Comparison coping style with stress among coronary heart patients, and among patients with peptic ulcer and normal adult

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Abstract

This is a comparison study of coping style with stress among coronary heart patients and patients with peptic ulcer and normal adult. For comparison study of coping style with stress in coronary heart patients and peptic ulcer patients in comparison with normal adults, fifty coronary heart patients, fifty peptic ulcer patients and fifty normal adults, who were same from sexuality and educational rate point of view, were selected from TABRIZ city and they were compared with each other, in research purposes to distinguish whether are the coping style with stress in coronary heart patients and peptic ulcer patients different from normal adults whether this is differences different with due attention to peoples sexuality and educational rate or not? For comparison study, after selection or patients and normal adults, requested them to completed BILINGS and MOOS coping style with stress questioners and then the accumulated data were analyzed with SPSS software. The results showed that the coping style with stress in coronary heart patients and patients with peptic ulcer are different from normal adult (P<0.01). But this difference is nonsense in interactional effect studying of sexuality and educational rate with group (normal-coronary heart patients) and (normal-peptic ulcer patients). (P>0.01).

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Keywords coping style with stress, coronary heart patients

1. Introduction

The relationship of stress and disease is rather complicated. Stress could affect the behaviour and behaviour itself can cause diseases or intensifying the state of the patients. Behaviour changes induced by stressing situations, makes the conditions inappropriate for all the family members such as irregularity in eating and sleeping hours, postponing the health cares and not following the doctor’s orders.

In this study which was carried out in Tabriz in 1387, the normal people were compared with the coronary heart patents and also peptic ulcer patients. This research was done on two groups of men and women. This study is the following of Dadsetan (1378), Hashemi (1378) and Akbari (1382) in order to recognize the differences between dealing methods with stress in normal people and coronary heart patients and also peptic ulcer patients. The excitements and physiological stimuli induced by stressful situations are very unpleasant. The trying process to solve the stressful condition is called “fighting” which is done in two ways: problem-oriented fight: the person pays his/her attention to the situation or the specific problem. Excitement-oriented fight: person is supposed to calm down the excitements induced by the stressful conditions. Since the coronary heart diseases and peptic ulcer
diseases are considered as psychosomatic illnesses, the current research is devoted to investigate whether there is a
difference between stress fighting methods in coronary heart and peptic ulcer patients with normal adults or not?
Stress is related to a range of body diseases such as headache, infectious diseases like flu, Cardiovascular disease,
diabetes, asthma and etc. moreover, stress is also correlated with negative spiritual moods and humor impairments
like depression. Mana jay et al (2007) investigated the the fighting methods in women having breast cancer. The
results showed that the women with breast cancer have used the fighting methods which did not focus on the issue
so the method was Excitement-oriented fighting. Grining et al (2007) have carried out an investigation on children
cancer, the fighting methods of parents and the chance of getting depressed. The results demonstrated that stress
and anxiety signs were reduced by evaluation of the issue and adjustment of emotions. All the researches
mentioned above indicate this fact that fighting methods against stress plays an important role in physical and
mental health.

Methodology

Method of this research is of post-event (casual-comparative) type.

Sampling

In this study, 150 adults were randomly selected which was consisted of 50 normal adults, 50 coronary heart
patients and 50 peptic ulcer patients. The results were analyzed via SPSS software and multi-variable variance
analysis method. The results showed that the stress fighting methods among coronary heart patients and also
patients with peptic ulcer disease are different from the normal adults. But this difference is not meaningful in
analyzing the effect of sexuality and education of the groups.

Instrument

Billings and Mose coping style with stress questionnaire.

Results and discussion

The results were analyzed via SPSS software and multi-variable variance analysis method. The results showed
that the stress fighting methods among coronary heart patients and also patients with peptic ulcer disease are
different from the normal adults. But this difference is not meaningful in analyzing the effect of sexuality and
education of the groups.

The results demonstrated that stress fighting methods among coronary heart patients and also patients with peptic
ulcer disease are different from the normal adults which are in consistent with other researches (**). The results
of multi-variable variance analysis showed that the stress fighting methods are not dependent on the sexuality for
all the three groups which is different with the results of some researchers such as Akbari (1382) and Peterson
(1995). To answer this question that whether stress fighting methods in normal adults are different from the
coronary heart patients and peptic ulcer patients based on the education level or not, the multi-variable variance
analysis was employed. Results showed that stress fighting methods is not different for all the three groups based
on the education level. The people with different educational degrees have meaningful differences with each other
but this difference is not meaningful in studying the effect of education and group variable which could be due to
the low samples in this research. In this study, it was found that stress fighting methods in coronary heart patients
and peptic ulcer patients are different from the normal people and the excitement-oriented fight methods make the
patients more susceptible to the coronary heart and peptic ulcer diseases.

References

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