of emotion regulation program on CVD patients for health complaints and emotional processes.

Hypotheses

From the above objectives following hypotheses were proposed:

1. There would be significant differences in health complaints among CVD groups and healthy controls group.
2. There would be significant differences in positive emotions among CVD groups and healthy controls group.
3. There would be significant differences in negative emotions among CVD groups and healthy controls group.
4. There would be significant differences in alexithymia among CVD groups and healthy controls group.
5. There would be significant differences in emotional intelligence among CVD groups and healthy controls group.
6. There would be significant differences in emotional processing among CVD groups and healthy controls group.
7. There would be significant differences in life orientation among CVD groups and healthy controls group.
8. There would be significant differences in emotion regulation among CVD groups and healthy controls group.

9. There would be significant effect of emotion regulation program on CVD patients for health complaints and emotional processes.

This chapter has summarized with the formulated problem, objectives and hypotheses of the study. With this background, investigator may move to next chapter with focus on design and methodology of the study.