



**THE PREDICTION OF THE PSYCHOLOGICAL WELL-BEING BASED ON
RESILIENCE AND LIFE EXPECTANCY IN DIABETIC PATIENTS WITH RETINA
DAMAGE**

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ABSTRACT

The present study was examined the prediction of the psychological well-being based on resilience and life expectancy in diabetic patients with retinal damage. The participants were 100 (46 male, 54 female) diabetic patients with retinal damage selected from Doctor Khodadoust Hospital. For assessing the research goal-oriented the participants completed three measures: Psychological well-being Questionnaire, Resilience Questionnaire, and life expectancy Questionnaire. The results showed that resilience was significant positive predictor of the psychological well-being. The life expectancy was significant positive predictor of psychological well-being. Also, the comparison of male and female in psychological well-being and its dimension wasn't significant.

**Keywords: Psychological well-being, Resilience, Life expectancy, Diabetic Patients with
Retinal Damage**

INTRODUCTION

WHO (2001), health and welfare as a condition of complete physical, mental and social and not merely the absence of disease defined. In other words, the purpose of the

organization, mental health is a state of well-being in which the individual's own abilities, understanding, mental stress, consistent and effective in their work to be useful [13].

Diabetes or diabetes is a metabolic disorder (metabolism) in the body. The disease destroys the body's ability to produce insulin or the body cannot produce insulin in insulin resistance and therefore perform its normal function [11]. Statistics indicate that the prevalence of diabetes mellitus associated with the alarming increase Century has been proposed as a common epidemic [2]. So that about 135 million people worldwide have diabetes mellitus [5]. In Iran, according to statistics, from 7/3 percent to 14/5 percent prevalence varies [1]. Thus, not only the importance of diabetes as a disease, but a major public health problem is clear. One of eye damage caused by diabetes is called diabetic retinopathy. This disease directly affects the retina and causes abnormal blood vessel growth in the area. This is causing serious problems in [3]. [10] Is considered the most important models in the field of mental health. In this view, the struggle for independence and Upgrade welfare means that the realization of one's talents and abilities manifested. From this perspective, a person who is having features such as self-esteem and psychological well-being; social communication widespread feeling of self and independence is [10]. Researchers in various studies several factors that have an impact on psychological well-being, including the role

of personal, family and social point [9]; Resilience is the ability of the bio-psychological and spiritual balance is against hazardous conditions [5]. The non- different conditions to maintain their health and psychological well-being can experience [3] showed that a significant positive predictor of psychological well-being is resilience. [12], the research found that resilience is very important so as to increase the resilience of welfare, welfare increases. Life expectancy is considered as a set of subjective, based on mutual sense of purpose and planning to reach the target [13]. So people are hopeful of higher psychological well-being [11], the research showed that people with more hope for the future reassessment of the character, resilience and well-being were higher and less repression, but the vague future, had lower psychological well-being. [4] Showed that the life expectancy is a significant positive correlation with psychological well-being. The lack of research in relation to these variables, especially in diabetic patients with damage to the retina in the country And foreign research studies has created a vacuum that given the importance of psychological well-being Events in diabetic patients with retinal damage, The present study aimed to investigate the role of resiliency in predicting psychological well-being and life expectancy

of diabetic patients with retinal damage is done.

METHOD

Considering the object and purpose of the study was a descriptive and correlational.

The population the study included all diabetic patients with retinal damage in Shiraz in 2014 Dr. Khodadoust referred to Ophthalmology Hospital, respectively.

Sample and sampling

Sample in this study, 100 patients with damage to the retina in diabetic men and women who were selected by purposive sampling.

Research Tools

1. The demographic questionnaire included information on age, occupation, education completed retina damage by diabetes.

2. Psychological scale by Reef (1989) was produced. In the present study was to evaluate the reliability of the questionnaire, Cronbach's alpha was used 0/757 coefficient indicating the reliability of the instrument is desired.

3. The scale Connor and Davidson Resilience Scale (2003) A review of research literature from 1991 to 1979 the area of resiliency provided. In the present study was to evaluate the reliability of the questionnaire, Cronbach's alpha was used 0/93 coefficient indicating the reliability of the instrument is desired.

Methods of Data Analysis

This study was conducted to analyze the data descriptive statistics (mean and standard deviation) and Pearson correlation analysis, simple regression was used.

RESULTS

Table 1: Demographic data by age class and Patients job

Job category					Age category (years)							
Unanswered	Unemployed housewives	Free	Lecturer	Employee	Unanswered	More than 65	50 to 65	40 to 50	30 to 40	20 to 30	Less than 20	
11	2	20	1	12	0	6	14	3	11	11	1	Number of males
2	38	1	2	11	0	6	22	12	4	6	4	Number of women
13	40	21	3	23	0	12	36	15	15	17	5	The total

Table 2: Demographic information on patient education and housing conditions

Education					
Unanswered	Master's Degree or Higher	Undergraduate	Diploma	Under diploma	
2	5	10	10	19	Number of males
5	1	8	14	26	Number of females
7	6	18	24	45	The total

Table 3: The total amount of scores, mean, standard deviation, minimum and maximum life expectancy variables, resiliency, psychological and subscales related to the subject

Count	Maximum	At least	Standard deviation	Average	Total	Variable name	Row
100	18	43	12/47	77/86	7786	Psychological (total score)	1
100	18	5	3/27	13/61	1361	Their acceptance	2
100	18	3	3/18	13/08	1308	Positive relationships	3
100	18	7	2/45	12/23	1223	Autonomy	4
100	18	3	2/95	13/82	1382	Environmental mastery	5
100	18	2	3/24	11/62	1162	Purpose Driven Life	6
100	18	2	3/13	13/50	1350	Personal growth	7
100	94	41	9/48	74/69	7469	Life expectancy (total score)	8
100	125	43	18/52	84/65	8465	Resiliency (total score)	9

Table 4: Correlation matrix for the relationship between variables

9	8	7	6	5	4	3	2	1	Variable name	Row
								1	Psychological well-being (total score)	1
							1	0/750**	Their acceptance	2
						1	0/493**	0/737**	Positive relationships	3
					1	0/136	0/264**	0/393**	Autonomy	4
				1	0/217*	0/422**	0/494**	0/751**	Environmental mastery	5
			1	0/432**	0/101	0/415**	0/372**	0/696**	Purpose Driven Life	6
		1	0/439**	0/485**	0/059	0/467**	0/380**	0/711**	Personal growth	7
	1	0/485**	0/397**	0/529**	0/288**	0/485**	0/604**	0/689**	Life expectancy (total score)	8
1	0/546**	0/316**	0/178	0/512**	0/310**	0/277**	0/506**	0/506**	Resiliency (total score)	9

* : P < 0/05 ** : P < 0/01

Table 5: Simultaneous Linear regression analysis inter

dF	F	R ²	P (Sig)	t	B	Predictor variables	Criterion variables
1	33/68	0/256	0/0001	9/64	49/02	Constant	Psychological
			0/0001	5/8	0/341	Resiliency	

Table 6: Simultaneous Linear regression analysis inter

dF	F	R ²	P (Sig)	t	B	Predictor variables	Criterion variables
1	88/79	0/475	0/165	1/398	10/126	Constant	Psychological
			0/0001	9/42	0/907	Life expectancy	

DISCUSSION AND CONCLUSION

This study examined the predictive role of resilience and life expectancy associated with psychological well-being the psychological damage to the retina in diabetic patients admitted to Khodadoust hospital in Shiraz. For this purpose, a sample of 100 male and female patients with damage to the retina were selected by purposive sampling And then by the party or the researcher (due to visual impairment and inability to write) to complete the questionnaire on psychological well-being, resilience and life expectancy began The results showed that the resilience of psychological well-being in patients with diabetes can damage the retina to positively predict R2 values obtained showed that 6.25% of the variation in psychological well-being is explained by variable resilience. According to the $0/0001 = P$ (regression) specified that model, its extension to the community. Thus, the first research hypothesis was confirmed. The results indicate that the variable part of the psychological well-being in life expectancy can also damage the retina of diabetic patients with positive predict. R2 values obtained showed that psychological well-being by 47/5% of the variation in life expectancy variable is explained. However, according to the P (regression) $=0/0001$ revealed that

model, its extension to the community. The second hypothesis was confirmed. Based on research done on resilience can be said that resilience can be a predictive factor for the psychological well-being. This finding is consistent with research findings [1, 3, 4, 6] is consistent. Resilience by increasing levels of positive emotions, enhances self-esteem and coping successfully with negative experiences. Accordingly, resilience by strengthening self-esteem and well-being as a mechanism mediating the positive Adaptation leads And those of higher ability to cope with mental health problems than those who do not have this advantage It seems that non-, to see how creative and flexibility issues, to solve design and planning And if they do not hesitate to ask for help from others and have the full resources to deal with the problems On the other hand, numerous studies have significant negative effects on quality of life of diabetes patients is [5]. Quality of life in diabetic patients is important. Lack of care, lack of good glycemic control and diabetic complications may lead to reduced quality of life [8]. When the non- diabetic patients with damage to the retina, they can be adapted to the harsh conditions and disease. This causes a high degree of psychological well-being. Nevertheless, it is natural that the characteristics of their non- above the

psychological well be desirable. The resilience can be a significant predictor of psychological well-being of diabetic patients with damage to the retina. Based on research done in life expectancy can be said that life expectancy could be used as a predictive factor for the psychological well-being. This finding is consistent with research findings [3] is consistent. The above results can be explained by saying, psychological well-being and quality of life is a psychological component, cognitive judgments about how he includes [6]. Therefore, to determine the purpose and direction in life so that individuals can contribute to the goal and hope for the future, need satisfaction in life, earn. However, the structure is defined hope as a thinking process through which individuals actively pursue their own goals [2]. The life expectancy of a person with a high degree of motivation necessary to implement the goals established and positive emotional experience of achieving a goal and follow it to the psychological well-being. [7] in another definition, hoping to set a subjective opinion based on mutual sense of purpose and plan for achieving the goal. Since life expectancy is associated with attitudes and structures associated with life. Anyone who hopes to live to how to make a living and its quality is critical to improving the quality

of their lives. Promoting quality of life depends on the promotion of health. Health promotion as well as the development of societies accepted According to the World Health Organization and the ultimate goal of all governments' policies [3]. In recent years, psychologists have to hope and believe that hope can be viewed as a psychological strength to develop and utilize it to create great help for mental health. According to [9] Hope has two cognitive components (waiting on the events in the future) and emotional (for example, hope to these events, positive events and desired outcomes) that the emotional component can be positive predictors of events and therefore the future of mental health. Research findings have shown that people who had higher hopes, higher self-esteem, improve academic performance and commitment to perform activities that are more conducive to health, show. Adults who enjoy a high degree of hope to others as sources of support and that they can rely on, look. They also have the belief that they can rely on, look. They also have the belief that they can live with the challenges that may be faced with, adapt, experience greater happiness. And are more satisfied with their lives [3]. However, evidence suggests that the patient's ability to perform mental and social problems and continuing medical care

recommendations have negative effects. It may be contrary to medical follow-up and ongoing medical treatments, reduced quality of life not bring good results [3]. Diabetes is a disease with serious complications and discomforting and treatment of diseases such as insulin and dietary restrictions, Creates a problem in everyday life. Chronic nature of diabetes, the need for long-term treatment and care depends on strict especially the young, impact on quality of life. On the other hand, maintaining a good quality of life is important in addition to metabolic control [1]. We had hoped for flexibility and vitality and the ability to get rid of blows that life imposes on us that is, increasing life satisfaction [13, 14]. Therefore, to maintain quality of life in diabetic patients with eye injuries need to strengthen their hope in the and increased psychological well-being and life satisfaction of our patients.

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