

The Predictive Role of Psychological Capital, Social Support in Stress among Cardiac Patients

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ABSTRACT

Current article was designed to investigate the Predictive Role of Psychological Capital, Social Support in Stress among Cardiac Patients. Sample of cardiac patients (N=230) further equally divided into men and women having 20 to 50 years of age was selected. For data collection purposive sampling technique was used. Correlational research design was used for this study. Cardiac patients who were suffering from last five years within cardiovascular disease and angina were included in this research as participants. For data collection Psychological Capital Questionnaire, (Luthans et al., 2007), Urdu version by (Garden, 2019), Perceived Social Support (Zimet et al., 1988), translated Urdu version by (Zafar & Kausar, 2013), Perceived Stress Scale Cohen, (Kamarck & Mermelstein, 1983), Urdu version by (Tahira & Kausar, 2013) was administered. Findings indicated significant positive associations among psychological capital, social support and negative association with stress. Results also showed that stress is significantly predicted by psychological capital and social support among cardiac patients. These findings are contribution in the field of Clinical and health Psychology.

Keywords

Social Support, Psychological Capital, Stress.

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Introduction

Present research article is focused to see the Psychological Capital, Social Support as predictors of Stress among Cardiac Patients. World Health Organization (WHO, 2017), defined Cardiovascular disease incident characterized a lethal cardiovascular illness like loss inside 1 month subsequent to an occurrence of cardiovascular sickness occasion.

Relationship between antagonistic mental elements, for example, wretchedness, and cardiovascular disease (CVD) are grounded. Nonetheless, collecting proof recommends that good mental prosperity (from this point forward, mental prosperity) which incorporates good contemplations and sentiments, for example, reason throughout everyday life, confidence, and joy contains autonomous relationship by lesser danger of cardiovascular disease as well as

advance CVD wellbeing (Boehm & Kubzansky, 2012).

Psychological capital is the ground of positive psychology, and defined as person's point of hope, optimism, self-efficacy, and resilience (Luthans et al., 2015). Mental capital as a person's positive mental condition of improvement to make progress, continuing on toward objectives, making a positive reference (confidence) about him/her self and bearing the issues can influence self-productivity (Erkutlu, 2014). It additionally by making the critical wellsprings of self-viability, expectation, hopefulness, and strength encourage pressure vaccination conduct (Eid et al., 2012). Resilience has defined as the ability to get well rapidly and overcome from the difficult situation (Rutter, 2008) and progression of regulate healthy into hard circumstances (Theron, 2016).

Community support can be defined in many ways. Many researchers defined the assistance as utility or reason of the relations, like performing pleasant

activities, distribution of care or swap out the guidance or information. i. e. community assistance observed by relations bonding or resources from where taking assistance like spouse, family members and peers and maintaining of relations (Sherbourne & Stewart, 1991; Robitaille et al., 2011).

(Folkman, 2013) defined the stress as person attachments towards the others as furthermore individual capacity to manage by means of demands. However, stress consists of persons view towards his or her needs and his or her viewpoint towards fulfilling these needs (Clancy & McVicar, 2002).

Stress caused due to the association of individual and their environment and its growth affected due to the progression of appraisal and manage (Kurz et al., 2014; Devereux et al., 2009). Stressors are divided into bodily or mental resource and additionally classified into ecological, community, physiological and cognitive-emotional stressors. Our senses may be influenced by the bodily stressors e. g. sound, contamination and climate. Teens, menopause, adolescent and aging along with others are another source of bodily stressor. Community stressors comprise mental stressors happen because of expectation from others in at work place or associations. Lastly, the cognitive-emotional produced from our opinion to respond according to the surroundings (Zuccolo, 2013).

Hypotheses

- Psychological capital (Self efficacy, hope, optimism and resilience) social support and stress are significantly related among cardiac patients.
- Psychological capital and social support are significant predictors of stress among cardiac patients.

Material and Methods

Participants

For current study 200 cardiac patients (which further were equally divided into men and women cardiac patients) within 20 to 50 years of age were selected for this research. Purposive sampling technique was used for data collection. Data was collected from different cardiac hospitals of city Faisalabad. Moreover correlational design was used in study.

Inclusion and Exclusion criteria

The inclusion criterion was only cardiac patients who are diagnosed from last five year with cardiovascular disease and Angina was participating in this study. Cardiac patient's children and cardiac patients along with other disease were excluded from this study.

Instruments

Demographic form

For demographic information age, gender, SES etc, demographic sheet was used.

Psychological Capital Questionnaire

Psychological Capital Questionnaire Initially prepared by Luthans et al., 2007) containing 24 item was utilized to quantify Psychological Capital develop. This Questionnaire contains four parts of, hope, self-efficacy, optimism, and resilience. Reactions were accounted for by means of a 6-point Likert type scale ranging from (1 = "Firmly Disagree, 6 = "Unequivocally Agree"). Here in this research we used Urdu translation version of psychological capital by (Garden, 2019). The scale has a cronbach's alpha = .82.

Perceived Social Support Scale

Perceived social support questionnaire is a multi-dimensional scale developed by Zimet et al. (1988), has 12 items intended to gauge social help. Respondents answer each statement utilizing a seven point scale, going from 1 (unequivocally deviate) to 7 (firmly concur). The scale is further categorized into three subgroups named as family, companion and huge others. In this research we used translated Urdu version of MSPSS BY (Zafar & Kausar, 2013). The scale has a cronbach's alpha $\alpha = .68$.

Perceived Stress Scale

Cohen et al. (1983) perceived stress scale having 10 item was utilized to quantify the pressure. Reactions are accounted for by means of 0 - never 1 - never 2 - some of the time 3 - regularly 4 - all the time. Here we were used Perceived Stress Scale translation Urdu version by (Tahira & Kausar, 2013). The scale has cronbach's alpha $\alpha = .62$.

Procedure

Firstly, variables and topic was selected with the detailed discussion of supervisor. Suitable scales was selected according to the research variables and permission were also taken from the authors. Demographic form and total three scales were used for collecting data. Informed consent form was also used for collecting data. Total two hundred of cardiac patients were contacted individually for data collection from different hospitals. Data was collected after taking approval form from the chairperson of the department of applied psychology. Permission was also taken from the MS of cardiac hospitals. Data was analyzed after collecting data from cardiac patients and result was generalized.

Statistical Analysis

Statistical Package for the Social Sciences SPSS v-24 software was used for analysis of data. Inter correlation analysis was done for checking the relationships of variables with each other. For checking the predictive role of variables, researcher was used multiple regression.

Results

Table 1. Frequency Distribution of Overall Sample (N=352)

Frequency Distribution of Overall Sample (N=200)

Respondent's Characteristics		f (%)
Age	21 to 30	25 (10.9)
	31 to 40	55 (23.9)
	41 to 50	150 (65.2)
Gender	Male	115 (50.0)
	Female	115 (50.0)
Family System	Joint	94(40.9)
	Nuclear	136 (59.1)
Socioeconomic Status	Lower Class	86 (37.4)
	Middle Class	144 (62.6)
Marital Status	Married	191 (83.0)
	Unmarried	39 (17.0)
Disease Type	CVD	155 (67.4)
	Angina	75 (32.6)

Table 2. Sychometric Properties of the Study Variables (N=352)

Psychometric Properties of the Study Variables (N=230)

Variables	M	SD	α
Psychological Capital	116.57	10.7	.82
Self Efficacy	29.65	3.36	.65

Hope	29.09	3.42	.62
Resilience	30.57	3.89	.63
Optimism	29.81	3.63	.61
Social Support	65.04	6.20	.68
Stress	40.32	5.20	.62

The results in Table 2 show that all scales are in the range of acceptable to good Cronbach's alpha reliability among Cardiac Patients.

Table 3. Independent Sample t-test Used for Comparison between Male and Female Sample for Forgiveness and Relationship Satisfaction (N=352)

Inter-correlation among study variables i.e. Psychological Capital, Social Support and Stress among Cardiac patients (N=230)

Measures	1	2	3
1 Psychological Capital	-	.572**	-.296**
2 Social Supports		-	-.179**
3 Stress			-

Note: **p<.01

Table No. 3 shows that significant positive correlation among psychological capital, social support among Cardiac Patients. Psychological capital significantly correlated with social support (r=.572, **p<.01) and negatively correlated with stress (r=-.296, **p>.01). a significant negative correlation between social support and stress (r=-.179, **p>.01).

Table 4. Independent Sample t-test Used for Comparison between Male and Female Sample for Forgiveness and Relationship Satisfaction (N=352)

Multiple Regression analysis (enter method) to see the predictive role of Psychological Capital and Social Support in Stress among Cardiac patients (N=230)

Variables	B	SE	B	T	P
Psychological Capital	.14	.037	.28	3.73	.000
Social Supports	.01	.065	.01	.179	.02

Note: ***p<.001

Table No. 4 shows that psychological capital and social support are the significant predictors of stress among Cardiac Patients.

Discussion

This study was carried out to see the predictive role of Psychological capital, Social Support in Stress among male and female Cardiac Patients.

For which two hundred male and female with equal representation were selected as sample using purposive sampling techniques from Faisalabad. If cardiac patients have high level of psychological capital and having availability of social support then level of stress decreased and patients moves toward the healthy life. Many studies estimated that death rate due to cardiovascular disease decreased due to high psychological capital (Kim et al., 2014; Kim et al., 2011). Five approaches research estimate the association of optimism and cardiovascular disease (CVD) and consequences in the predictable way. I. e. a research conducted on 70,021 older ladies pursue more than 8 years, ladies maximum vs. most reduced quartile of idealism had a 38% less danger (95% certainty span [CI]: 0.50 to 0.76) of coronary illness passing and a 39% consolidated danger (95% CI: 0.43 to 0.85) of stroke demise after guideline for socio demographic features (Kim et al., 2017).

Relationship between demographic variables was also checked. The table-1 is indicating frequencies of selected demographic variables and table-2 showed the alpha reliability of scales. Analysis shows that all the scales and subscales have acceptable to satisfactory range of alpha reliability for the said sample.

Table 3 indicates significant positive correlation between psychological capital and social support ($r=0.572$, $**p<.01$) but significant negative correlation with stress ($r=-0.296$, $**p>.01$) and ($r=-0.179$, $**p>.01$). Studies also support these associations, as Ruiz-Robledillo et al., (2014) reported that high resilience leads towards high social support. Another research established that high resilient person balance improved social system and looks for new community assistance capital, and have elevated perceived social support; furthermore, high hope persons promote to social support, they are high-quality at interpersonal connections and favor to investigate social support (Snyder, 2000).

Many researchers believe that due to the availability of high levels of social support, cardiovascular responses to acute stressors are reduced and controlled (Thorsteinsson et al., 1998). Many researchers have concluded that due to optimistic thinking, cardiovascular health is increased and stress is reduced (Calabia, 2000). Social support and optimism may be associated with CVH, because optimistic people seek more

social support in difficult situations and get along well with many colleagues and friends, and also provide a lot of support in stressful situations (Brissette et al., 2002; Andersson, 2012).

In table-4, predictive role of psychological capital and social support on stress was measured. Table shows that the stress is significantly predicted by psychological capital and social support. These findings are also supported by previous studies:

Pino & Rossini (2012) suggested that association with individual is the most significant and reliable predictor of grief in nurses, as suggested from lesser work pleasure and both bodily and psychological condition of fitness. Social assistance is another critical marker of perseverance among individuals with coronary sickness (CHD) (Burg et al., 2005; Lett et al., 2007). Positive social assistance is connected with improved individual fulfillment (Bennett et al., 1998; Bennett et al., 2001) while poor or missing social assistance is connected with extended readmission and mortality in patients with HF (Friedmann et al., 2006; Vinson et al., 1990).

Conclusion

The current research was conducted to check the predictive role of Psychological capital and Social Support in Stress among male and female Cardiac Patients. To test the hypotheses of the study 230 cardiac patients (men and women) within age range of 20 to 50 years were selected using purposive sampling technique. In the light of above mentioned data researcher concluded that all scales showed acceptable range of cronbach's alpha reliability. According to the result it is concluded that there was a positive relationship between psychological capital and social support while stress has shown negative relationship with other two variables among cardiac patients. Result also revealed that stress is significantly predicted by the psychological capital and social support among cardiac patients.

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