



“A STUDY ON MENTAL HEALTH PROBLEMS FACED BY BREAST CANCER PATIENT IN HARSHMITHRA HOSPITAL AT TRICHY”

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ABSTRACT

Breast cancer is a disease in which cells in the breast grow out of control. There are different kinds of breast cancer. The kind of breast cancer depends on which cells in the breast turn into cancer. Breast cancer can begin in different parts of the breast. A breast is made up of three main parts lobules are the glands that produce milk. **Isabelle Romeo (1990)** Learn penalty for some employ of the spoken contraceptives be joint with a reproduction that accounted for together standby and intrastudy unpredictability. The author also explores substitute unpredictability and model a duration-effect family member flanked by the spoken contraceptive utilizes and breast growth. To study about the socio demographic details of the respondents. To study about the depression among breast cancer patients. There is a significant association between the type of family of the respondents and perception towards overall level of awareness about breast cancer. The Universe of the study constitutes Breast cancer patient undertaking treatment in Harshamithra Hospital, woraiyur. The present research work purposive sampling technique is used one day per five or two respondents' were selected from the universe. The patient were undergone treatment from (10.06.2021- 30.06.2021). The government can provide free Counseling to patient's individual and group counseling also.The government can provide free testing methods for needy poor people. Patients who survive a cancer occurring during childhood or young adulthood, treated with radiation are at a very high risk of chronic squealer and secondary tumors. The canvasser needs to learn the breast tumor and in addition psychoanalysis their difficulty. Breast growth is a illness of pre menopausal female as a entire, except it's too moving younger age unpaid to original danger issue of existence method change and additional contact to gentleman complete chemical that have become a fraction of our everyday life.

KEY WORDS: MENTAL HEALTH PROBLEM FACED BY BREAST CANCER.

INTRODUCTION

Breast cancer is a disease in which cells in the breast grow out of control. There are different kinds of breast cancer. The kind of breast cancer depends on which cells in the breast turn into cancer. Your body is collected of many thousands to little compartment, everyone a complete livelihood component. Frequently, every one cell correlated with others that compose tissues and organs of your body. One way that this coordination occurs is progress in how your cells reproduce themselves. Normal cells within the body grow and divide for a time period then stop growing and dividing. After wards, they only reproduce themselves as necessary to exchange defective or dying cells.

Cause

Consulting room identify that carcinoma occur when some breast cell commence to cultivate unusually. These cells split earlier than strong cell do and motionless mount up, form a lump or gathering.

Cell might dispersion (metastasize) from elevation to surface your breast to your lymph nodes or to extra fraction of your corpse.

Breast growth the majority over and over again start with cell inside the milk-producing duct (persistent ducal carcinoma). Carcinoma knows how to in adding start hooked on the glandular hankie call lobules (enveloping lobular carcinoma) or in other cell or hankie into the breast.

Researchers have notorious hormonal, standard of living and ecological factor which can mount your hazard of carcinoma. But it is not apparent why few public that haven't some danger factor expand tumor, yet communities with risk factor by no means doing. It's possible that carcinoma is pretentious by a difficult make contact with of your hereditary structure and your situation. Consulting room compute that about five to ten percent of breast cancer is connected to genetic material mutation gifted generation of a folks. No of present at nativity mutate genes which will boost the probability of carcinoma are known. The primary well-known are carcinoma genetic material I (BRCA 1) and carcinoma gene 2 (BRCA2), mutually of which considerably increase the hazard of both breast and ovarian growth.

If you've a brawny times past of carcinoma or other cancer, your physician might advocate a biopsy to help recognize exact mutation in BRCA or other genes that are living organism expert your relations.

Think ask your physician for a mention a hereditary therapist, who can make sure your relations physical condition the past. A hereditary therapist also can tell the compensation, hazard and limits of inherited taxing to help you with communal managerial.

REVIEW

Christopher J Allan, (1971)

Twenty-six luggage of estrogenic enlargement of the somatic squashy handkerchief be institute from end to end a evaluation of added than 2,100 somatic tissue sarcomas in the documentation of the Mayo doctor's. These luggages suggest to whole report in this English writing throughout 1968 to 94. In the next to chain, no development occurs throughout the opening 2 decades of living, in disparity to that the bulk crucial in clean in which the climax numbers is in the subsequent decade. 24 tumors are creating in the limb and member griddles, and two in the retro peritoneum. The variety of histological guide as describe for estrogenic malignancy in clean was functional to create the opinion.

Isabelle Romeo (1990)

Learn penalty for some employ of the spoken contraceptives be joint with a reproduction that accounted for together standby and intrastudy unpredictability. The author also explores substitute unpredictability and model a duration-effect family member flanked by the spoken contraceptive utilizes and breast growth.

RESEARCH DESIGN AND METHODOLOGY**Scope of the study:**

The editors will concentrate on studies that are involving wisely selected reports that provide a link between the basic research and translation to breast cancer-related diseases.

Questionnaire was selected as the most appropriate instrument for this research, in view of the considerations needed for time available, scope of resources and level of research.

Aims:

To study on Depression, Anxiety and Stress among breast cancer patient at Harshamithra Hospital woraiyur, tiruchirappalli.

Objectives:

- To study about the socio demographic details of the respondents.
- To study about the depression among breast cancer patients.
- To study about the anxiety among breast cancer patients.
- To study about the stress among breast cancer patients.

Hypothesis

1. There is a significant association between the type of family of the respondents and perception towards overall level of awareness about breast cancer.
2. There is a significant association between the employment status of the respondents and perception towards overall level of depression.
3. There is a significant association between the employment status of the respondents and perception towards overall level of hence the research hypothesis is not accepted.
4. There is a significant association between the respondents and perception towards overall level of depression.
5. There is a significant association between the sizes of family of the respect breast cancer.

Research design

A descriptive Research design was used to describe the various features of breast cancer Depression, Anxiety and stress among the respondents.

Universe

The Universe of the study constitutes Breast cancer patient undertaking treatment in Harshamithra Hospital, woraiyur.

Sampling

The present research work purposive sampling technique is used one day per five or two respondents' were selected from the universe. The patient were undergone treatment from (10.06.2021- 30.06.2021)

Pilot study

The researcher read out and question to the selected participants and observed the ability of the respondents to understand the statements words that were found to be difficult for the respondents were changed with the suggestion of the respondents. Re-working of the questionnaires was necessary in order to remove any jargon, in consistency or leading question. The respondents for this pre-test and answers were not part of the actual study. The pre-test was conducted from 10.6.2021 to 31.6.2021.

Pre Test

Before the main data collection, the researcher conducted a pre-test with few people selected from the harshamithra hospital. Pre testing is a useful tool in making revisions and to refine the questionnaire (pilot and Hunger, 1999).

Tools of data collection

Structured closed-end questionnaire was used the data collecting ingrained. Becks Depression Inventory scale was used. Questionnaire was select as the most appropriate instrument for their research, in view of the consideration need for time available score of resourcing and level of research.

Statistical test

“Z” Test, one way Analysis test were used.

Operational definition

Depression

It is a constant feeling of sorrow and loss of interest, which *stop* you normal activities. Different types of depression exist, symptoms of the ranging from relatively minor to severe. Normally, sadness does not result from a solitary event, but from a mix of proceedings and factor.

Anxiety

It's a feeling of fear or uneasiness. Mild nervousness is part of every daylight hour's life. You might feel anxious before you take a test or attend a meeting at work. This type of anxiety can help you by make you more alert or careful. Mild anxiety goes away after you're out of the circumstances that cause it.

Stress

Stress poseur has been proposed to contribute to the etiology of breast cancer. The soundness of this declaration and the possible mechanisms involved are not well recognized. Epidemiologic study differ in their appraisal of the family member donation of stress to breast cancer risk, while physiological study suggest a clear connection but lack the knowledge of the intracellular pathways involved. The present review of the aims to consolidate the findings from different fields of the research in order to present a comprehensive picture of what we know to date concerning the role of pressure in breast cancer.

Limitation of the study

This study was conducted among breast cancer patients those who are admitted at harshamithra hospital at trichy.

Time is very limited for collected data's from the cancer patient.

DATA ANALYSIS AND INTERPRETATION

Statistical distribution of the responsive according to their Age

In this chapter, data are presented in appropriate table formats and interpretation of results is discussed. The collected data were processed and analysed as required, depending on the research objectives positive

S. No.	Age	No. of Respondents (n = 7)	Percentage %
1.	Below 25 years	2	2.7 %
2.	25-30 years	11	14.7%
3.	30-35 years	43	57.3%
4.	Above 4 years	19	25.3%
	Total	75	100%

Age is a relevant demographic variable that can be analysed for association with almost all Psychosocial variables. Age group table shown above in dilutes that more number of participants were in the middle age group 30-35 years (**57.3 per cent**). Followed a above 4 years (**25.3 per cent**) 24.30years group (**14.7 per cent**) remaining (**2.7 per cent**) of the age group were below 25 years.

Association between the employment status of the respondents and perception towards overall level of Depression

S. No	Employment Status	Overall level of Depression			Statistical Inference
		Mild	Moderate	Severe	
1.	Overall level of Depression	n: 22	n: 29	n: 24	$X^2 = 6.646$ df = 2
	Employed	3	6	8	P<0.05
	Unemployed	19	23	16	Significant

There is a significant association between the employment status of the respondents and perception towards overall level of depression. Hence the research hypothesis is accepted.

FINDING

- ❖ Age group table shown above in dilutes that move number of participants were in the middle age group 30-35 years (**57.3 per cent**) .
- ❖ Respondents marital status distribution shouts that almost more than half (**56 per cent**) of the respondents were unmarried.
- ❖ Categories occupational sector was classified into two categories. Visa employed and unemployed most of the respondents were unemployed (**77.3 per cent**)
- ❖ Education level table shouts that the (**37.4 per cent**) of respondents were studied primary education.
- ❖ Majority (**60 per cent**) of the respondents were received monthly income Rs. 11,000 to 20,000.
- ❖ Respondents from both joint and nuclear family about table shouts that the (**50.7 per cent**) of the respondents were living in joint family.
- ❖ The above table shows that the majority (**73.3 per cent**) of the respondents' of their size of family is living in above 5 members.
- ❖ The above table shows that the (**61.3 per cent**) of the respondents ware did not know knowledge about breast cancer.
- ❖ The above table shows that the (**62.7 per cent**) of the respondents ware did not knowledge about self examination
- ❖ The above table shows that the (**62.7 per cent**) of the respondents were did not know how to do breast self examination.
- ❖ The above table shows that the more than have (**53.3 per cent**) of the respondents ware according to their opinion on breast self-examination is not useful to for early detection of breast cancer.
- ❖ The above table shows that the more than have (**56 per cent**) of the respondents were according to their opinion on abnormality not useful tools for early detection in their breast.
- ❖ The above table shows that the (**50.7 per cent**) of the respondents ware did not know now to do radiation therapy.
- ❖ The above table shows that the (**52 per cent**) of the half of the respondents wary did not how to do chemotherapy.
- ❖ The above table shows that the (**58.7 per cent**) of the respondents were did not to do hysterectomy.
- ❖ The about table that the less than half (**41.3 per cent**) of the respondents dimpled or depressed skin.

- ❖ The above table shows that the more than half (**56 per cent**) of respondents. The above table shows that the distribution of their knowledge of awareness about types of cancer likes carcinomas, sarcomas, leukemia and capsizes. Above (**57.3 per cent**) of the respondents haring knowledge about sarcomas, pendants were did not how to do about opinion on breast cancer.
- ❖ The above table shows that the majority (**74.7 per cent**) of the respondents were accepted to their opinion on age 30 women should have a mammogram.
- ❖ The above table souse that the distribution of the respondents to their opinion on color for breast cancer. Less than (**38.7 per cent**) of the respondents haring pink color.
- ❖ The above table souses that distribution of the respondents according to their opinion on greatest risk for breast cancer majority (**65.4 per cent**) of the respondents 50 years' old women.
- ❖ The above table shows that distribution of the respondent's according to their opinion on how does cancer affect their mental health majority (**60 per cent**) of the respondents depression.
- ❖ The about table shows that distribution of their respondents of their knowledge of awareness perception towards overall level of awareness about breast cancer. (**48 per cent**) of the respondents low.
- ❖ The above table shows that respondents according to their perception towards overall level of depression (**38.7 per cent**) of the respondents were haring moderate perception towards overall level of depression.
- ❖ The above table shows that the majority (**62.7 per cent**) of the respondents was according to their opinion on heard of mammography.

SUGGESTION

- The government can provide free Counseling to patient's individual and group counseling also.
- The government can provide free testing methods for needy poor people. Patients who survive a cancer occurring during childhood or young adulthood, treated with radiation are at a very high risk of chronic squealer and secondary tumors.
- To reduce this radio in morbidity and mortality, efforts are put on reducing the burden of the treatments and a long term monitoring of these patients is progressively organized. We suggest that contouring the prepubescent breast as an organ at risk may help predict the risk and reduce the dose to the breasts using modern radiotherapy techniques.

CONCLUSION

The canvasser needs to learn the breast tumor and in addition psychoanalysis their difficulty. Breast growth is a illness of pre menopausal female as a entire, except it's too moving younger age unpaid to original danger issue of existence method change and additional contact to gentleman complete chemical that have become a fraction of our everyday life. The majority reason of fraction of our every day existence. The majority reason of the growth might be due to danger factor of period, relations times gone by, estrogen height and ecological factor.

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