

Exploratory study to assess the stressful life event in a view to predict the occurrence of disease among women in selected areas of Pune City

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Abstract

Background: A large body of research in the past four decades has provided evidence that recent life events contribute to the onset of psychiatric illness. The association between stressful life events and psychiatric illness is stronger than the association with physical or medical illness.

Methods: This is a community based research study, exploratory study done on 200 samples. A set of structured questionnaire used to assess the stressful life events and chances of diseases occurrence among women.

Results: This research study shows the findings that 58.50 % having major changes in financial state, shows 65.50% women were having moderate to high chances of moderate to high diseases occurrence.

Conclusion: This research study shows that stressful life events are affecting women for getting moderate to high chances of disease occurrence.

Keywords: Stressful life events, Disease, Assess, Community

Introduction

Stress is a part of human life. Stressful life events like divorce, death of loved one, festivals like Diwali, financial stress, unemployment given lot of stress to women. And due to that stress and depression women is suffering more and more diseases like hypertension, diabetes mellitus, anxiety, depression, insomnia etc. many research studies have shown that stressful life events are caused for chances getting the diseases. But women needs to deal with all stressful life events very effectively prevent the diseases occurrence if she does yoga, meditation, exercises etc. and she can prevent the chances of disease occurrence.

Materials and methods

This study was conducted with the objectives of studies are to assess the stressful life events among women. and assess the chances of occurrence of disease among women. Also to find association between chances of occurrence of disease with selected demographic variables. Quantitative research approach was adopted to conduct this study and the design used was exploratory descriptive design. content validity of the tool was done by giving to various experts from community health nursing, statistician, psychologist etc.

reliability of the data collection was done by using frequency and percentage and the reliability was 0.98. A convenience sampling technique was used for the selection of the representative samples for the study. The aim of study and protocol were thoroughly explained to the participant and informed written consent was obtained. Data were collected from 200 women who have stressful life events in selected areas of Pune city which includes Hadapsar, kondhwa, swargate, parwati etc. the analysis of the data was planned and started from Nov 2013 and carried out until Jan 2014.

Major findings of study

Section-I

Demographic Data

Findings from section I shows that Majority 58.50% women belongs to the age group of 20-35 years & 27.50% have an educational status up to secondary level. Among all 69% women were housewives and 29.50% of women were having family income more than Rs.15000 per month, 26.50% were having income between Rs.5000-10000 per month. Majority of women (85%) were not suffering from any disease and 70% of women (among 15%) were suffering from diseases like Hypertension, Diabetes mellitus, Arthritis since 5 years.

Section-II-A

Stressful life events occurred in the past life among women.

S. No	Stressful life event	No. of cases	Percentage (%)
1	Death of spouse	21	10.50
2	Divorce	4	2
3	Marital separation	47	23.50
4	Jail term	0	0
5	Death of close family member	97	48.50
6	Major personal injury or illness	55	27.50
7	Marriage	50	25
8	Fired from work	6	3
9	Marital Reconciliation	41	20.50
10	Retirement	6	3
11	Major change in health of family member	56	28
12	Pregnancy	39	19.50
13	Sex difficulties	4	2
14	Gain of new family member	35	17.50
15	Major Business readjustment	38	18
16	Major change in financial state	117	58.50
17	Death of close friend	11	5.50
18	Change to different line of work	45	22.50
20	Mortgage over Rs. 1,00,000/	72	36
21	Forclosure of mortgage or loan	71	35.50
22	Major change in responsibilities at work	22	11
23	Son or daughter leaving home	13	6.50
24	Trouble with in laws	16	8
25	Outstanding personal achievement	17	8.50
26	Spouse begin or stops work	49	24.50
27	Begin or end school	41	20.50
28	Major change in living condition	105	52.50
29	Revision of personal habits	99	49.50
30	Trouble with boss	17	8.50
31	Major change in work hours or conditions	53	26.50
32	Change in residence or school	78	39
33	Major change in recreation	12	6
34	Major change in religious activities	50	25
35	Major change in social activities	6	3
36	Mortgage or loan less than Rs. 1,00,000/	9	4.50
37	Major change in sleeping habits	86	43
38	Major change in family get-togethers	18	9
39	Major change in eating habits	64	32
40	Vacations, Festivals	112	56
41	Minor violations of the law	2	1

Findings of section-II shows that 58.50% of women were having history of major change in financial state, 56% women were having stress due to vacations and festivals. Majority (52.50%) of women having stress due to Major change in living condition, 49.50 % women having history of stress due to revision of personal habits and 48.50% having stress due to death of close family member.

Section-III

Chances of occurrence of disease among women.

Finding of section-III shows that 65.50 % women were having (scoring between 150 and 299) moderate to high chances of becoming ill due to selected stressful life events occurred in last one year.

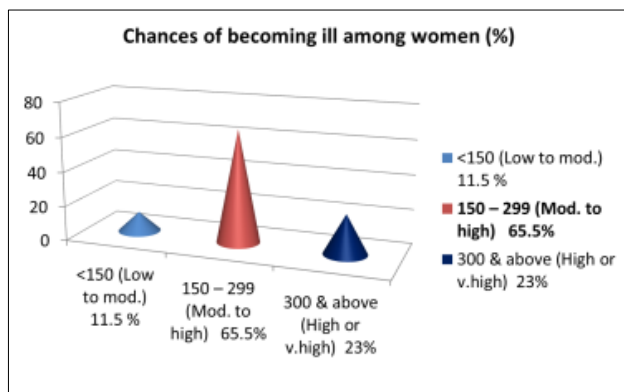


Fig 1

The table and figure no.1 shows that

- 11.50 % of women were having <150 = (Low to moderate) chances of becoming ill.
- 65.50 % of women were having 150 – 299 = (Moderate to high) chances of becoming ill.
- 23 % of women were having 300 & above = (High or very high) chances of becoming ill.

Section-IV: Association of chances of disease occurrence with certain demographic variables.

The demographic variables like age, education, occupation, family income were not significantly associated with women chances of disease occurrence as F calculated values were less than F table value and P calculated values were greater than P table value.

Table 2: Association of chance of becoming ill score according to age among women (N= 200)

Age (Yrs)	N=(200)	Score	F Value	P Value
		Mean ± SD		
20 – 35	117	227.26 ± 77.63	2.22 (Table value 2.65)	>0.05 (Calculated value 0.0871)
36 – 45	39	246.97 ± 72.94		
46 – 55	26	267.12 ± 85.35		
>55	18	250.06 ± 88.20		

Since F Calculated Value is less than F Table Value and P Cal. Value is Greater than P table Value, the age and Chances of Becoming Illness is not associated.

Conclusion

This study is assessing and analyzing the stressful life events and chances of disease occurrence in future due to stressful events. There is a need to find a solution for disease occurrence among women due to stress. 65.50% of them had Moderate to high (score 150-299) chances of becoming ill by stressful life events. Stressful life events can't be avoided but can be Managed for which there is a need to provide education among women about how to deal with stressful life events. This study had explored the chances of disease occurrence due to stressful life events. And study results shows that due to stressful life events the chances of disease occurrence is high.

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