

Methods of dealing with stress problem among post mastectomy women

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Entry. Breast cancer affects more and more women both in the world and in Poland. The disease is associated with stress accompanying the patient throughout the period of diagnosis and rehabilitation and the time of return to fulfilling life roles: social, professional, family. Stress related to the situation and experiences affects not only the woman, but also her entire family. Treatment is associated with further consequences and scars that remain for the rest of the woman's life. It leaves its mark in every area of human life. However, breast cancer has the greatest impact on women's mental health. This is due to women's fear of the environment's reaction to the disease. Women after mastectomy may have low self-esteem, they often suppress negative emotions trying to fight the same difficult situation.

Purpose of the study. Ways of coping with difficult and stressful situations among women after mastectomy.

Materials and methods. The study group consisted of 50 women after mastectomy. Questionnaire of own emotions and Scale control by M. Watson and S. Greer, adapted by Z. Juczyński.

Result Research conducted in the Wrocław-based union and the spouse "Femina-Fenix" among healthy women after mastectomy, found that the best way to cope with stress is positive thinking (20%) and hobbies (18%) (Fig. 1). Women received the most support during their illness from their family and care: 56%, while 42% of respondents had no support at all. Only 2% received from a physician. None of the respondents benefited from the help of the support group (Fig.2). Average overall quality control index detected 54.4 points. The analysis of the research shows that women are at the age of 51 to 58 years of the greatest impact on emotions (56.58 points). Respondents aged 51 to 58 had the highest sound attenuation index in the medium subscale (19.37 points). The lowest result of the source-triggered indicator by respondents in the age group of 65-73 (49.81 points). The lowest decrease in the decrease in height (49.88 points) of women with vocational education, while women with higher education is the largest and amounts to 60.64 points. Research on the relationship of origin and organ control. Highest overall control rate (55.18 points) among women living in the city (Fig.3). Analysis of coefficient scores (56.26 points) to reduce productivity in women living with a partner/husband. Preliminary studies show that the increase in the rate of increase in indicators in women between the 1st and 6th grade after mastectomy (56.56 points) and also among women between the 15th and 22nd after the procedure (52.22 points).

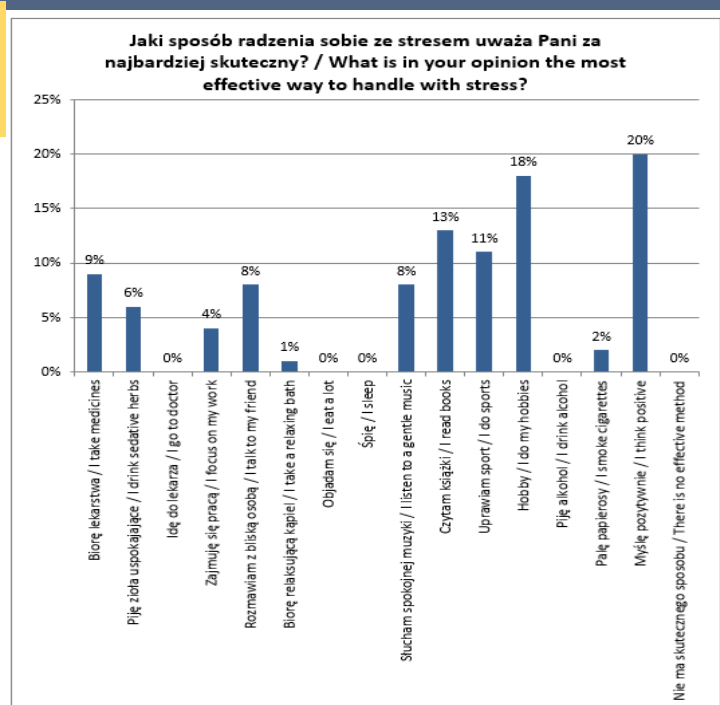


Fig. 1 The most effective methods to handle with stress for women after mastectomy.

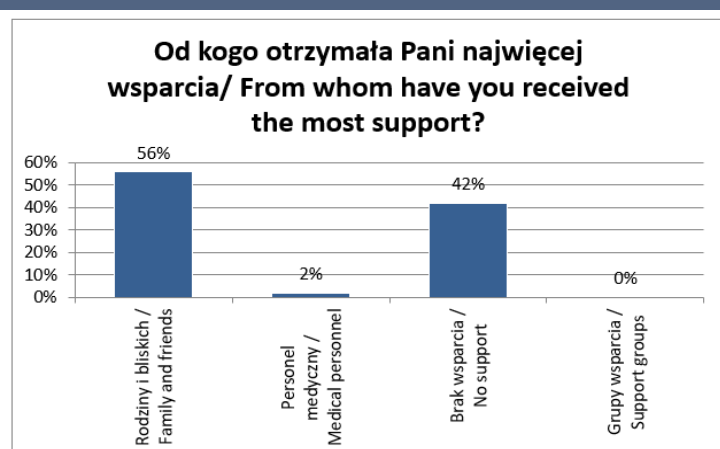


Fig. 2 Support received by women during a fight with disease.

Conclusions.

1. The best way to deal with stress among post-mastectomy women is through positive thinking and hobbies.
2. The greatest support during the fight against cancer of a woman, beneficial from the family and procedures.
3. Post-mastectomy women who showed high rates of attenuation of the effects.
4. As the strength reduction effect decreases.
5. Lower education allows you to better imagine how to use the functions.
6. Women in the first period after mastectomy feel the most common disorders ahead of the future.
7. The length of time that elapses from treatment has been confirmed due to the disturbing symptoms and fears associated with the recurrence of the disease. This may prove that I am conscious and healthy in the fight against the disease.

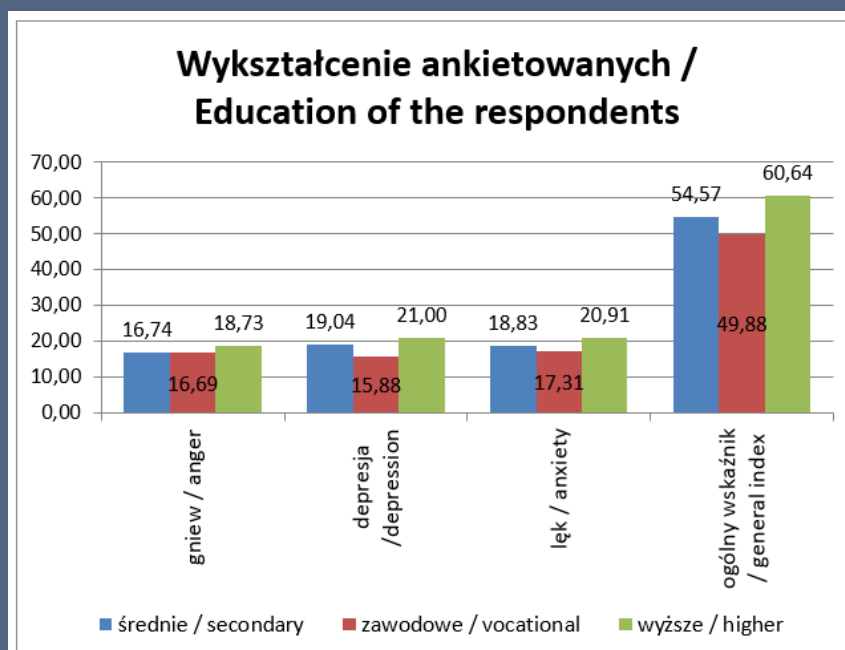


Fig. 3 Emotional Control Scale and education of the respondents.