

Investigating the Effect of Hope and Its Relationship with Confrontation Methods in Cancerous Patients of Medical Science University-Affiliated Hospitals of Tabriz, Iran

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ABSTRACT

Hope is the positive attitude toward life, which constitutes a part of individual's mental health and is an effective and significant factor in recovery and effective confrontation in stressful periods. This research aims to determine the amount of hope and its relationship with confronting method in cancerous patients in medical science university-affiliated hospitals of Tabriz in 2007. The research is a descriptive-correlational study, carried on 300 cancerous patients randomly selected in medical science university-affiliated hospitals of Tabriz. Questionnaire data collecting tools include demographical data, Herth's hope index tools, and Tabin's confrontational method tools, which were completed by under investigate units. Results show that the amount of hope in under investigation units are low (8%), average (46.7%), and high (45.3%), and there is a meaningful statistical relationship between hope and effective and non-effective confrontation method ($p=0.001$). This study represents the necessity of having a coherent plan to improve life quality, and making the path to achieve a suitable solution.

KEY WORDS: Hope, confrontation method (effective, non-effective), cancer.

INTRODUCTION

Cancer is a chronically progressing disease with difficult, tormentor and fatal treatments [1]. Annually, more than one million American are affected by cancer. Cancer is the second common fatal cause in America after cardio-vascular diseases [2]. In Iran cancer the third common cause of death [3]. Incidence of cancer increases 1% each year, and statistics of its successful treatment also is increasing 1.4% a year. Regarding increasing of recovered population, their mental, social and educational needs are important and should be considered [4].

Hope is an essential term for healthy life [5]. Hope, as a part of mental aspect, is related to sense and value of life and is considered as an essential element in life and human evolution [6]. It can be said that hope is a vital element, because it help in life continuation and lack of it increases death [7]. Cancer crisis and changes caused by it can affect the level of individual's hope [8]. During this time patient mostly feel despair and disappointment. Disappointment plays an important role on suicide among cancerous patient [9]. To prevent decrease of hope level, the patients need to learn efficient confrontation methods and increase their hope [6]. Hope plays an important role on the ability of patient to control and cope with the disease [5]. It can strengthen confronting strategies of patient to cope with problems and persuade them to use remedial diets [7]. In a descriptive-correlational study to investigate the relationship between hope and its related factors on 80 cancerous patients aged +18, Vellone indicated that hope has positive relationship with patient's self-respect, effective confrontation, compatibility with the disease, relationship with the others and their support [10]. In another descriptive-correlational research about hope and its relationship with personal-social characteristics on 115 cancerous patients, Baljani [6] indicated that the amount of hope in most of under-investigate units was average, and there was a meaningful statistical relation between financial status, occupational status, life partners, and how nurse behave with them and hope level [6]. In a descriptive-correlational study to investigate the relationship between hope and effective confrontation on 183 cancerous patients aged +18, Felder showed that there is a positive correlation between hope and effective confrontation of cancerous patients [7]. Effective confrontation increases mental ability of patient, which is one of the most important elements in disease treatment, and enables the patient to accept the disease and cope with it, at the same time collaborate with treatment team with high motivation and stimulus and with all facilities [11]. On the other hand, inefficient confrontation methods can cause inconsistency in patients and create crucial problems in mental future of the patient [12]. According to above mentioned cases, current research is carried out to investigate the hope and its relation with confrontational method in cancerous patients.

MATERIALS AND METHODS

This research is a descriptive-correlational study to investigate the hope and its relation with confrontational methods in cancerous patients of medical science university-affiliated hospitals of Tabriz in 2007. In this regard, 300 cancerous patients owning characteristics that are important for under-investigation units were randomly selected. The criteria to be included in this research are as follow:

- 1- Being resident of Tabriz,
- 2- Being eager to participate in this study,

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- 3- Aged +18
- 4- At least one month ago their cancer is diagnosed
- 5- In last 6 month they had no chronically disease
- 6- Have no mental disorder

Data collecting tools in this questionnaire divided in three parts. The first part consisted of 13 questions about demographical characteristics of under-investigate units, the second part included Herth's Hope index questionnaire with 12 questions, which investigates the hope level of people in confronting stressful conditions and its valuation was ranged 0 – 3, based on Likert's four degree scale, 0= never, 1= low, 2= usually, 3= very much (except question 3 and 6 which were valued inversely). The total score was 0-36. Cancerous patients divided to three parts of low hope (scores 0-12), average hope (scores 13-24), and high hope (score 25-36). The third part of questionnaire included questions about confrontational method questionnaire that was codified in 1995 by Tobin and had 32 questions. The tool is organized by two subsets, effective confrontation, ineffective confrontation, which shows the confrontational methods of people in encountering with stressful factors. Every question of the questionnaire measures confronting methods of under-investigate units, by the use of 4 degree Likert scale. The scale include scores 0-3, 0 equals to unusable, and the maximum score, 3, equals to high use of the confrontation method. The total score from every confrontation subset was 0-48. It must be noted that scores of under-investigate units were calculated by comparing scores of the two subset, high scores shows that confrontation method is the most used. Practical value of Herth's hope index is scrutinized and approved by content value method. Content value is used to acquire scientific value of tools. Tool perpetuity is approved by Kronbakh alpha $r=0.73$. Content value tool is used to determine scientific value of confrontation method tools. Tool perpetuity is approved by Kronbac Alpha $r = 0.76$

First of all, after getting permission from responsible bodies of doing research, researcher becomes present in research place and introduces himself to the samples and describes the aim of doing the research. He gives adequate explanations about the questionnaire in order to answer it correctly. He gives questionnaire to the samples and wants them to complete it at the same day. After collecting the questionnaires, the data are analyzed by SPSS computer software. Descriptive and inferential statistics were used to experience and analyze data. K2 statistical test and Spearman's correlational coefficient were used in data analysis.

RESULTS

Findings of the research about hope of cancerous patients represent that amount of hope among under-investigate units ranged low (8%), average (46.7%), and high (45.3%). (Table 1)

Table 1. Total and relative abundance distribution of hope among under-investigation units of medical science university-affiliated hospitals of Tabriz, 2007

Hope Amount	Number	%
High (25-36)	136	45.3
Average (13-24)	140	47.7
Low (0-12)	24	8
Total	300	100

Findings of the research about confrontation methods of cancerous patients represents that most of the under-investigation units (57.3%) use effective confrontation methods.

Findings of research about relationship between hope and types of confrontation (effective, non-effective) represent that there is a meaningful positive relationship between hope and effective confrontation ($p = 0.00$, $r = 0.587$) (table 2), and a meaningful negative relationship between hope and non-effective confrontation ($p = 0.000$, $r = 0.452$) among cancerous patients (table 3).

Research findings shows that there is a meaningful statistical relationship between hope and educational and marital status, financial status, with who they live, and behavior of family members and medical personnel. (In all occasion $p = 0.000$).

Table 2. Total and relative abundance distribution of hope and effective confrontation methods among under-investigation units of medical science university-affiliated hospitals of Tabriz, 2007

Effective Confrontation Hope amount	High		Average		Low		Total		Results
	number	%	number	%	number	%	number	%	
High	98	32.7	38	12.6	0	0	136	54.4	$\gamma = 0.587$ Df = 4 P = 0.000
Average	46.6	140	0.6	2	35.4	106	10.6	32	
Low	0	0	10	3.3	14	4.7	24	8	
Total	100	300	5.3	16	51.3	154	43.3	130	

Table 3. Total and relative abundance distribution of hope and ineffective confrontation methods among under-investigation units of medical science university-affiliated hospitals of Tabriz, 2007

Ineffective confrontation Hope amount	High		Average		Low		Total		Results
	number	%	number	%	number	%	number	%	
High	0	0	10	2	14	6	24	8	Sperman r = - 0.425 r = - 0.425 p = 0.001
Average	4	1.3	130	43.3	6	2	140	46.6	
Low	20	6.7	100	43.7	16	4	136	54.4	
Total	24	8	240	80	36	12	300	100	

DISCUSSION

The aim of the research is to determine the amount of hope and its relation with confrontation method in cancerous patients of medical science university-affiliated hospitals of Tabriz, 2007. Results show that, like results of Baljani research, the amount of hope in most of the patients is average (46.7%) [6].

Findings of the research on relationship between hope and effective confrontation method indicate that increasing hope among cancerous patients makes them to use more effective confrontation methods. Results of studies of Felder et al. are in accordance with this research [7].

About relationship between hope and inefficient confrontation, the results show that decreasing hope among cancerous patients makes them to use inefficient confrontation method. The results of Stanton’s study prove this finding [13].

In this research we also represent a meaningful statistical relationship between education, marital status, income status, with who the patient lives, behavior of family member and medical staff and hope, that accords with the studies of Baljani, Poor Ghaznenin, and Stanton [6, 8, 13].

In fact, cancer is a critical and crucial disease that makes the patient to feel stress, anxiety, decrease self-confidence, hopelessness, and inability. Nurses are the only people who have the most relation with these patients, therefore they can help them to increase their hope and learn them effective confrontation methods, by giving correct instructions, facilities and advices. We hope the findings of this research make ground for further research on increasing hope and correct confrontation method.

It is suggested to carry out a research about “Investigating the Source Awareness of Nurses and the Ways to Increase Hope among Cancerous Patients”.

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