



A Study To Assess The Somatic Symptoms And Quality Of Life Of Married Women Residing Temporarily Away From Husband At Selected Community Area Of Kashmir.

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Abstract

A correlational descriptive research design was adopted for the study. The population of the study was married women residing temporarily away from husband. The sample was 100 married women residing temporarily away from husband. The study was conducted at selected Dailgam community areas of Kashmir. Purposive sampling technique was used to select the 100 sample. Ethical permission was taken from Research ethical committee. Result shows there is no significant association of quality of life score with all the demographic variables at 0.05 level of significance. The collected data was analysed by using descriptive and inferential statistics.

Key Words: Somatic symptoms; quality of life, married women, community.

Introduction

Prevalence of somatoform disorders are common among them especially in women. Explanations for the female excess in physical and/or psychosomatic morbidity evident. Number of psychosocial mechanisms may potentially explain female excess psychosomatic symptoms. Somatic symptoms are commonly observed in community-dwelling married women. Both mental and somatic symptoms are commonly reported in patients with stress-related problems. Married women residing temporarily away from husband have more responsibilities as a daughter, wife, and mother and so on. In some families, the family members are unable to express emotions openly and resolve conflicts verbally. Due to this unbearable burden, she may lead to somatic symptoms leading to a sense of dissatisfaction and decrease quality of life.

OBJECTIVES

1. To assess the level of somatic symptoms among married women as measured by Scale for Assessment of Somatic Symptoms (SASS).
2. To assess the quality of life among married women residing away from husband as measured by WHO quality of life scale (BREF).
3. To find a correlation between somatic symptoms with quality of life among married women.
4. To find an association of somatic symptoms with selected demographic variables.
5. To find an association of quality of life with selected demographic variables.

Methodology

A correlational descriptive research design was adopted for the study. The sample was 100 married women residing temporarily away from husband. The study was conducted at selected Dailgam community areas of Kashmir. Purposive sampling technique was used to select the 100 married women to allocate samples. Structured interview schedule is suitable to make extensive enquiries. Purposive sampling technique was used to select the 100 sample. The purpose of the study was explained to the sample group and confidentiality was assured. Data was collected using a demographic proforma and Scale for Assessment of Somatic Symptoms (SASS) and Quality of life (BREF) questionnaire. Ethical permission were taken from Ethical committee of Institute.

Findings of the study

Section A: Findings related to sample characteristics of married women residing temporarily away from husband.

Majority of the samples are found to be having pain related somatic symptoms with mean 4.81 and standard deviation 2.64. The highest quality of life scores of samples were in the environmental domain with mean 27.03 and standard deviation 4.35. The findings revealed that there is significant relationship between somatic symptoms and quality of life at ($r = -0.273$) p value 0.006. It shows negative correlation.

Section: B Description of somatic symptoms of married women residing temporarily away from husband

Table 1: Description of mean and standard deviation of somatic symptoms of married women residing away from husband

N=100		
Variables	Mean	SD
• Subscale A (Pain related symptoms)	4.87	2.654
• Subscale B (Sensory symptoms)	3.83	2.745
• Subscale C (Non-specific symptoms)	4.02	2.864
• Subscale D (Biological related symptoms)	3.45	2.240

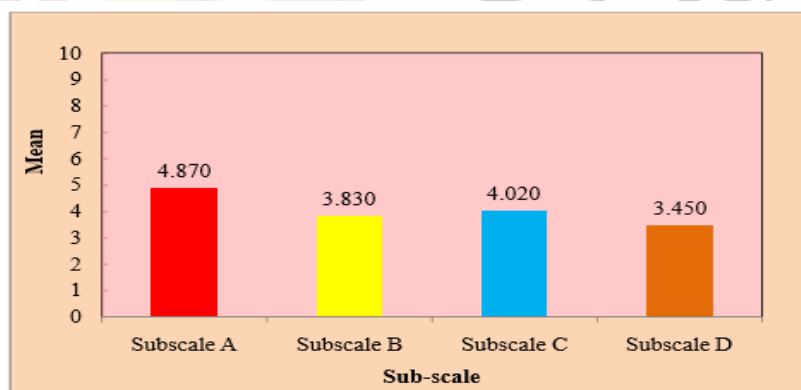


Figure 1: Bar diagram showing the level of somatic symptoms of married women residing temporarily away from husband

Section C: Description of quality of life of married women residing temporarily away from husband

Table 2: Description of mean and standard deviation of quality of life of married women residing temporarily away from husband

N=100		
Variables	Mean	SD
Domain 1 (Physical)	22.54	2.918
Domain 2 (Psychological)	19.14	3.088
Domain 3 (Social relationship)	10.33	2.193
Domain 4 (Environmental)	27.03	4.356

Section D: Correlation between somatic symptoms and quality of life of married woman residing temporarily away from husband

To test the correlation between the somatic symptoms and quality of life among married woman residing temporarily away from husband, the following null hypothesis was formulated. H_1 shows there is no significant relationship between the somatic symptoms and quality of life among married woman residing temporarily away from husband.

Table 3: Correlation between the Somatic symptoms and quality of life (BREF) among married woman residing temporarily away from husband

N=100			
Correlation coefficient	df	P value	Inference
-0.273	98	0.006	Negative correlation

Table 3 shows that there exists a negative correlation (-0.273) between Somatic symptoms and Quality of life. This shows that women residing temporarily away from husband have manifest Somatic symptoms which decreases the quality of life.

Section E: Association of somatic symptoms and Correlation among married woman with selected demographic variables.

This section deals with computation of chi-square to find the association of somatic symptoms with selected demographic variables. H_2 shows there is no significant association of somatic symptoms scores among married woman with selected demographic Variables.

Table 4: Association of somatic symptoms scores among married women with selected demographic variables

N = 100

Sr. No.	Demographic variables	χ^2		P value	Inference
		Value	df		
1.	Age	10.351	4	0.035	S
2.	Religion	4.984	3	0.173	NS
3.	Education	6.108	5	0.296	NS
4.	Occupation	5.541	4	0.236	NS
5.	Monthly income	4.523	3	0.210	NS
6.	Type of family	2.286	2	0.319	NS
7.	Social support	8.423	4	0.077	NS
8.	Duration of married life	0.531	3	0.912	NS
9.	Decision maker in the family	2.685	3	0.443	NS
10.	Duration of staying away from husband	5.851	4	0.211	NS

NS – Not significant, S- Significant

Table 6: Association of quality of life scores among married women with selected demographic variables

N = 100

Sr. No.	Demographic variables	χ^2		P value	Inference
		Value	df		
1.	Age	3.560	4	0.469	NS
2.	Religion	2.264	3	0.519	NS
3.	Education	8.233	5	0.144	NS
4.	Occupation	4.248	4	0.374	NS
5.	Monthly income	1.806	3	0.614	NS
6.	Type of family	1.841	2	0.398	NS
7.	Social support	3.395	4	0.494	NS
8.	Duration of married life	0.726	3	0.867	NS
9.	Decision maker in the family	2.992	3	0.393	NS
10.	Duration of staying away from husband	2.298	4	0.681	NS

NS – Not significant, S- Significant

Discussion

the study findings reported from Sweden to assess the prevalence and course among somatic symptoms patients with stress related exhaustion: does sex or age matter. The study sample consisted of 228 (69% women and 31% men). Results showed that somatic symptoms were generally seen in most patients with stress related exhaustion: somatic symptoms are common in females & in younger and older patients (Glisel K, Ahlborg G, 2014).

The current study findings shows that there exists a negative correlation (-0.273) between Somatic symptoms and Quality of life. This shows that women residing temporarily away from husband have manifested Somatic symptoms and thus quality of life decreases. Thus, the null hypothesis (H_{01}) was rejected and H_1 was accepted. So, it was found that there is a significant relationship between quality of life and somatic symptoms of married women residing temporarily away from husband.

Limitations of the study

The study is delimited to:

- Women between the age of (20-50 years) residing temporarily away from husband for more than six months for the purpose of employment.
- Married women who are willing to participate in the study.
- Know to read and write English and Kashmiri.

Conclusion

The study was concluded that there was no association between quality of life with selected demographic variables like age, religion, education, occupation, monthly income, type of family, social support, duration of married life, decision maker in the family and duration of staying away from husband.

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