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Impact of Hope on the Coping Behavior of Male and Female Cancer Patients

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Abstract: The goal of this research was to see how hope affected the coping behaviours of male and female patients with cancer. To serve the purpose all the studies related to this area were identified and examined thoroughly. An electronic search was conducted through; google scholar, Research gate, Scopus, and Wikipedia, etc. Being a researcher of this area, the studies that were conducted from 2000 to 2021 were selected for the study. These studies were in English and were focusing on the effect of hope on male and female cancer patients. The results of the study revealed that hope is an important asset of coping behavior for cancer patients. It is an important tool for treatment and hence should be recommended.

Keywords: Hope, Coping Behavior, Cancer Patients.

1. INTRODUCTION

Cancer is a term that describes disorders in which malignant continue to divide rapidly and spread to other parts of the body. Cancer is a term that refers to a group of diseases. Cancer is predominantly an ecological illness, with environmental variables accounting for 90–95 % of cases and heredity accounting for 5–10% (Anand *et al.*, 2008). Nicotine (25–30%), food and obesity (30–35%), viruses (15–20%), rays (both ionizing and non-ionizing, up to 10%), tension, reduced physical activity, and chemical toxins are some of the most significant environmental variables that lead to cancer (Anand *et al.*, 2008; Kinzler, Kenneth, & Vogelstein 2002*).*

a) Hope

Hope is based on a belief in one's potential to reach ambitions, especially in cases when personal qualities or talents can be used to affect results (Rand, Cripe, Monahan, Tong, Schmidt, & Rawl, 2012). But an individual-differences measure was established after research

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described hope as a mental set made up of a mutually generated feeling of effective agency (goal-directed determination) and pathways (planning of ways to fulfil goals) (Snyder et al., 1991). Hope is recognized among the most significant and successful coping techniques in the cancer battle during therapeutic treatment survivors (Ebright, & Lyon, 2001).

b) Coping Behaviors

Coping methods are actions taken to manage or deal with a stressful situation (Johnson, 1999; Fredette, 1995). Rational analysis, positive emotion, counselling, problem-solving, behavioral inhibition, and resigned tolerance are some of the coping mechanisms employed by cancer victims. (Moorey, Frampton, & Greer, 2003). However, these psycho - educational courses have rarely addressed people who are approaching the end of their initial cancer therapy. (Devine & Westlake, 1995).

The studies showed that cancer concerns an extensive area of research in the current scenario. There is a broad range of factors that are central in its development and maintenance. These factors affect the individual life badly. Basically, by providing medical treatment we treat their symptoms especially physical symptoms and providing support. But they also suffer from other problems like- emotional, social, economic, and mental, etc. It was noticed that most of the studies have been done on medical support to cure physical illness, very few studies have been conducted on perceived social support. Therefore, it appeared valuable to conduct a study on the relationship of perceived social support, as predictors of coping behaviors among cancer patients.

2. METHODOLOGY

This study is thematic. Books and journals were considered to identify the relevant literature. To identify the relevant literature, books and journals were deemed. An electronic search was also carried out to locate the literature through Google scholar, research gate, academic papers, Scopus, academia, Wikipedia, etc. The keywords were modified to trace each study of the area according to the need. The studies which were conducted in English from 2000 to 2021 only were considered for the research.

3. RESULTS AND DISCUSSION

Janelle, Martha, and Afaf (2019) conducted a study that aimed to evaluate the know-how of patients with breast tumor in managing the illness and recognizing their coping behaviors. A total of 24 patients with breast cancer were included in the study. For data collection, a semi structured conversation was undertaken. Results showed that Chinese breast cancer patients face numerous obstacles which have adverse effects on their mental health. Females focused on their parents, colleagues, and support system to help them cope with the problems of their illness. Women who are dealing with the effects of their illness rely on the help of their companions, families, and peer support. Furthermore, to cope with these difficulties, women have adopted numerous cognitive and behavioral coping processes including dietary change and positive redefining of their condition. These results illustrate the urgent need for cultural understanding and responsiveness while designing strategies to help women with breast cancer.

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Zhang, Zheng and Zhang (2018) conducted a study the aim of which was to find out how the Chinese cancer patients alter to the damage in customary Chinese situation with the help of resilience factors. The sample consisted of 15 cancer patients from teaching hospitals. Checklist guided interview method was used. Interviews were recorded and converted orally. Published content analysis was used for the data analysis. Results showed that some appropriate factors were found to be applicable like robustness, hopefulness, proficiency, etc. It was also found that patients gave priority to their families due to the influence of the Chinese customary notion of family. Patients who were accepting the family problems faced illness fearlessly. Confidence was the main thing that made them stronger. Future studies should draw large samples from different hospitals to check the diversity of flexibility elements.

Somasundaram (2017) a convenience sample method was used to conduct a cross-sectional study. The participants in the study were inpatients in a medical center in Chennai. The 60 cancer patients were all receiving therapy for cancer in various stages, including initial and advanced phases. The objective of this study was to see if there was a link between hopelessness, resilience, and social support within cancer patients receiving rehabilitative and supportive treatment. Respondents in rehabilitation had higher test scores on resilience, social support, and hopelessness than those in the control group, according to the findings. Greater resilience was reported among the study participants who were receiving treatment services. Various studies have revealed that those who are more resilient have traits like sound reality checking, a high patience for negative emotions, a good degree for self-reflection, and a high sense of responsibility. Resilience was linked to a lower level of hopelessness and a higher level of social support. These results suggest that the respondents are optimistic and have a wide range of social assistance. It has been claimed that the family's social support has a positive impact on the adaption procedure and lifespan. According to some reports, cancer patients and their caregivers grow distant as the disease progresses. It has been discovered that providing social support to cancer sufferers reduces their likelihood of experiencing psychological trauma. As a result of the strong social support they have, the respondents appear to be optimistic. The study concludes that Cancer sufferers have been proved to be strong, and the importance of social assistance and hopelessness in fostering liveliness cannot be underestimated.

Kirchheiner *et al.*, (2017) had done a study to find the mental illness of family caretakers due to the death of their loved ones and the hope as an element to reduce their stress and incidence of mental illness. Caregiving for cancer patients is very important becausethey are a very sensitive type of population but sometimes it becomes so hectic for the familycaretakers. The sample consisted of 80 cancer patients and their partners. Questionnaires were used for the collection of data in both follow-up and baseline assessment. Data evaluation was completed by means of t-test, Wilcoxon test, and Pearson's chi-square tests. Results showed that after the patient's death rate of mental illness on family caretakers does not influence the follow-up assessment. Alcoholism and depression remained stable but the rates of PTSD and anxiety decreases over time. It was also found that hope is a very essential factor for family caretakers by which they can reduce their depression and anxiety. Social support and hope should be given from the beginning of the patient's diagnosis because it can help the caretakers to cope up with stress.

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Ting et al., (2017) had done a study in order to find the psychological health status and level of hope in cervical cancer patients due to the consequences of innate and external factors during radiotherapy. Cervical cancer is one of the main causes of death among women globally. The sample consisted of 480 cancer patients. Data collection was done by using functional assessment cancer therapy cervix scale, psychological distress scale, Jolowiec coping scale and Herth hope index. These tools were used to plot surveys on Qualityof life, psychological suffering, coping style, and level of hope. Results showed that during radiotherapy, Quality of life among cervical cancer patients was at middle and high levels and it was positively correlated with self- reliance and optimism but negatively correlated with emotional expression. It was also found that the rate of psychological suffering was 68% and the causes were physical and emotional problems. Future research should be done by providing knowledge about the coping style and levels of hope to deal with the disease confidently.

Yakir et al., (2016) conducted the study, the aim of which was to find the hope in a group of elderly cancer patients and their partners and the association between depression, hope, and social support. Globally cancer is one of the leading causes of death. Better medicaltreatments can increase the life expectancy of elderly cancer patients. Family caretakers devote their belongings and time to their partners in order to help them both emotionally and physically. The sample consisted of 45 cancer patients and their 45 partners. Self-made questionnaires of social support, depression, and hope were used for the collection of data. Results showed that the partners of cancer patients have a low level of psychological distress and depression as compared to their patients. It was also found that social support is positively correlated to distress but negatively correlated to hope. Health professionals should give support and knowledge to these patients and their partners so that they can cope with their illnesses.

Thomas *et al.*, (2015) examined 61 pediatric cancer patients in order to find the hope among these patients by which they manage their illness. Data was collected by using questionnaires of anxiety, hope and quality of life (QOL). The data was analyzed using regression analysis. Patients had low levels of anxiety and despair, but high levels of hopeand quality of life (QOL), according to the results. It was also found that the change in hope resulted in the impact of anxiety and depression on quality of life. Despite their hardships, these patients are very quick to recover from their illnesses.

4. CONCLUSION

Several studies have been thoroughly examined and it has been found in almost every study that hope has proven to be an important asset for cancer patients to cope with behavior. It was also observed that due to hope, the Cancer patients did not suffer from mental illnesses such as anxiety, depression, stress, etc. With the results in mind, it can be safely assumed that hope is an effective care resource for patients with cancer and should therefore be recommended for each cancer patient by any health professional.

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