



Association of Diabetes with Anxiety : A Psychological Study

*Dr. Sahiba Parveen
**Dr. Manju Khokhar

ABSTRACT

Objective

Anxiety has been shown to be associated with poor outcome in the people with diabetes. There were very few studies which showed the association between diabetes and anxiety. The present research article was to examine whether diabetes mellitus was associated with anxiety. The main objective of the present research work was to determine whether people with diabetes have more anxiety as compared to non diabetes and normal person (who do not have diabetes).

Method :-

In the present research work we recruited the sample of 300 individuals who were divided into three group viz 100 who have diabetes, 100 who have other Psychosomatic problems and 100 who were normal (healthy person). The sample was collected from private and public clinics. They completed the finger block bloodtest to identify diabetic. A questionnaire related to anxiety and some demographic schedule were also administered (.16 PI test II C form used for anxiety).

Results:-

The data was analysed with the help of Analysis of variance and t test. Results showed ghat people with diabetes have more anxiety as compared to other groups (non diabetic + normal person). So there is a link between diabetes and anxiety. Both are cause & effect to each other. Thus findings will throw some new light upon the association of anxiety and diabetes in medical and Psychological field so that effective intervention can to used to cure diabetic patients.

Keywords :-

Diabetes Mellitus, Anxiety, ANOVA, finger Blood test, Psychosomatic.

* Dr. Sabiha parveen (Associate Professor) Deptt. Of Psychology, Govt. Girls P.G. College, Rampur (U.P.)

* Dr. Manju Khokhar (Associate Professor) Deptt. Of Psychology, Meerut College, Meerut (U.P.)



Introduction

Most recent studies indicate that the complicated chain of endocrine stress reactions are under the control of hypothalamus centers. The entire adaptation syndrome may be set into action not only by chemical, thermal or bacterial agents, but also by anxiety and other emotional stressor.

Lustmana (1988) examine the interrelationship of anxiety disorders and diabetes mellitus including insulin dependent diabetes mellitus and noninsulin dependent diabetes mellitus. Experimental work examining stress and glycemia instability is reviewed along with more recent data relating anxiety disorders (Particularly generalized anxiety disorder) to diabetic patients. Data indicates the anxiety disorders are common among patients with diabetes and that they recur in a substantial proportion of cases. The presence of generalized anxiety disorder is associated with both poorer glucose control and increased clinical symptoms of diabetes. A complex interaction model best represents psychiatric diabetic research. Rodin, (1991) review literature of 5 health related dimensions of quality of life on persons with insulin dependent diabetes mellitus (IDDM) physical functioning, social functioning emotional/mental state, burden of symptom and sense of well being. Increased depressive and anxiety disorders have been reported individual and IDDM particularly in association with more severe medical complications and low social support.

Material and Method :-

Sample consists of 300 subjects 100 diabetic, 100 non-psychosomatic, and 100 normal. All the groups are matched according to age, sex, education and duration of disease. All the subjects were administered 16 P.F. test, form C. for anxiety derived from second order. The data obtained is statistically analysed with the help of analysis of variance and t test.

Result & Discussion

1. Anxiety

Table no. 1.1

Table of Analysis of Variance

Source	df	S.S.	M.S.S.	F
BET GROUP	2	281.28516	140.64256	115.7640**
WITH-IN-GROUP	297	361.1084	1.21585	
TOTAL	299	642.39355	2.14847	



Table No. 1.2 Table of Means and Significance of the differences of the Means

Group	Means	Comparison	Differences of Mean
Diabetes	6.4709	Diabetes-Non Psy Som	+0.6745*
Non Psychosomatic	5.7964	Diabetes-Normal	+2.3065*
Normal	4.11644	Non Psy. Som- Normal	+1.6320*

S.E. of Differences = 15594 (Bet. Group)
C.D. at 0.0f5 level = .30690 (Bet. Group)
G.M. = 5.4772 S.D. = 1.1027

From the Table of Analysis of variance it is observed that the F. value is highly significant at 0.01 level of significance. This indicated that ,the differences among 3 groups mean are highly,significant with respect to the anxiety.

From the Table of Means and different comparison it is observed that the highest average values of Anxiety (6.4709) is that of the Diabetic group and significantly greater than the average value of Anxiety (5.7961) is that of the patients of Non Psychosomatic group and is significantly greater than the average of Anxiety (4.1644) of the normal.

Diabetic and non-psychosomatic have scored higher than the Normal group and non-psychosomatic has accorded lower than the Diabetic group. Thus, it suggests that the diabetic patients having high score high on anxiety. As it is commonly understood, He need not be neurotic, since anxiety could be situational but probability is that he has some maladjustments i.e. he is dissatisfied with the degree to which he is able to meet the demands of life and to achieve what he desired. Very high anxiety is generally disruptive of performance and productive of physical disturbances.

There are certain studies supporting the findings of the present work Daniels (1944) analyzed a case of diabetes and anxiety neurosis. Although the diabetes was not cured but some interesting observations were made concerning the resemblance of the anxiety attacks and hyper insularism and the relation of hyperglycemia and glycesuria to emotional conflict.

Murawski et al (1970) noted depression and anxiety in the disease. Sanders et al (1975) evaluated 60 adult diabetic, and also saw notable anxiety and depression. Lustmana (1988) and



Rodin (1991) have also reported close relationship between anxiety and diabetes mellitus. It is concluded that anxiety plays an important role in diabetes mellitus.

Interpretation with other studies

Grigs by (2002) found anxiety in adult as related with diabetes, similarly Anderson(2001) also found more or less same results as high level anxiety and depression was found in diabetic adults. Khuwage (2010) also described anxiety and depression were generally found high in diabetic patient especially among adults.

- On the basis of these findings we can concluded our article by suggesting some remedical strategies, to lower down anxiety among adolescents further counseling and guidance, catharsis, role playing or other behaviour modification techniques can be adopted to lower down anxiety among diabetic patients. Thus, the present study has applied application in the field of medical Psychology

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