

Psychosomatic aspects

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Life satisfaction and adaptive responses of patients treated for chronic obstructive pulmonary disease (COPD)

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Introduction: Chronic Obstructive Pulmonary Disease is one of the most common diseases of modern society and one of the most important problem of public health. Adaptive responses, especially those of a constructive nature are part of the process of adaptation and life satisfaction. With the emotional response to the health complications, adaptive responses can play an important role in taking action in the treatment.

Aim of the study: Determining the relationship between life satisfaction and adaptive responses of the patients treated for chronic obstructive pulmonary disease (COPD).

Methods: The study comprised 109 people treated for chronic obstructive pulmonary disease (COPD). The research was conducted from February 2016 to July 2017 in health care centres in Lublin, a city in south-eastern Poland. The following research tools were used: self-questionnaire, Questionnaire of Adaptive Responses- authors: H. Livneh and R. F. Antonak (polish adaptation: J. Kirenko, S. Byra) and SWLS -Scale of Life Satisfaction- authors: E. Diener, R. A. Emmons, R. J. Larson, S. Griffin (polish adaptation: Z. Juczyński). The obtained material was subjected to descriptive and statistical analysis. The statistical analysis were used: the Spearman rho correlation coefficient, the Kolmogorov-Smirnov test, the Mann-Whitney U test, the Chi-2 test, the t-student test and the Kruskal-Wallis test. A statistical significance level was set at $\alpha=0.05$.

Results: The respondents were characterized by very low and low (85.3%) life satisfaction, only 14.7% average satisfaction, while none of the respondents characterized by high life satisfaction. Among the adaptive responses in the disease, the most common was internal anger ($M = 3.50$) and acceptance ($M = 3.23$), depression deemed to be a non-adaptive response is less frequent ($M = 1.62$). Research analysis indicated a negative correlation between anxiety and respondents' lives satisfaction ($\rho = - 0.279$; $p = 0.003$). Subjective assessment of health has proved to be an important differentiating variable respondents life satisfaction ($p = 0.000$). High satisfaction show people who assess their health very well and well ($M = 15.04$).

Conclusions: Adapting to the life in a chronic disease is a complex and long process. Unfortunately, among the respondents don't dominate favorable reactions of the life satisfaction and motivation to overcome the disease.