

# A Study To Assess The Emotional Intelligence And Resilience Among Hemodialysis Patient Admitted In Vinayaka Mission's Medical College And Hospital At Karaikal.

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## Abstract-

### STATEMENT OF PROBLEM:

A study to assess the emotional intelligence and resilience among hemodialysis patient admitted in Vinayaka Mission's Medical College and Hospital at Karaikal.

### AIMS & OBJECTIVES:

- To assess the level of emotional intelligence and resilience among the hemodialysis patient
- To assess the relationship between emotional intelligence and resilience among the hemodialysis patient
- To evaluate the different domains of emotional intelligence among hemodialysis patient
- To determine the association between emotional intelligence and resilience among the hemodialysis patient with their selected demographic variables.

### RESEARCH DESIGN AND METHOD:

The research design adopted this study was Non experimental descriptive design. The conceptual framework for this study was based on Betty Neuman's system model. The study has been conducted in Vinayaka Mission's Medical College and Hospital at Karaikal. Purposive sampling technique was used to select the sample for the present study. During data collection period 60 patient undergoes hemodialysis in Vinayaka Mission's Medical College and Hospital at Karaikal.

### RESULT:

The finding shows that Maximum 50% of patient had above average level of emotional intelligence, 53.3% of

patient had moderate level of resilience and in overall 70.59% of patient were moderate level of emotional intelligence and resilience. The result indicates that there is a positive relationship were found between emotional intelligence and resilience ( $r=0.803^*$ ) in hemodialysis patient. It means when the emotional intelligence was higher the resilience also will be higher. There is a significant association found between the emotional intelligence and resilience among hemodialysis patient and domicile, family income, occupation and type of family. There is no significant association found between the emotional intelligence and resilience among hemodialysis patient and age, sex, religion, education, age at starting a hemodialysis treatment and source of information regarding hemodialysis.

### CONCLUSION

Thus the study concluded that, the hemodialysis patient are suffering from lot of psychological problems. Early identification of psychological problems can prevent the development of depression, anxiety, poor coping skills, sense of hopelessness, low self esteem. Therefore it is important to have an accurate estimate of frequency and nature of psychological problems faced by hemodialysis patient.

**Keywords-** Assess, emotional intelligence, resilience, hemodialysis patient.

## I. INTRODUCTION

The renal system is the body's water treatment plant and renal disorders can adversely affect virtually every body system in a critically ill patient and may be fatal without effective management. Among these, renal failure is the most prevalent disorder of greater concern whose mortality and morbidity tend to be increasing each day.

Dialysis significantly changes the lives it saves while creating unique challenges for patients with End-Stage Renal Disease (ESRD). Symptom management, limitations on lifestyle, ongoing uncertainty of life on dialysis, and increased dependence are prominent life-altering features in the lives of dialysis patients.

**(Polaschek, 2003)**

Chronic kidney disease (CKD) is a worldwide public health problem and is now recognized as a common condition that is associated with an increased risk of many mental health problems.

Emotional intelligence is the ability to sense, understand, and effectively apply the power and acumen of emotions as a source of human energy, information, connection, and influence.

**(Robert K. Cooper, PhD.,)**

Emotional intelligence is a way of recognizing, understanding, and choosing how we think, feel, and act. It shapes our interactions with others and our understanding of ourselves. It defines how and what we learn; it allows us to set priorities; it determines the majority of our daily actions. Research suggests it is responsible for as much as 80 percent of the “success” in our lives.

**(J. Freedman)**

From the perspective of Cyberia Shrink [1999], emotional intelligence includes four skills of self-awareness, self management, social awareness and relationship management. People have different capacities on emotional intelligence, some have moderate and others have high capacities. Part of this innate capacity is acquired by experiences.

It is an ability to recover from adversity and as a positive personality characteristic that enhances individual adaptation and moderates the negative effects of stress.

**(Mak, Ng, & Wong, 2011)**

Research has shows that person who undergo hemodialysis treatment have a similar and after greater level of stress than person dealing with some psychiatric illness such as depression, anxiety disorder, poor coping skills, sense of hopelessness, emotional disturbance and low self esteem.

## II. AIMS & OBJECTIVES

- To assess the level of emotional intelligence and resilience among the hemodialysis patient

- To assess the relationship between emotional intelligence and resilience among the hemodialysis patient
- To evaluate the different domains of emotional intelligence among hemodialysis patient
- To determine the association between emotional intelligence and resilience among the hemodialysis patient with their selected demographic variables.

## III. METHODOLOGY

Research approach used for this study was quantitative approach. The research design for this study is Non experimental descriptive research design. The study will be conducted in dialysis unit of vinayaka mission’s medical college and hospital at karaikal. The study population for the present study is the hemodialysis patient who admitted in vinayaka mission’s medical college and hospital at karaikal. The sample for the study is all the patients who undergoes hemodialysis in vinayaka mission’s medical college and hospital at karaikal. Sample size will be 60 Hemo-dialysis patient in vinayaka mission’s medical college and hospital at karaikal. A purposive sampling technique was used to select the sample of the study. Witten permission was obtained from the Dean of vinayaka mission’s medical college and hospital at karaikal. Informed consent was obtained from the hemodialysis patient were admitted in vinayaka mission’s medical college and hospital at karaikal. The standardized questionnaire (Cyberia shrink & Wagnild and Young) was administered to the hemodialysis patient to assess the emotional intelligence and resilience. The collected data was planned to be organized, tabulated and analyzed based on the objectives of the study by using descriptive statistics and inferential statistics. The data was planned to be presented in the form of tables and figures.

## IV. DESCRIPTION OF THE TOOL

The schedule consist of two parts., i.e. Section A, Section B.

### SECTION A

It consists of demographic variables of hemodialysis patient such as age in year, sex, religion. education, occupation, domicile, family income per month, type of family, age at starting a hemo dialysis treatment and source of information.

### SECTION B

**i. A standardized Cyberia Shrink to assess the level of emotional intelligence**

It is the standardized tool used to find the level of emotional intelligence. The self administered scale consists of 33 items of various aspects such as self-awareness, self-management, motivation, empathy, and relationship management.

**Scoring Procedure:** That are aggregated to provide the scores ranging from 0-165.

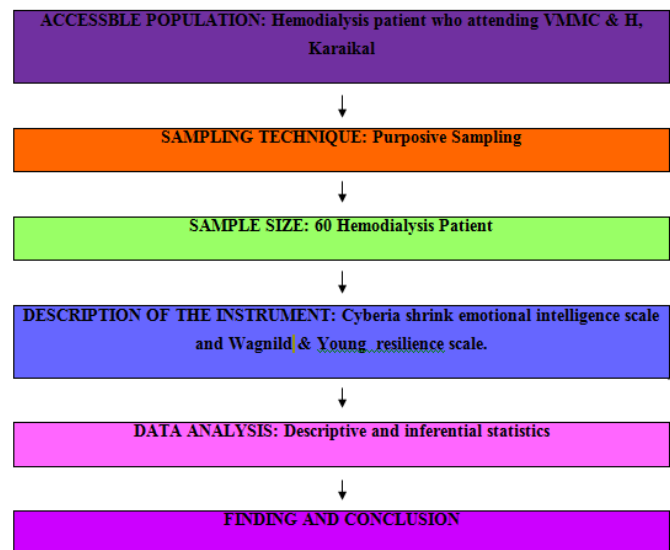
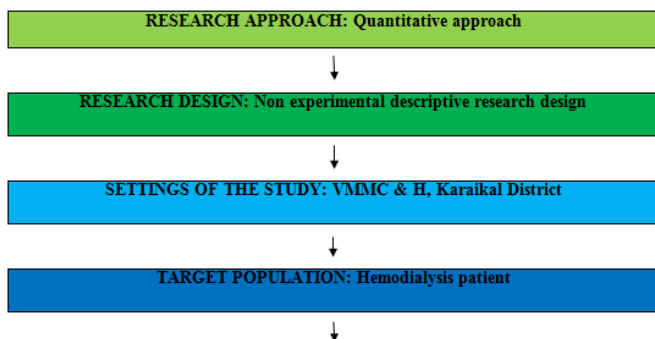
Below average	-	<89
Average	-	90-110
Above average	-	>110

**ii. A standardized Wagnild & Young to assess the level of resilience**

It is the standardized tool used to find the level of resilience. The self administered scale consists of 25 items to assess the resilience of dialysis patient.

**Scoring Procedure:** That are aggregated to provide the scores ranging from 25-175.

Very low	-	25-100
Low	-	101-115
On the low end	-	116-130
Moderate	-	131-145
Moderately high	-	146-160
High	-	161-175



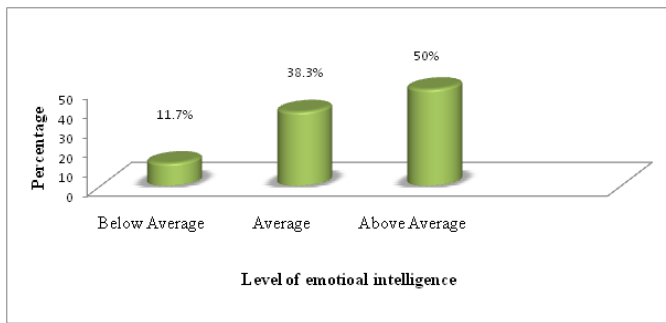
**FIG.1:SCHEMATIC REPRESENTATION OF RESEARCH METHODOLOGY**

**V. RESULTS**

The highest percentage (83.3%) were between the age group of above 40 years; whereas lowest percentage (1.7%) were between the age group of above 36-40 years. The most of the hemodialysis patient (75%) were male and (25%) were female. The most of the hemodialysis patient (60%) were Hindus, (20%) were Muslims and (20%) were Christians. Majority of the hemodialysis patient (66.7%) were studied up to higher secondary level of education and (5%) were diploma level of education. The maximum number of respondents (66.7%) were from Rural and (33.3%) from urban area. Majority of hemodialysis patient (41.7%) were private employee and 23(1.7%) were coolie. Lowest percentage (31%) of hemodialysis patient were getting family income per month above Rs.15,000 and highest percentage (35%) of hemodialysis patient were getting income per month between Rs.5,001 to 10,000. Most of hemodialysis patient (66.7%) were belongs to nuclear family and (33.3%) were belongs to joint family. Highest percentages (83.3%) were age at starting hemodialysis treatment of above 40 years; whereas lowest percentage (6.7%) were age at starting hemodialysis treatment of above 31-35 years. The majority (60%) of hemodialysis patient getting acquired information from health personnel and (8.3%) of hemodialysis patient lowest getting information from friends and family members.

**Table 1: Frequency and Percentage distribution of level of emotional intelligence among the hemodialysis patient.**

S.NO	LEVEL OF EMOTIONAL INTELLIGENCE	FREQUENCY	PERCENTAGE (%)
1	Below Average	7	11.7%
2	Average	23	38.3%
3	Above Average	30	50%



**Figure 2: Frequency and Percentage distribution of level of emotional intelligence among the hemodialysis patient.**

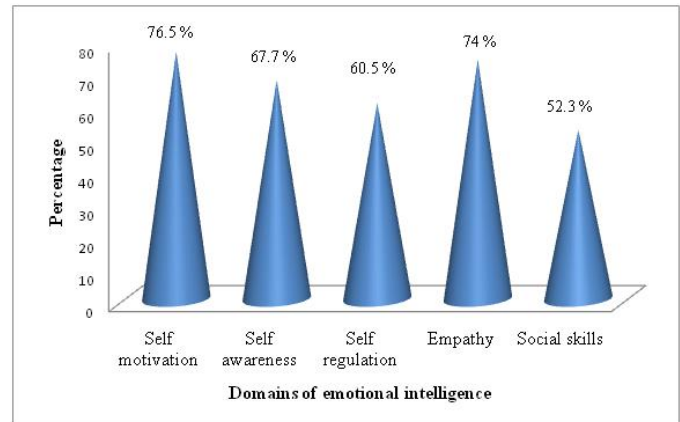
The above table – 1 depicts the level of emotional intelligence of hemodialysis patient. Maximum 30(50%) of patient had above average level of emotional intelligence, 23(38.3%) of them had average level of emotional intelligence and 7(11.7%) had below average level of emotional intelligence.

**Table 2: Data on area wise distribution of mean, standard deviation, mean percentage of emotional intelligence of various domains of among the hemodialysis patient.**

S.NO	EMOTIONAL INTELLIGENCE	MAX SCORE	MEAN	SD	MEAN%
1	SELF MOTIVATION	35	26.80	2.62	76.57
2	SELF AWARENESS	40	27.08	4.44	67.7
3	SELF REGULATION	35	21.18	3.12	60.51
4	EMPATHY	30	22.28	5.31	74
5	SOCIAL SKILLS	25	13.08	2.50	52.32
6	OVERALL	165	110.42	17.99	66.22

Area wise distribution of mean, standard deviation and mean percentage of level of emotional intelligence shows that the highest mean score (27.08+4.44), which is mean percentage 67.7 % of the total score was obtained in the area of self awareness, the mean score (26.80+2.62), which is mean percentage 76.57% of the total score was obtained in the area of self motivation, the mean score (22.28+5.31), which is mean percentage 74% of the total score was obtained in the area of empathy, the mean score (21.18+3.12), which is mean percentage 60.51% of the total score was obtained in the area of self regulation, where us lowest mean score (13.08+2.50), which is mean percentage 52.32% of the total score was obtained in the area of social skills.

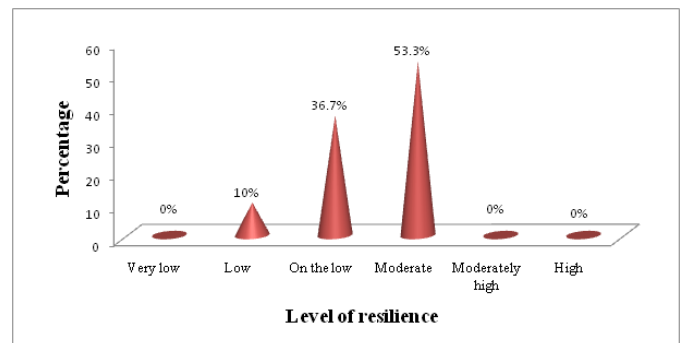
Future, the overall mean was (110.42+17.99) which is mean percentage 66.22% of the total mean score reveals that the hemodialysis patient under the study had moderate level of emotional intelligence.



**Figure 3: Distribution of different domains of emotional intelligence among hemodialysis patient.**

**Table 3: Frequency and Percentage distribution of level of resilience among the hemodialysis patient.**

S.NO	LEVEL OF RESILIENCE	FREQUENCY	PERCENTAGE (%)
1	Very low	0	0%
2	Low	6	10%
3	On the low end	22	36.7%
4	Moderate	32	53.3%
5	Moderately high	0	0%
6	High	0	0%



**Figure 4: Frequency and Percentage distribution of level of resilience among the hemodialysis patient.**

Table 13 shows that the frequencies and percentage distribution of the level of resilience of hemodialysis patient. Maximum 32(53.3%) of patient had moderate level of resilience, 22(36.7%) of them had on the low end level of resilience, 6(10%) had low level of resilience.

**Table 4: Frequency and Percentage distribution of level of emotional intelligence and resilience among the hemodialysis patient.**

S.NO	AREA DISTRIBUTION	WISE MAX SCORE	MEAN	SD	MEAN%
1	EMOTIONAL INTELLIGENCE	165	110.43	13.32	66.92%
2	RESILIENCE	175	129.98	10.58	74.27%
3	OVERALL	340	240.41	23.9	70.59%

Area wise distribution of mean, standard deviation and mean percentage of level of emotional intelligence shows that the highest mean score (110.43+-13.32), which is mean percentage 66.92% of the total score was obtained in the area of emotional intelligence. Area wise distribution of mean, standard deviation and mean percentage of level of resilience shows that the highest mean score (129.98+-10.58), which is mean percentage 74.27% of the total score was obtained in the area of resilience. Future, the overall mean was (240.41+\_23.9) which is mean percentage 70.59% of the total mean score reveals that the hemodialysis patient under the study had moderate level of emotional intelligence and resilience.

**Table-5: Relationship between emotional intelligence and resilience among the hemodialysis patient.**

S.NO	RELATIONSHIP OF HEMODIALYSIS PATIENT	CORRELATION VALUE (r)	P Value
1	EMOTIONAL INTELLIGENCE	0.803	0.000
2	RESILIENCE		

**Table-5** shows that the relationship between the level of emotional intelligence and resilience among the hemodialysis patient. The result indicates that there is a positive relationship were found between the intelligence and resilience ( $r=0.803^*$ ) in hemodialysis patient. It means when the emotional intelligence was higher the resilience also will be higher.

## VI. DISCUSSION

The findings of the present study was assessment of emotional intelligence among Hemodialysis patient shows that highest percentage (50%) were above average level of emotional intelligence and lowest percentage (11.7%) were below average level of emotional intelligence. Assessment of resilience among Hemodialysis patient shows that highest percentage (53.3%) were moderate level of resilience and lowest percentage (10%) were low level of resilience. Analysis on the relationship between the emotional intelligence and resilience among hemodialysis patient shows that the correlation “r” is  $=0.803^*$ , ‘p’ value was ( $p<0.01$ ), it

was highly significant. There was a positive relationship found between the level of emotional intelligence and resilience.

## VII. CONCLUSION

The main conclusion drawn from this study was majority of the hemodialysis patient were above average & average level of emotional intelligence and moderate & on the low end level of resilience. This shows that it is essential to take preventive measures to avoid the psychological, economical problems experienced by the hemodialysis patient. The psychiatric nurses were need to be involve more to create awareness and to give appropriate interventions to the hemodialysis patient.

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