

©Indian Journal of Psychology and Education

Vol.3, No.2, July 2013 PP 121-127

Alienation, Depression and Quality of Life of Rheumatoid Arthritis Patients

Geeta Kumari*, Preeti Gupta** and Anand Kumar***

Abstract

This study explored depression and alienation aspects of mental health in Rheumatoid arthritis patients and assessed their quality of life in Indian cultural conditions. Sample consisted of 50 male and 50 female RA patients of the age range 45 to 65 years selected from various hospitals of Varanasi. These patients were selected by the purposive sampling technique. Another group of 50 male and 50 female controls of the same age range and education was also included in the sample. Asha - Deep Depression Scale, Alienation Scale and P.G.I. Quality of Life Scale were administered to patient group and control group individually. Findings revealed that Rheumatoid arthritis patients were found to be depressed, highly alienated and they exhibited impaired quality of life as compared to control group which reflects that Rheumatoid arthritis patients escape from social situations and they feel themselves to be estranged from their social surroundings. Such patients have pessimistic attitude, exhibit marked social withdrawal, negative self image, fatigue, lack of interest in their work, worthlessness and decreased sex desire and motor activities. Cognitive behaviour therapy is suggested for improvement of mental health of such patients. Rational emotive therapy may be beneficial for the management of depression of these patients.

Key Words: Depression, Alienation, Quality of life, Rheumatoid arthritis

* Research Fellow, Department of Psychology, M. G. Kashi Vidyapith, Varanasi.

** Counsellor, Family Court, Lucknow

*** Professor, Department of Psychology, M. G. Kashi Vidyapith, Varanasi