

THE FEELING OF FEAR AND DEALING WITH DIFFICULT SITUATIONS AMONG WOMEN WITH ASTHMA

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Due to the growing incidence and costs of treatment, asthma is becoming a serious social problem. When facing the disease, a person can experience many emotional reactions which result from the patient's trying to deal with difficult situation. The purpose of the study was to determine the relationship between selected demographical factors, the assessment of a person's own health, the limitations connected with the disease, and the anxiety and strategies involved in coping with the disease. The study comprised 108 female asthma patients. The Anxiety Inventory (STAI) and the COPE questionnaire were used for the assessment of variables. The subjects displayed high levels of anxiety, particularly in terms of transient anxiety, which is determined by the given situation, in this case the disease. It was found that as many as 41.7% of respondents frequently experienced anxiety and sadness due to their disease. The level of anxiety shows significant correlation with the ways of coping with the disease; the following strategies are applied to a lesser extent along with growing anxiety as a state and as a feature: active coping ($r=-0.517$, $p<0.001$; $r=-0.501$, $p<0.001$), planning ($r=-0.548$, $p<0.001$; $r=-0.537$, $p<0.001$). Strategies used to a much greater extent: concentrating on emotions ($r=0.844$, $p<0.001$; $r=0.836$, $p<0.001$) and denial ($r=0.605$, $p<0.001$; $r=0.607$, $p<0.001$). Stress and anxiety are the elements of emotional climate accompanying the disease, and significantly affect the ways of coping with the disease. Increasing anxiety can lower one's immunity, pose a real threat of complications and hinder motivation to cope with the disease.

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