

## **A Study on Life Satisfaction Level among Persons with Diabetes**

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**Abstract:** *Life satisfaction is a multidimensional concept related to psychological and environmental life conditions. Life satisfaction involves generally the whole life of a person and all the aspects of life. Life satisfaction is the dominance of positive feelings to the negative ones in the daily life and means to be good in different views such as happiness and moral. Personal and environmental factors determine the level of satisfaction. Diabetes mellitus, or simply diabetes, is a group of metabolic diseases in which a person has high blood sugar, either because the pancreas does not produce enough insulin, or because cells do not respond to the insulin that is produced. The researcher studied about the life satisfaction level of diabetes patients. The researcher used descriptive research design and life satisfaction inventory by Neugarten is used to measure the satisfaction level among the respondents. The tool consists of 23 items. The researcher collected the data through interview schedule method. It is a primary method of data collection. Researcher collected the data from the diabetic centre in which type 1 and type 2 diabetic patients are taken for the study. The hypothesis is tested by the researcher used SPSS (Statistical Package for Social Science) for analyzing the data. Nearly 58 percent of the respondents are female. Around half of the respondents 47 percent are taking treatment for diabetes above 8 years. 39 percent of respondents have medical expense of 1000-2000 per month. Most of the respondents 82 percent say they have sufficient income for the treatment. 37 percent of the respondents feel neutral that this is the dirtiest time in their life but, even 29 percent of the respondents feel this is not the dirtiest time in their life. Majority 54.4 percent of the respondents have moderate level of satisfaction.*

**Keywords:** *Life Satisfaction, Environmental factors, Insulin, Metabolic Diseases, Positive feelings*

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### **I. Introduction**

Life satisfaction is the way a person evaluates his or her life and how he or she feels about where it is going in the future. It is a measure of well-being and may be assessed in terms of mood, satisfaction with relations with others and with achieved goals, self-concepts and self-perceived ability to cope with daily life. Life satisfaction is a major component of any comprehensive conception of adjustment or mental health. Because of this consensus there has been considerable research and writing on life satisfaction in old age and in earlier years. Life satisfaction is a multidimensional concept related to psychological and environmental life conditions. The term life satisfaction can be split into two words-life and satisfaction. Life is what one's thinking makes it, one makes it human or hell through one's thinking. In fact, no life can be without a goal (Bartlett, 1986). Satisfaction with one's life implies a contentment with 'or' acceptance of one's life circumstances, or the fulfillment of one's wants and needs for one's life as a whole Goldenson (1984). Life satisfaction gives meaning to one's life and it can be source of a feeling or self-worth. In the Indian context, most of the elderly review their life in terms of self fulfillment (Butler 1976).

#### **1.1 Importance Of Life Satisfaction**

- Life satisfaction involves generally the whole life of a person and all the aspects of life. Life satisfaction is the dominance of positive feelings to the negative ones in the daily life and means to be good in different views such as happiness and moral.
- It is of much importance in today's stressful life. Without satisfaction man cannot lead a peaceful and prosperous life. So one must learn to break tensions, worries and anxieties of daily life. Otherwise these all will break him. Life satisfaction refers to an individual's well-being, quality of life and happiness (Noone, 1998).
- It is a state of feeling pleasure in an organism, which is ultimate goal that human beings are thriving to achieve in entire lives. Without life satisfaction, there is disharmony in the inner & outer self. It gives rise to feeling of emptiness, uneasiness and meaninglessness in life.

#### **1.2 Factors Affecting Life Satisfaction**

There are two factors that affect life satisfaction. They are personal factors and environmental factors.

Personal Factors:

Satisfaction of needs - our needs or urges always creates tensions and worries in our mind. As a result, we become restless and dissatisfied. The various needs are as follows:

- Physiological - needs includes food, clothing, dwelling & sex.
- Psychological - needs include self-esteem, attitude, social intelligence, mental health, anxiety, frustration, life skills, emotional stability.
- Social - needs include strong family support (satisfaction with spouse, with children and with rest of family), social participation, social support social cognitive skills, family relationships, social status and other social outlets and affiliations.
- Education - It has been realized that education plays a pivotal role in the life satisfaction of an individual. Education is very much important for everyone. It dispels mental illusions and its place cultivates good thinking, knowledge, attitudes, values etc, which helps in bringing life satisfaction.
- Nature of Job – Life satisfaction also depends on an individual's Job nature and job satisfaction in which he is engaged. Man, being a social animal needs social recognition which is marked by his status and position in the society. Job is an important factor to upgrade the social status and position of a man. Hence, suitable job gives satisfaction in life.
- Economic Status - Satisfaction with housing and living conditions, with income's purchasing power and with financial solvency.

Environmental Factors:

Environment includes everything that surrounds us. It is one of the important factors which influence not only the various psychological traits but also our good social behavior. If the environment is peaceful and congenial it helps to facilitate balanced life. Good social relationships with neighbors, colleagues and participation in social activities also provide life satisfaction.

- Social Circle/Friendship - satisfaction with friends and with availability of time to spend with them.
- Occupational Facilities - such as promotion, recognition, freedom, salary, job-security, work itself, job status, friendliness of head, relationship with employees, achievement and working conditions enhances the life satisfaction.
- Community Environment - satisfaction with community services such as trash collection, public transport, road conditions, public lights, neighbourhood safety and trust in local authorities.

Diabetes is a chronic disease that occurs either when the pancreas does not produce enough insulin or when the body cannot effectively use the insulin it produces. Insulin is a hormone that regulates blood sugar. Raised blood sugar, is a common effect of uncontrolled diabetes and over time leads to serious damage to many of the body's systems, especially the nerves and blood vessels.

Diabetes mellitus (diabetes) is a chronic condition in which the body makes too little of the hormone insulin, or cannot use it properly. This raises the blood level of the body's major energy source, glucose, and causes other widespread disturbance of the body's energy processes.

### **1.3 Types Of Diabetes Mellitus**

There are three main types of diabetes mellitus (DM).

- ❖ Type 1 diabetes is caused by a total or near total lack of insulin and results from destruction of insulin producing cells in the pancreas. It most commonly occurs in children and young adults. People with this form of diabetes require daily insulin therapy to survive. This form was previously referred to as "insulin-dependent diabetes mellitus" (IDDM) or "juvenile diabetes".
- ❖ Type 2 diabetes is characterized by reduced levels of insulin or the inability of the body to use insulin properly (insulin resistance). It is more common among people aged 45 years and above. It can be treated with changes to diet and exercise, oral hypoglycemic (glucose lowering) drugs, but some people may also need insulin therapy. Type 2 diabetes comprises 90% of people with diabetes around the world and is largely the result of excess body weight and physical inactivity. This form was previously referred to as non-insulin dependent diabetes mellitus (NIDDM) or "adult-onset diabetes". Until recently, this type of diabetes was seen only in adults but it is now also occurring in children.
- ❖ Gestational diabetes is a form of diabetes that develops during pregnancy in some women. It involves high blood sugar levels appearing for the first time during pregnancy and affects women who have not previously been diagnosed with other forms of diabetes. It is a transient form of diabetes and usually disappears after the baby is born. However, it can recur in later pregnancies. It is also associated with an increased risk of developing Type 2 diabetes later in life. Gestational diabetes is most often diagnosed through prenatal screening rather than reported symptoms.

## **II. Review of Literature**

The following are some of the studies reviewed by the researcher.

**Egede and Ellis (2010)** conducted a study on diabetes and depression. He agreed that the coexistence of diabetes and depression is associated with decreased adherence to treatment, however in a subsequent study they found that measures of metabolic control did not differ significantly between depressed and non-depressed patients.

**Pan et al (2010)** conducted a clinical study on bidirectional association between depression and type 2 diabetes mellitus in women. He found that a two-way relationship between type 2 diabetes and clinical depression.

**Hislop and others (2008)** found that one-third of young Australian adults (mean age 22 years) with Type 1 diabetes had also experienced psychological distress. The association between diabetes and poor mental health has also been increasingly recognized by clinicians and researchers, with evidence coming mainly from clinical studies.

**EI-Mallakh (2007)** in his study states that diabetes mellitus is more common among individuals with schizophrenia and schizoaffective disorders than in the general population. There is a strong correlation between diabetes and mental illness.

## **III. Research Methodology**

Research methodology is a systematic procedure of analyzing the research problem. Research is a plan of activities leads to discovery of new facts. Research methodology is a way to find out the result of a given problem on a specific matter

### **3.1 Statement Of The Problem**

Diabetes is a chronic (life-long) condition that can have serious consequences. Diabetes has a significant impact on people's lives. Both type 1 and type 2 diabetes are chronic diseases requiring adjustments in diet and careful monitoring of activity levels, while adding pressures on personal relations and family life. Worldwide 382 million people have diabetes in 2014. The number of people with type 2 diabetes is increasing in every country. 80 percent of people with diabetes live in low and middle income countries. The greatest numbers of people with diabetes are between 40 and 59 years of age. Diabetes can often lead to anger, denial, fear or depression.

### **3.2 Aim Of The Study**

To study about life satisfaction level among diabetic patients.

### **3.3 Objective Of The Study**

The objectives of the study are:

1. To find out the socio-demographic details of the respondents.
2. To measure the level of satisfaction of the respondents.
3. To find out the association between socio-demographic details and satisfaction level of the respondents.

### **3.4 Research Universe**

The researcher selected "Palakkad Diabetic Centre" as the universe of the study.

### **3.5 Sampling**

The researcher has used simple random sampling. Simple random sample is a subset of statistical population in which each member of the subset has an equal probability of being chosen. Sample size of the researcher is 79.

### **3.6 Tools Of Data Collection**

Data collection is a systematic approach to gathering information from a variety of sources to get a complete and accurate picture of an area of interest. The researcher has used life satisfaction inventory by Neugarten for measuring the satisfaction level. The tool consists of 23 items.

Part A : Socio demographic profile

Part B : Life satisfaction inventory.

### **3.7 Method Of Data Collection**

The researcher collected the data through interview schedule method. It is a primary method of data collection.

## **IV. Findings**

### **Personal profile**

- Nearly 58percent of the respondents are female.
- Majority of the respondents 72 percent are from Hindu religion.
- Only very few 14 percent of the respondents are above 80 year old.
- Majority of 85 percent respondents are from village.
- 90 percent of the respondents are married and settled in Palakkad itself.

- Majority of the respondents are literate, only 17 percent of respondents are illiterate.
- 68 percent of the respondents are from nuclear family.
- Only very few 9 percent of respondents have no children.
- Nearly 58 percent of the respondents are not working.
- Fairly half 44 percent of the respondents have a family income of above 10000 per month.
- 39 percent of respondents have medical expense of 1000-2000 per month.
- Most of the respondents 82 percent say they have sufficient income for the treatment.
- Around half of the respondents 47 percent are taking treatment for diabetes above 8 years.

#### **Findings related to Life satisfaction**

- Around 30.4 percent of the respondents doesn't feel better than they thought, they would be when they grow older.
- Around 66 percent of the respondents feel they have not got more of the breaks in life than most people.
- 37 percent of the respondents feel neutral that this is the dirtiest time in their life but, even 29 percent of the respondents feel this is not the dirtiest time in their life.
- Around 65 percent of the respondents have neutral response to the statement 'they are happy as when they were young'.
- Almost 47 percent of respondents feel lonely even they are engaged in any other work.
- Majority 76 percent of the respondents feel neutral that these are the best years in their life.
- 43 percent of the respondents are dependent and need help in solving their problem.
- 54 percent of the respondents have neutral response for the statement 'fairly well satisfied with their life'.
- Majority of the respondents agree that they make plans for things they will be doing in a month or year.
- 71 percent of the respondents agree that they get down in dumps too often.
- Majority of the respondents disagree that they don't even work these days but still 23 percent of the respondents agree that they do not work these days.
- 41 percent of the respondents expect some interesting and pleasant things to happen in their future.
- 20.3 percent of the respondents feel old and somewhat tired.
- Only 15 percent of the respondents feel that they have got pretty much what they have expected out of life.
- Majority of the respondents 57 percent have moderate level of life satisfaction.
- Majority of the respondents 49 percent shows penitence attitude towards their life.
- Only very few of respondents 19 percent are depressed about their life.
- Most of the respondents 42 percent show optimistic attitude towards their life and looking forward for their near future.
- 44 percent of the respondents show low pessimistic attitude towards their day today life and 34 percent of respondents shows high pessimistic attitude.
- Most of the respondents 68 percent have moderate level of self confidence in them.

#### **Chi-square findings**

- There is an association between education and life satisfaction level.
- There is an association between family type and life satisfaction level.
- There is no association between marital status and life satisfaction level.
- There is an association between gender and life satisfaction level.
- There is no association between age and life satisfaction level.

#### **V. Suggestions**

- Young adults can avoid the usage of fast foods and calories rich foods.
- To improve mental health of diabetic patients. They are encouraged to do exercise regularly for the better blood sugar control and to reduce the risk of cardiovascular diseases.
- For stressors' exercise /yoga can often help relieve stress and lower the blood sugar level.

#### **VI. Conclusion**

Thus, it was concluded that most of the diabetic patients' mental level is medium. It can be improved through maintaining a physical health. Living with physical pain everyday puts a strain on psychological well being. Keeping the mind healthy while the body struggles is not always easy, but it plays a huge role in coping with day to day pain. Also, people living with chronic physical conditions frequently suffer from depression or anxiety in addition to their impairment. On-going illness, particularly those that cause pain, affect brain chemistry and sleep and cause mood fluctuations. Although effective treatments exist for both diabetics and mental health problems, delivering services for physical and mental health problems separately ignores their

interaction and may be inefficient. Psychosocial interventions, could improve both the physical and mental health of patients with diabetes.

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