A STUDY TO ASSESS THE QUALITY OF LIFE AND SELF-ESTEEM AMONG PULMONARY TUBERCULOSIS PATIENT AT SELECTED TUBERCULOSIS CENTRE IN VILLUPURAM DISTRICT.

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Abstract:

Aim: To assess the quality of life and self-esteem among pulmonary tuberculosis patient at selected tuberculosis Centre in Villupuram district with a view to develop self-instructional module on lifestyle modification .**Objectives:**(i)To assess the quality of life and self-esteem among pulmonary tuberculosis patient.(ii)To associate the quality of life and self-esteem among pulmonary tuberculosis patient with selected socio demographic variables.(iii) To develop and issue self-instructional module on life style modification and self-esteem among pulmonary tuberculosis .**Methodology:** Non-Experimental research design is planning to adopt for this present study.50 samples were selected by using purposive sampling technique, quality of life and self esteem of pulmonary tuberculosis patient assessed by using the EQ- 5D-5L Scale quality of life and Rosenberg self-esteem respectively. **Results:** The findings shows that in quality of life majority of pulmonary tuberculosis 6(12%) had poor quality of life, 8(16%) had average quality of life, 23(46%) had good quality of life, 13(26%) had excellent quality of life. In self-esteem majority of pulmonary tuberculosis 35(70%) had low self-esteem, 15(30%) had normal self-esteem and none of them had high self-esteem. **Conclusion:** The study concluded that most of the tuberculosis patients had good quality of life and poor self esteem.

Key Words: Quality of Life, Self Esteem, Pulmonary Tuberculosis

INTRODUCTION:

Worldwide, Tuberculosis (TB) becomes one of the major health and economic burden for the public. In 2014 WHO announced that TB alongside HIV was a major cause of death. Nearly 1.5 million people were killed and most deaths were occurred in developing countries. In order to control tuberculosis there should follow early detection, diagnosis, and treatment and also creating awareness among the public. The 2017 Global TB report estimated that incidence of Tuberculosis in India was approximately 28,00,000 stating that the quarter of overall world's TB cases. TB is a chronic disease and it should be treated for at least 6 months. Tuberculosis can be leads to short or long-term disabilities and it adversely impacts people and gradually damage their body physically. Not only physical it also affects the patients psychological, economical and social status. This can be negatively impact on patient's well being and alters the quality of life.

The Quality of life is stated as individuals' perception of their physical and mental health status which incorporates physical, psychological, economic, spiritual, and social functioning. Quality of life can be used to assess the outcome of treatment of diseases and other related functions of the health. It would be necessary to assess quality of life among chronic illness patients, where their psychological and social well being has been affected. Tuberculosis Patient may encounters low-self-esteem which became overall burden and challenging to focus daily activities. which makes the patients to difficulty to involve in social activities and collaboration with other and it may affects the treatment procedure of the patients. High self esteem of the patients may decreases the emotional problems and helps to overcome all their problems.

Both, quality of life and self-esteem recommends sustained inter-influences, which helps the patients to understand themselves, family members and society. There may helps the patients to adhere to the treatment and get the positive outcome.

STATEMENT OF THE PROBLEM

"A study to assess the quality of life and self-esteem among pulmonary tuberculosis patient at selected tuberculosis Centre in Villupuram district with a view to develop self-instructional module on life style modification".

OBJECTIVES

- ✓ to assess the quality of life and self-esteem among pulmonary tuberculosis patient.
- ✓ to associate the quality of life and self-esteem among pulmonary tuberculosis patient with selected socio demographic variables.
- ✓ to develop and issue self-instructional module on life style modification and self-esteem among pulmonary tuberculosis.

ASSUMPTION

- ✓ Pulmonary tuberculosis patient may not have better quality of life.
- ✓ Pulmonary tuberculosis patient may have disturbed self-esteem.
- ✓ Tuberculosis patient may have associated between quality of life and self-esteem with their socio demographic variables.

MATERIAL & METHODS:

Non Experimental-Descriptive research design is adopted for this present study. 50 pulmonary tuberculosis patients who receiving DOTS treatment were selected by using Purposive sampling technique. The data collection study details explained to the samples and Demographic details were collected and then Quality of life and self esteem assessed by EQ- 5D-5L Scale and Rosenberg Self-esteem Scale respectively.

RESULT AND DISCUSSION:

Table-1: Frequency and percentage distribution of Level of quality of life among tuberculosis patients.

N = 50

Level of Quality of Life	Frequency	Percentage
Poor Quality of Life	6	12%
Average Quality of Life	8	16%
Good Quality of Life	23	46%
Excellent Quality of Life	13	26%

Table-1 Shows that in quality of life majority of pulmonary tuberculosis 6(12%) had poor quality of life, 8(16%) had average quality of life, 23(46%) had good quality of life, 13(26%) had excellent quality of life.
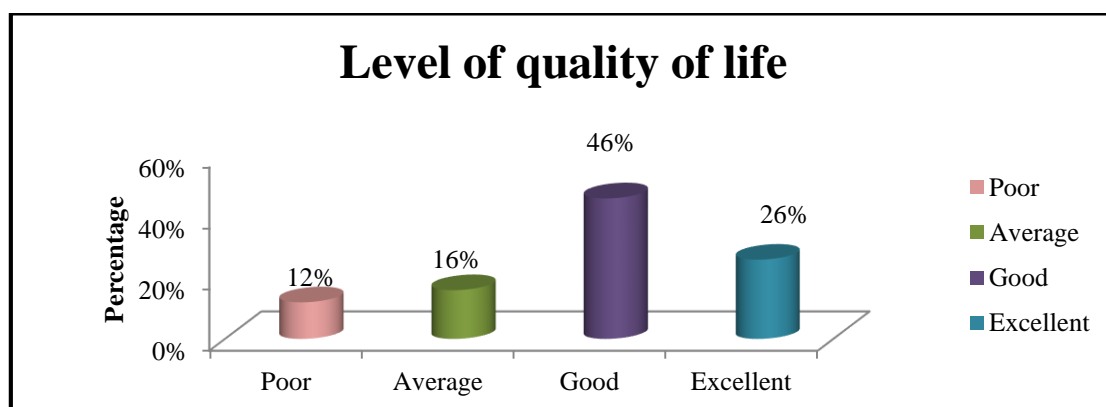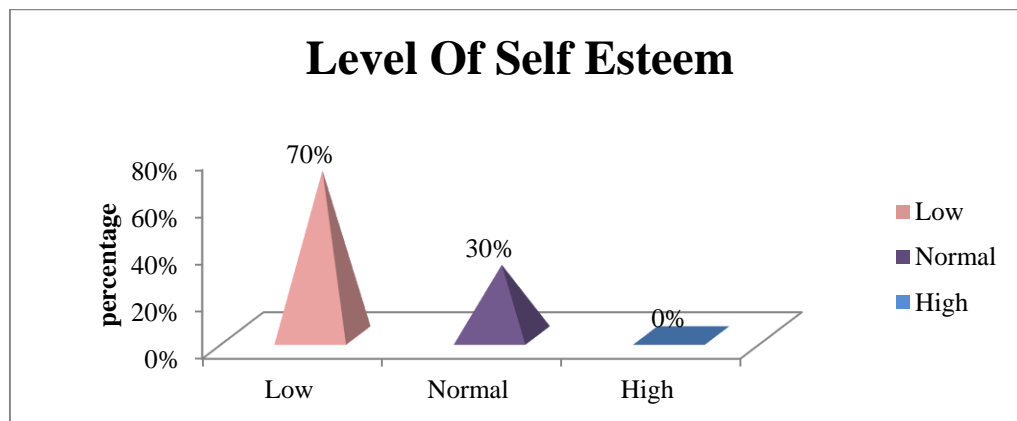

Figure -1: Percentage distribution of level of quality of life among tuberculosis patients

Table: 2: Frequency and percentage distribution of level of self esteem among tuberculosis patients.

N = 50

Level of Self Esteem	Frequency	Percentage
Low Self Esteem	35	70%
Normal Self Esteem	15	30%
High Self Esteem	0	0%

Table 4.2 Shows that in level of self-esteem majority of pulmonary tuberculosis 35(70%) had low self-esteem, 15(30%) had normal self-esteem and none of them had high self-esteem.

Figure 4.2.2: Percentage wise distribution of level of self esteem among Pulmonary Tuberculosis Patients

Table-3: Association between the level of quality of life with their selected socio demographic variables.

N=50

S.No	Demographic Variable	X2 value	P-Value
1.	Age	14.497	0.270 NS
2.	Gender	29.51	0.0001* S
3.	Residence	0	1 NS
4.	Education	45.931	0.001* S
5.	Dots Therapy Category	40.183	0.0001* S
6.	Family Type	42.1	<0.0001* S
7.	Monthly Income	6.2399	0.71568 NS
8.	Habits	24.56	0.0012* S
9.	Dietary Pattern	35.01	0.0001* S

*Significant at p<0.05

The Table-3 shows that there was significant associate between the quality of life with pulmonary tuberculosis patients are Gender, Education, DOTS therapy, Family type, Habits, Dietary pattern at p< 0.05.

Table 4: Associate between the self-esteem among pulmonary tuberculosis with their selected socio demographic variables.   N=50

S.No	Demographic Variables	X2 Value	P-Value
1.	Age	15.52	0000.1* S
2.	Gender	24.93	0000.1* S
3.	Residence	0	1 NS
4.	Education	23.69	0000.1* S
5.	DOTS Therapy Category	14.11	0.034* S
6.	Family Type	44.05	0000.1* S
7.	Monthly Income	22.06	0.017* S
8.	Habits	15.47	0.029* S
9.	Dietary Pattern	54.54	0000.1* S

*Significance at p<0.05

Table 4.4: Show that there was significant associate the self-esteem with pulmonary tuberculosis patients are Age, Gender, Education, DOTS category, Family type, monthly income, Habits, Dietary pattern.

DISCUSSION:

The first objective of the study is to assess the quality of life and self-esteem among pulmonary tuberculosis patient.

The findings shows that in quality of life majority of pulmonary tuberculosis 6(12%) had poor quality of life, 8(16%) had average quality of life, 23(46%) had good quality of life, 13(26%) had excellent quality of life.

In self-esteem majority of pulmonary tuberculosis 35(70%) had low self-esteem, 15(30%) had normal self-esteem and none of them had high self-esteem.

The second objective of the study is to find the associate the quality of life and self-esteem among pulmonary tuberculosis patient with selected socio demographic variables.

The finding of the study show that in Quality of Life there was significant associate between the quality of life with pulmonary tuberculosis are Gender, Education, Dots therapy Category, Family type, Habits, Dietary pattern at p< 0.05 and there was no significant association with Age, Residence and Monthly income.

In Self esteem that there was significant associate the self-esteem with pulmonary tuberculosis Age, Gender, Education, Dots therapy Category, Family type, Monthly income, Habits, Dietary pattern and there is no significant associate between self-esteem with Residence.

CONCLUSION

In quality of life 23(86%) good quality of life and in self esteem 35(70%) low self esteem. The study concluded that mojority of the tuberculosis patients 86% of them having good quality of life and 70% of them having low self esteem. Hence the study concluded that most of the tuberculosis patients had good quality of life and poor self esteem. Finally self instructional module was given regarding life style modification for pulmonary tuberculosis.

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