



## A comparative study of resilience and life satisfaction among male and female diabetic patients

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### Abstract

Resilience and life satisfaction are important for each and every individual. Resilience works as the ability to recover from setbacks or failure, to be dynamic, and keep going even in the adverse state whereas life satisfaction tells about whether an individual's important needs, aim, and desire has been fulfilled or not. The purpose of this study is to examine the difference between male and female diabetic patients on resilience and life satisfaction. The sample of the study consist of 100 diabetic patients, which was further divided into two groups male and female (50 each). Satisfaction with Life scale developed by Diener *et al* (1985) and Resilience scale developed by scale Wagnild and Young (1988) was used to collect the data. t-test was used to analyze the data. Results revealed that there was no significant difference found between male and female diabetic patients on resilience and life satisfaction.

**Keywords:** diabetic, life satisfaction, resilience

### Introduction

The terms resilience and life satisfaction have received more attention during last decade. "Resilience simply stated, it is a positive adaptation in response to adversity" (Waller, 2001) [20, 23]. Resilience in psychology means "the idea of an individual's ability to cope with stress and adversity. This coping may result in the individual "bouncing back" to a previous state of normal functioning or experience the exposure of adversity to produce a "steeling effect" and function better than expected. Resilience indicates a capacity to resist a sharp decline in functioning even though a person temporarily appears to get worse" (Masten, 2009) [13].

The construct of "resilience" has been introduced in the modern psychological literature by Garmezy (1974) and Werner (1986) [22]. Resiliency means "the ability to spring back from adversity that interprets the trajectory from risk to problem behavior or psychopathology and they're by a result in adaptive outcomes even in the presence of challenging and threatening circumstances" (Zimmerman & Kumar, 1994) [25].

### Dimensions of Resilience

#### Recovery

It is the cardinal feature of resilience. When stress disturbed the pace of ongoing performance, many people quickly restore the previous level and even sometimes better than earlier, this is a mark of recovery.

#### Eustress

It refers to the positive cognitive response to the stress that results in positive affect and sense of fulfillment. Eustress literally means 'Good Stress'.

#### Self-Efficacy

It is stated as a positive belief or confidence in one's capability to execute specific responsibilities (Bandura, 1997) [2].

### Inner Strength

It is an individual's ability to cope with stressful life situations.

### Life Skills

Resilience is the trait of an individual's personality helping an individual to combat with the adversities of life. Life skills include maintaining physical and mental health, maintain a quality of the relationship, flexibility, building one's own coping resources, and gratitude.

### Insight

According to Wolin and Wolin (1993) [24], insight is the most important aspect of resiliency. It is the mental habit of asking the penetrating question of oneself and subsequently coping with adverse circumstances.

### Emotional Intelligence

Resilience is an adaptive approach to difficult life circumstances and emotional intelligence can be an additive factor in making a person more resilient in his or her temperament.

### Needs

Unmet needs which leads to vices and insecurities are symptoms of stress. The need to build resilience in life suggests the ways how to cope with stress.

### Causal Attributions

Weiner (1985) [21] proposes that causal attribution shapes our perceptions, understanding, emotional reactions, and behavior regarding our experiences as well as attribution play an active role in overcoming adverse experiences (Janoff-Bulman, 1992). Therefore, causal attribution plays an important role in resilience process (Betencourt, 1990; Krieglmeier, Wittstade, & Strack, 2009) [3, 12].

## Life-satisfaction

Means when an individual positively evaluates his/her life quality. If we put it in another word, we can say whether a person is satisfied with the life he/ she leads.

Accordingly, to the individual's overall life satisfaction reports are based upon personal comparisons between self-determined criteria and perceived life circumstances. Similarly, life satisfaction refers to a person's subjective evaluation of the degree to which his/her most important goals, wishes, and needs have been fulfilled (Frisch, 1998) [8].

Life satisfaction has been defined "as a cognitive evaluation of the quality of an individual's overall life or with the specific aspect of life such as family, friends and community" (Pavot, Dinere, Colvin & Sandvik, 1991) [15].

Studies conducted previously on the relationships between resilience and life satisfaction showed that change in resilience over time predicted change in life satisfaction (Cohn *et al.*, 2009) [6]. Resilience acts not only as a predictor but also mediates the relationship between positive emotions and life satisfaction. Also, in a longitudinal study on Norwegian medical students, (Kjeldstadli *et al.*, 2006) [11] was found that not only resilience but also perceived stress differentiate those with high levels of life satisfaction from students with low or fluctuating levels of life satisfaction. Most of the previous research approached resilience and perceived stress as predictors of life satisfaction, as already shown (Abolghasemi & Varaniyab, 2010; Kjeldstadli *et al.*, 2006) [11].

Diabetes is a disease in which high amount of blood sugar, or blood glucose level is found in a person. Diabetes is divided into two- Type1 and Type2. In Type1 diabetes, an individual's body does not produce insulin whereas, in case of Type2 body does not make or use insulin well. Without the required level of insulin, the glucose stays in the blood. An individual can also have prediabetes. This means that amount of blood sugar is higher in a body if compared to the normal person but it is not high enough to include in the category of diabetic patients. If an individual is prediabetic it means he/she is more prone to suffer from type 2 diabetes.

It has been seen that if glucose level high having in blood it leads to serious problems like it can damage nerves and different body parts like eyes, kidneys, heart and even the need to remove a limb.

## Objectives

To examine the difference between male and female diabetic patients on resilience

To examine the difference between males and females diabetic patients on life satisfaction

## Hypotheses

There will be no difference between mean scores of males and females diabetic patients on resilience.

There will be no difference between mean scores of males and females diabetic patients on life satisfaction.

## Methodology

A quantitative approach was used by the researcher to conduct this study.

## Participants

The sample consisted of N= 100 diabetic patients (50 male

and 50 female). All the subjects were selected from various hospitals in Aligarh.

## Tools

### Satisfaction with Life Scale (SWLS)

Satisfaction with life scale was developed by Diener *et al* (1985) [7]. The SWLS is a 7-point Likert style response scale ranging from 1 to 7 i.e. strongly disagree to strongly agree. Its sum scores range from 5-35, with a score of 20 representing a neutral point on the scale. Scores between 5-9 show extreme dissatisfaction with life, whereas scores between 31-35 show extreme satisfaction. The coefficient alpha for the scale has ranged from .79 to .89, indicating that the scale has high internal consistency. The scale was also found to have good test-retest correlations. .84, .80 over a month of an interval.

The Resilience Scale was developed by Wagnild and Young (1993) [19]. It is a 7-point Likert type scale ranging from 1 to 7 i.e. strongly disagree to strongly agree. The scale comprised of 25 items. All items are positively scored. The possible total scores range from 25 to 175. Wangnild (2009) has presented the following scoring for the total score: 25-100 = very low, 101-115 = low, 116-130 = on the low end, 131-145 = moderate, 146-160 = moderately high, and 161-175 = high.

## Statistical Analysis

Descriptive Statistics was used as Mean, Standard Deviation and t-test to analyze the data.

## Results

**Table 1:** Showing Comparison between Male and Female Diabetic patients on Resilience

Group	N	Mean	Sd	T	P
Male	50	102.7	23.2	0.692	< .01
Female	50	105.6	18.5		

Table 1 reveals that mean scores of male and female Diabetic patients on Resilience were 102.7 and 105.6 with SD 23.2 and 18.5 respectively. The t-value was found to be 0.692 which was not significant at 0.01 level of significance.

**Table 2:** Showing Comparison between Male and Female Diabetic patients on Life satisfaction

Group	N	Mean	Sd	T	P
Male	50	18.1	6.4	1.904	< .01
Female	50	20.5	6.2		

Table 2 reveals that mean scores of male and female Diabetic patients on Life satisfaction were 18.1 and 20.5 with SD 6.4 and 6.2 respectively. The t-value between the means of the two groups was found to be 1.904 which was not significant at 0.01 level of significance.

## Findings

There was no significant difference found between male and female diabetic patients on resilience. Therefore, the hypothesis is accepted.

There was no significant difference found between male and female diabetic patients on Life satisfaction. Therefore, the hypothesis is accepted.

## Discussion

The purpose of the study was to examine the difference between male and female diabetic patients on resilience and on mental health.

Masten and Coatsworth (1998) <sup>[14]</sup> found that resilient people are healthier if compared to others, they live longer, are more successful in academics and workplace, have satisfied relationships, and less prone to depression and another disease. Other studies also show that resilient people are healthier, have a long life, are more successful in jobs, satisfying relationships, and less depressed (Seligman, 1991 <sup>[17]</sup>; Werner & Smith, 2001) <sup>[23]</sup>. Rutter (1999) <sup>[16]</sup> too, found that resilient people are faster in regaining their equilibrium level, they have the high level of productivity, they are healthier both physically and emotionally, and become stronger than before.

Beutel *et al.* (2009) <sup>[4]</sup> conducted the study on 2,144 German men, “they showed a strong association between resilience and satisfaction with life, the presence of a partner, positive self-esteem, adequate level of income, absence of depression and living in the eastern states”.

Beutel *et al.* (2010) <sup>[5]</sup> conducted the study on 2,540 German women aged between 18 and 70 years found that satisfaction with life was associated to resilience, the presence of a partner, absence of anxiety and depression, having a job, positive self-esteem, religious affiliation and being younger.

Both men and women showed the equal level of resilience and life satisfaction.

## Conclusion

This study shed light on the idea that there exists no significant difference between male and female diabetic patients on resilience and life satisfaction. Further, this study will also have practical implications. The knowledge gained through the present study would help the professionals, an individual, friends, and families of diabetic patients to deal effectively.

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