An emotional intelligence and psychological distress are interrelated in lifestyle diseases?

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Abstract: Emotional intelligence and psychological distress was assed among the 50 patients with lifestyle Diseases in AVMC&H, Puducherry. Data was collected from patients suffering from Hypertension and Diabetic Mellitus by convenient sampling technique. Emotional intelligence and psychological distress was measured by using Schutte N.S emotional intelligence Scale and Kesselers psychological distress scales. Majority (50%) of patient had average emotional intelligence and (4%) had very good emotional intelligence and (46%) had good emotional intelligence. Over all emotional intelligence mean, standard deviation wise distribution of patient shows that the mean was 102.8 with the standard deviation of 13.69. Overall psychological distress mean was 16.92 and standard deviation 3.96. There was moderate psychological distress and average emotional intelligence was found in patients with lifestyle Diseases.

Key words: Emotional intelligence, Psychological distress, Life style diseases.

I. INTRODUCTION

Life-style diseases are non-communicable illness that is prolonged in duration, do not resolve spontaneously, and are rarely cured completely. They are the leading cause of death and disability. Lifestyle diseases include illness such as heart disease, diabetes, COPD, bronchial asthma, and arthritis. Mental health disorders are medical conditions that disrupt a person's thinking, feeling, mood, ability to relate to others and daily functioning. They are medical conditions that often result in a reduced ability to cope with the routine daily activities such as going to work or raising a family. One common finding is that people suffer from a lifestyle disease are more likely to also suffer from psychological distress. Scientists have yet to determine the impact on lifestyle disease increases the prevalence of psychological distress.

Need for the study

Globally a lifestyle diseases outbreak of 2013, with more than 171 million cases triggered largely by lifestyle modification and unknown factors. (Qiu S et al. 2017) A total 524 (26.8%) had psychological distress among 1,956 diabetic participants. An elevated risk of distress was reported on aware hypertensive participants (odds ratio [OR]=1.57, 95% CI, 1.41 – 1.74), than unaware hypertensives. (Mark Hamer, G et al. 2010). Emotional intelligence is the individual ability to manage their own emotions and others. Individual emotional intelligence influencing the psychological status .Hence the researcher quest to find out the relationship between psychological distress and emotional intelligence in life style diseases.

Objectives

➢ To assess the level of emotional intelligence and psychological distress among lifestyle diseases patients.

➢ To compare the level of emotional intelligence with psychological distress

RESEARCH METHDOLOGY

Methodology research examines method of obtaining and analyzing data and address the development validation, evaluation of research tools or methods. In this study a research design was non-experimental survey design. This study was conducted at AVMC&H, Puducherry.

Population and Sample:

In this study population refers to patient suffering from lifestyle diseases attending Outpatient department of the Aarupadaiveedu Medical College and Hospital, Puducherry. Sample is a part or sub set population related to participating in a research study. The sample size of the study was 50 samples. Samples are those fulfilled the inclusion criteria.

Sampling Criteria
Inclusion Criteria

The patient

- o   Had been diagnosed with either diabetic mellitus or hypertension or both.
- o   Had 40 -80 years of age.
- o   Both male or female.
- o   Are Able to understand, read and speak either Tamil or English.

Exclusion Criteria

The patient

- o   Diagnosed with chronic alcoholism and alcohol dependent syndrome.
- o   Non cooperative and not interested to participate in the study.

Instruments of the study

Instruments consist of two parts

- •   **Section –A:** It deals with demographical a variable which includes age, sex, type of illness and duration of illness.
- •   **Section –B:** A translated version Schutte N.S emotional intelligence and Kessler's psychological distress scales were used to assess the emotional intelligence and psychological distress respectively. Both the instruments were standardized and permitted for open access.

Data Collection Procedure.

Prior to the data collection, written permission was obtained IRB. The subject was informed about the purpose of the study and consent was to be obtaining from them.

Subject made comfortable during the administration of tools. Instruction related to tools was given to facilitate co-operation. Items asked as per emotional intelligence & psychological distress.

RESULTS

The data were coded and analyzed. Analysis was interpreted based on the objectives of the study. Mean SD and correlation between the emotional intelligence and Psychological distress were presented in tables. Distribution of emotional intelligence and psychological distress in various levels presented in figure.

**Table - 1: Emotional intelligence among patient with Lifestyle diseases**

	Max score	Range	Emotional intelligence		
			Mean	SD	Mean %
Overall	165	78-143	102.8	13.69	62

Table-2: Psychological distress among patient with lifestyle diseases patient.

	Max Score	Range	Psychological distress		
			Mean	SD	Mean %
Overall	40	9-27	16.92	3.96	42

Table.3: Correlation between emotional intelligence and psychological distress among patient with lifestyle diseases.

Variables	r'- value	p-value	Interpretation
Emotional intelligence and Psychological distress	- 0.12 (df=49)	0.489 NS	Week Negative correlation
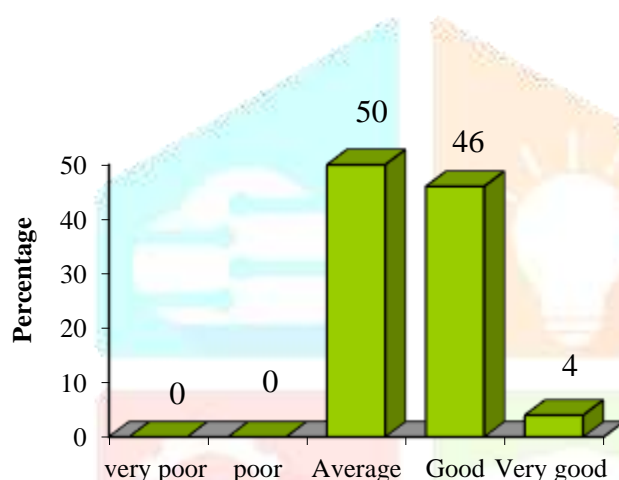
figure 1- Level of emotional intelligence
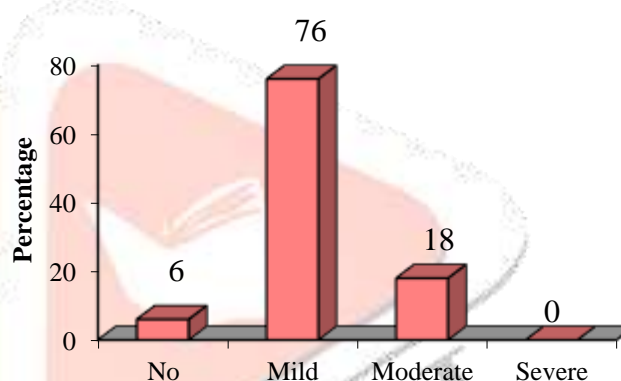
figure 2-Level of Psychological Distress

DISCUSSION

The highest percentage (62%) was in the age group of above 50 years. Totally 58% were male and 42% were female. Half of them (54%) were daily wages and residing in rural area (50%). Merely half of them were obtained information (54%) from the physician and 22% of them were obtained information from the nurses. Duration of illness shows that 42% of them 1 to 3 years and 28% of them 4 to 6 years and 22% of them above 6 years and 8% of less than 1 year.

Regarding the type of illness 54% were distributed diabetics mellitus and 30% were hyper tension and remaining 16% of DM with HT. Blood sugar level shows that highest percentage 50% of 110 to 200mg/dl and 34% of 70to 110mg/dl and 16%t of 200 to 250mg/dl. Blood pressure level shows that highest percentage 44% of 120/80mm of Hg and 26% of 140/100mm of Hg and 22% of 130/90mm of Hg and 8% of more than 140mm of hg. Most of them reported that (70%) taking drug properly.

Mean of emotional intelligence was 102.8 with the standard deviations of 13.69 and means percentage was 62%. Mean of psychological distress was 16.92 with the standard deviations of 3.96 and means percentage was 42%.There is a week negative correlation between the emotional intelligence and psychological distress .The obtained r value show that the correlation was not statistically significant at 0.05 level (P>0.05). In the level of emotional intelligence 50% of had average level of emotional intelligence and 46% had good emotional intelligence and 4% had very good emotional intelligence .In the level of psychological distress 76% had mild psychological distress and 18% had moderate psychological distress.

CONCLUSION:

Based on the findings, the study concluded that patient with life style diseases had mild to moderate level of psychological distress and their emotional intelligence was average to good. Psychological distress increases emotional intelligence decreases. Most

of the patients were taking the drug properly. Half of the patients were suffering with Diabetic mellitus than hypertension .There is an influence of emotional intelligence on psychological distress .The large sample size could be effective to find out statistically significant relationship between these two variables in life style diseases. This study recommended finding out factors influencing the psychological distress and emotional intelligence in life style diseases.

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