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National Seminar on "The Importance of Sports, Physical Education and Psychology for Personality development At Present Scenario"

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Held on (01 February 2020, Saturday)

Organized by: Department of Psychology, Sports and Physical Education
Shivaji College, Hingoli-431513 (Maharashtra)



Subjective Well-being and Stress among Diabetic Patients

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Abstract:

The purpose of the present investigation was to find out the relationship between subjective well-being and stress among diabetic patients. This study was conducted on 60diabetic patients working in different government offices. In the present study occupational stress and well-being tests were administered. For the measurement of occupational stress Occupational Stress Index (Srivastava and Singh, 1981) was used. Subjective well-being was assessed with the help of Carol Ryff's Scale. All diabetic patients were type II patients and scrutinized by medical practitioners. The statistics employed are correlation, t-test analysis. The results of correlation indicate that well-being is significantly and negatively correlated with stress (total). There is a gender difference in terms of subjective well-being and stress.

Keywords: Subjective well-being, Stress, Diabetic patients

INTRODUCTION

Every human being expects pleasure and happiness. Happiness is a study matter of positive psychology. Positive psychology is a recent branch of psychology that studies the strengths and virtues that enable individuals and communities to thrive. Positive psychologists seek to find and nurture genius and talent, and to make normal life more fulfilling, not simply to treat mental illness.



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Several humanistic psychologists—such as Abraham Maslow, Karl Rogers, and Erich Fromm- developed various theories and practices that involved human happiness. Philosophers and religious thinkers often define happiness in terms of living a good life, or flourishing, rather than simply as an emotion. On the contrary it is found that stress hurts such emotions and person becomes get sick. The present study examined the subjective well-being and stress of the diabetic patients.

Subjective well-being can be simply defined as the individual's current evaluation of his/her happiness. Such an evaluation is often expressed in affective terms; when asked about subjective well-being, participants will often say, "I feel good" (Schwartz & Strack, 1999).

These evaluations may be primarily cognitive (e.g., life satisfaction or marital satisfaction) or may consist of the frequency with which people experience pleasant emotions (e.g. joy) and unpleasant emotions (e.g., stress).

Researcher has identified a number of attributes that correlate with happiness: relationships and social interaction, extraversion, marital status, employment, health, democratic freedom, optimism, religious involvement, income and proximity to other happy people.

OBJECTIVES OF THE STUDY

- To study the relationship between subjective well-being and stress of diabetic patients.
- To examine major sex differences in the relationship between these constructs.
- To formulate recommendations plan for a happy and healthy conditions for living a better life and to suggest suitable measures for improving happiness.

HYPOTHESES

In the course of analysis and discussion following hypothesis are formed for testing purpose based on the empirical data:

- i) Subjective well-being is significantly and negatively related to stress.
- ii) Males are more likely to find meaning in well-being than female Adults.



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iii) Females are more likely to find meaning in stress than male Adults.

REVIEW OF LITERATURE

The primary purpose of this study is to review recent research examining the beneficial effects of stress on psychological well-being.

It includes studies that show the relative effect of stress on Subjective well-being. However, it should be noted that although over the past few years a lot of research involving Subjective well-being has been carried out, not much has been done in Indian context and research in these fields has a long way to go.

Subjective well-being is universal and discussed in both medical science and behavioral and social science. Low Level of Subjective well-being could be seen as psychological crisis which causes high stress in different ways and people suffers psychologically, emotionally which may have serious impact on their personality, self-concept, marital and personal adjustment.

Since the emergence of the field over five decades ago, the SWB literature has progressed rapidly. First, as recent surveys show, psychologists and other social scientists have taken huge steps in their understanding of the factors influencing people's SWB.

SWB, in fact, is 'a broad category of phenomena that includes people's emotional responses, domain satisfactions, and global judgements of life satisfaction' (Diener et al., 1999: p. 277). Specifically, reported SWB consists of two distinctive components (cf. Diener, 1994: p. 106): an *affective* part, which refers to both the presence of positive affect (PA) and the absence of negative affect (NA), and a *cognitive* part.

METHOD

This section describes the method used to study the variables and test the hypotheses. Thus, it is a description of the sample selected, the tools used and the procedure employed.

The data is collected from diabetic patients who are scrutinized by medical doctors from Nashik city. Total 60 diabetic patients, 30 males and 30 females, all were government employees, were contacted and the age limit was determine that the range between 45 years to 55 years. Requested all of them to fill-up two psychological tests. All ethical considerations were followed. In this study Survey method has was used.



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Tools: -Subjective well-being will be measured with the help of The Ryff Scales of Psychological Well-Being and stress is measured with the help of Occupational Stress Index (A. K. Srivastava & A. P. Singh 1981).

1. The Ryff Scales of Psychological Well-Being

Well-being is a dynamic concept that includes subjective, social, and psychological dimensions as well as health-related behaviors. The Ryff Scales of Psychological Well-Being is a theoretically grounded instrument that specifically focuses on measuring multiple facets of psychological well-being.

Scoring: -

Responses are totaled for each of the six categories (about half of the responses are reverse scored, which is indicated on the master copy of the test). For each category, a high score indicates that the respondent has a mastery of that area in his or her life. Conversely, a low score shows that the respondent struggles to feel comfortable with that particular concept.

Reliability and Validity:-

The multidimensional structure of psychological well-being, as measured by the Ryff inventory, has been tested and validated on a nationally representative sample of English-speaking adults age 25 and older.

Internal consistency (often measured by Cronbach's alpha) refers to the probability of responses from a set of items in a scale to be the same. The short version of the Ryff instrument has low internal consistency and is not recommended for high-quality assessment of psychological well-being. See Table 7 below.

Procedure

Before conducting the study the entire process and the objective of the study was explained to the diabetic patients. Then the questionnaires were given to the patients, after which their responses were obtained.

2. Occupational Stress Index (A. K. Srivastava & A. P. Singh 1981) ,



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This scale was developed by Snavstava& Singh. In this study only 15 items were used from the full scale, which is related with role overload, role ambiguity and role conflict. Reliability and validity is successively .84 and .72.

RESULT

From the study, we obtained:

Table 1: A relation between Subjective Well-being and Stress

Variable	Mean	SD	r Value	Sig.
Subjective well-being	122.30	16.02	-.72	0.01
Stress	72.34	11.22		

According to above table it is found that the Pearson's r value between SWB and Stress is -.72 which is significant on 0.01 level and indicates negative relationship. It means that SWB and Stress has a negative association..

Table: 2 :Gender Differences in Subjective Well-Being

Variable	Group	Mean	SD	t Value	Sig.
Subjective well being	Female	113.76	24.23	4.02	0.01
	Male	102.56	21.22		

Table: 3 :Gender Differences in Stress

Variable	Group	Mean	SD	t Value	Sig.
Stress	Female	78.12	12.03	3.26	0.01
	Male	72.34	11.22		



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On the basis of table no. 2 and 3 it is observed that the t value are 4.02 and 3.26 for SWB and stress respectively. These values are significant on 0.01 level and indicates difference between male and female. The mean is high on SWB and stress and interprets that according to manual that high value represent the high tendency of the trait and conclude that females have high SWB and stress is also high in females than males.

Hypothesis no. 2 is rejected but no. 3 is accepted.

FINDINGS ANALYSIS AND DISCUSSION

This study looked to see if there was a relationship between subjective well-being and stress of diabetic patients. In previous studies it was found that stress has been linked to a greater sense of well-being (Koenig, Smiley, & Gonzales 1999). The findings of our study alsodemonstrate such a relationship. Once more, these results show that stress is an important inverse correlate of subjective well-being.

A second hypothesis was that males would test to be more subjective well-being than females. This research was supported in this study. It was also shown that women were more likely to have a higher level of stress.

CONCLUSIONS

This study sought to find a relationship between subjective well-being and stress among diabetic patients. It also sought to demonstrate a higher level of stress as well as subjective well-being in women than men..

LIMITATIONS

- Though the sample was chosen very carefully. It was obviously very small in size.
- Within this experiment, the stress of sample participants is not reflective of the overall population.



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- Equal weightage was assigned to each statement while evaluating Stress and SWB, which should be avoided since some statements demand more importance and weightage than others.

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