

PERSONALITY OF FEMALE CARDIOVASCULAR AND CANCER PATIENTS: A COMPARITIVE STUDY

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Abstract: Aim: The study was taken up to explore the personality of female cardiovascular and cancer patients. Participants: The sample for the present study were 225 women from Kerala, which consisted of 75 cardiovascular (cvd) patients, 75 cancer patients selected using purposive sampling technique from the various hospitals across the state. A comparative group of 75 normals were selected from the general population.

Measures: The measures used for the present study were Five factor personality inventory was developed by Dr. Kumari Bhagavathy and Dr. Neelima Renjith and Personal data schedule.

Data analysis: The suitable statistical technique done to interpret the data were One way ANOVA and Duncan test. The analysis is done using SPSS version 20.

Results: Cvd patients, cancer patients and normals showed significant differences in the five factors of personality. Cvd patients possessed significantly more of the characteristics of extraversion and openness compared to cancer patients and normals. The cancer patients were seen to possess significantly more of the personality characteristics of agreeableness, conscientiousness and neuroticism compared to cvd patients and normals.

Keywords: personality, female, cardiovascular disease, cancer

Introduction: Life style disease especially cardiovascular disease and cancer seem to be increasing in women in Kerala. The increasing emphasis on the interaction between psychological factors and development of lifestyle diseases esp. cardiovascular diseases and cancer is attracting considerable attention (Chrisler, 2001). Research has revealed that a particular type of people (Type A behaviour) who are aggressive, always short of time, short tempered and stressful are much prone to develop heart disease. Most of the young heart patients of modern day have Type A behaviour. People classified as Type A, compared to Type B individuals, have higher blood pressure, produce less HDL-the "good cholesterol" and are twice as likely to suffer from heart disease. The role of personality factors in the development of cancer had been suspected for centuries. In psycho-oncology, the concept of a "cancer-prone personality" has gained some attention. The cancer - prone person is described as inhibited, over socialized, confirming, compulsive, and depressive. He/she is said to have particular trouble expressing tension, anger and anxiety, instead presenting the self as pleasant, calm, compliant, and passive (Contrada, 1989). Suppression of emotion is the most widely investigated of the Type C tendencies. Suppression of negative effect, excessive conformity, severe stress, and lack of social support predict a poorer medical outcome from cancer (Bhattacharya, Mollay, Steptoe, 2008). Having conscientiousness, neuroticism and openness. The details

noticed the psychological factors affecting these diseases, this study was taken up to probe the personality pattern of female cardiovascular and cancer patients.

Methodology :

Aim: The study was taken up to explore the personality of female cardiovascular and cancer patients.

Participants: The sample for the present study were 225 women from Kerala, which consisted of 75 cardiovascular (cvd) patients, 75 cancer patients selected using purposive sampling technique from the various hospitals across the state. A comparative group of 75 normals were selected from the general population.

Measures: The measures used for the present study were Five factor personality inventory was developed by Dr. Kumari Bhagavathy and Dr. Neelima Renjith and Personal data schedule.

Data analysis: The suitable statistical technique done to interpret the data were One way ANOVA and Duncan test. The analysis is done using SPSS version 20.

Results And Discussions: The scores obtained by the three groups under study (cvd patients, cancer patients and normals) on the five factor personality inventory were analysed using one-way ANOVA to find out whether there were any significant differences among the three groups on the personality factors of extraversion, agreeableness, conscientiousness, neuroticism and openness. The details are given in Table No.1

Table No.1

One way ANOVA of the scores obtained on the five factors of personality of the three groups- cardiovascular patients, cancer patients and normals

Variable	Source	Sum of	Df	Mean	F ratio
Extraversion	Between Groups	222204.987	2	11102.493	267.395**
	Within Groups	9217.653	222	41.521	
	Total	31422.640	224		
Agreeableness	Between Groups	21743.396	2	10871.698	109.552**
	Within Groups	22030.827	222	99.238	
	Total	43774.222	224		
Conscientiousness	Between Groups	10996.596	2	5498.298	79.167**
	Within Groups	15418.293	222	69.452	
	Total	26414.889	224		
Neuroticism	Between Groups	15161.627	2	7580.813	314.321**
	Within Groups	5354.213	222	24.118	
	Total	20515.840	224		
Openness	Between Groups	4942.160	2	2471.080	45.968**
	Within Groups	11934.000	222	53.757	
	Total	16876.160	224		

Note: ** the F ratio is statistically significant at 0.01 level

The F ratios indicated that there were significant differences in the personality factors of extraversion, agreeableness, conscientiousness, neuroticism and openness among cvd patients, cancer patients and normals.

Post hoc Duncan test was done to find out the significance of differences in the personality factors among the three groups. The details are given in Table No.2.

Table No.2 Significance of differences among the groups on their personality factors as revealed in the Duncan test

Variable	Sl.no	Group	Mean score	1	2	3
Extraversion	1	Cvd	56.98	()	*	*
	2	Cancer	34.60	..	()	*
	3	Normals	37.53	()
Agreeableness	1	Cvd	32.64	()	*	*
	2	Cancer	56.13	..	()	*
	3	Normals	48.96	()
Conscientious-ness	1	Cvd	34.33	()	*	*
	2	Cancer	50.37	..	()	*
	3	Normals	37.16	()
Neuroticism	1	Cvd	25.09	()	*	*
	2	Cancer	44.92	..	()	*
	3	Normals	37.90	()
Openness	1	Cvd	41.89	()	*	*
	2	Cancer	36.13	..	()	*
	3	Normals	30.41	()

Note: * Indicates significant difference between the groups compared
From the Duncan test, the mean scores showed that significant differences in the five factors of the cvd patients, cancer patients and normals showed personality.

Cvd patients (56.98) had significantly more of the characteristics of extraversion when compared with cancer patients (34.60) and normals (37.53). Cancer patients were found to have significantly lower of the characteristics of extraversion when compared with cvd patients and normals. Cancer patients (56.13) had significantly more of the characteristics of agreeableness when compared with cvd patients (32.64) and normals (48.96). Cvd patients were found to be significantly lower on the characteristics of agreeableness when compared with cancer patients and normals. Cancer patients (50.37) had significantly more of the characteristics of conscientiousness when compared with cvd patients (34.33) and normals (37.16). Cvd patients were found to be significantly lower on the characteristics of conscientiousness when compared with cancer patients and normals. Cancer patients (44.92) had significantly more of the characteristics of neuroticism when compared with cvd patients (25.09) and normals (37.90). Cvd patients were found to be significantly lower on the characteristics of neuroticism when compared with cancer patients and normals. Cvd patients (41.89) had significantly more of the characteristics of openness when compared with the cancer patients (36.13) and

normals (30.41). Normals were found to be significantly lower on the characteristics of openness than cvd patients and cancer patients.

Considering the personality pattern of the cvd patients, it was seen that they possess significantly more of the characteristics of extraversion and openness compared to cancer patients and normals. The cancer patients were seen to possess significantly more of the personality characteristics of agreeableness, conscientiousness and neuroticism compared to cvd patients and normals. The personality pattern of the cvd patients was found to be significantly different from that of the cancer patients. Both the patient groups differ significantly from the normal group with regard to the five personality factors.

Conclusion: The personality pattern of the cvd patients was found to be significantly different from that of the cancer patients. Both the patient groups differ significantly from the normal group with regard to the five personality factors. It is hoped that the outcome of this study will lead to identify the personality factors prone to cvd and cancer in females.

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