

# A Study to Assess the Level of Resilience among Hemodialysis Patients with Chronic Renal Failure at Selected Hospital, Lucknow, U.P

Mr. Vijay Kumar Ph.D

Nursing Scholar, Faculty of Nursing, Malwanchal University Indore, Madhya Pradesh, India

## ABSTRACT

Psychological Resilience were outlined as Associate in nursing individual's ability to actively mobilize all favorable factors to keep up or restore comparatively stable mental and physical functions in the face of disagreeable life events and adversity, is widely recognized as an individual's competency and stress. Higher resilience was associated with greater acceptance of the disease, higher compliance with therapeutic regimens and additional outcomes in patients with chronic renal failure. Lower psychological resilience is associated with emotional dysregulation and variation in sensory processing which may increase the worsening of the illness condition. **METHODS:** quantitative evaluatory research approach was used for this study with aim to assess the level of Resilience among hemodialysis patients with chronic renal failure. Non-probability convenient sampling technique were used to select the sample. Sample size consists of 100 samples and data were collected by using Connor Davidson Resilience scale (CD-RISC 10) scale. **RESULT:** The result revealed that majority of the hemodialysis patients (73%) had low level resilience whereas, (27%) hemodialysis patients had high level of resilience. The chi square value were found to be statistically non-significant at p-value. **CONCLUSION:** Based on the findings of the study, the following conclusion were drawn that highest percentage of the patients with hemodialysis were having low level resilience and minimum number of patients with hemodialysis having high level of resilience. Therefore, It is important to provide them strategies to improve their level of resilience via qualitative way.

*How to cite this paper:* Mr. Vijay Kumar "A Study to Assess the Level of Resilience among Hemodialysis Patients with Chronic Renal Failure at Selected Hospital, Lucknow, U.P" Published in International Journal of Trend in Scientific Research and Development (ijtsrd), ISSN: 2456-6470, Volume-6 | Issue-5, August 2022, pp.219-222, URL: www.ijtsrd.com/papers/ijtsrd50451.pdf



Copyright © 2022 by author(s) and International Journal of Trend in Scientific Research and Development Journal. This is an Open Access article distributed under the terms of the Creative Commons Attribution License (CC BY 4.0) (<http://creativecommons.org/licenses/by/4.0>)



**KEYWORDS:** Resilience, Hemodialysis, Chronic Renal Failure

## INTRODUCTION

Chronic renal failure may be a typical chronic, irreversible and grievous condition. Long-term hemodialysis (HD usually prolongs the survival of patients with Chronic failure. In 2014, 62408 folks received HD as treatment for chronic renal failure. However, the patients receiving maintenance HD suffered huge mental stress from completely different aspects.

In order to confront the mental stress, anxiety and depression during the treatment, internal adaptation for stress and external support from the society play important roles for individuals to overcome their stress, anxiety and depression.

Resilience will be outlined because the method of adapting within in the face of adversity, trauma, tragedy, threats, or vital sources of stress or "bouncing back" from tough experiences, would be a personal trait or an adaptive process that can be developed. by the individual own.

When the urinary organ issues progress and turns in chronic renal failure CRF to ESRD, patients must receive dialysis treatment to survive, and they were often prone to many emotions such as helplessness, hopeless, anxiety, depression, and fear.

It had been well known that the provision of effective social support to patients with CRF helps them to

better understand their own illness and adhere to their treatment and maintenance of their mental health. Psychologically, social support plays a protective in alleviating mental stress, anxiety and depression and achieving a better quality of life

Resilience may also be outlined because the ability of a personal to with success successfully endure and adapt to stress, challenges, or environmental changes. Increased Resilience plays a vital role in eliminating the stress encountered ill health. it also reduces physical incapacity and ameliorates stress- related damages. Health promoting behavior had been applied to enhance resilience in patients with CRF, and better resilience will facilitate help them confront stress and depression, enabling them to lead positive life. Therefore, Resilience might be essential for patients undergoing HD to relieve the depression and stress caused by the illness. The same studies have indicated that disability in performing ADLs causes physical and mental stress in patients undergoing HD, and such disability had been related to mental stress, anxiety and depression. Family support and social support and resilience level plays an important role for buffering mental stress, anxiety and depression in other diseases also.

#### **PROBLEM STATEMENT:-**

A Study to assess the level of Resilience among Hemodialysis Patients with chronic renal failure at selected hospital, Lucknow, U.P.

#### **OBJECTIVES:-**

1. To assess the level of resilience among Hemodialysis Patients with chronic renal failure.
2. To associate the level of resilience with selected socio-demographic variable.

#### **METHODOLOGY**

##### ➤ **Research Approach**

The quantitative evaluatory research approach were used for this study.

##### ➤ **Research Design**

A descriptive research design was used for the study.

#### **SOURCE OF DATA Collection**

##### ➤ **Setting:**

The study conducted at selected hospital, Lucknow, U.P.

##### ➤ **Population:**

The population the study were hemodialysis patients with chronic renal failure at selected hospital, Lucknow, U.P.

##### ➤ **Target population:**

The target population of the present study were hemodialysis patients with chronic renal failure.

##### ➤ **Accessible Population:**

The accessible population of the present study were hmodialysis patients with chronic renal failure at selected hospital, Lucknow. U.P. who were fulfill the inclusive criteria.

#### **METHOD OF DATA COLLECTION**

Connor Davidson Resilience scale (CD-RISC 10) were used to collect the data.

#### **SAMPLE**

In the study, samples were hemodialysis patients with chronic renal failure at selected hospital, Lucknow, U.P.

#### **SAMPLE SIZE**

The sample size of the study consists of 100 hemodialysis patients with chronic renal failure at selected hospital, Lucknow, U.P.

#### **SAMPLING TECHNIQUE**

Non-probability convenient sampling technique were used to select the sample.

#### **CRITERIA FOR SELECTION OF THE SAMPLE**

##### **Inclusive criteria**

- The hemodialysis patient were present at the time of data collection.
- The hemodialysis patients who were willing to participate in the study.

##### **Exclusive criteria**

- Hemodialysis patients who are not willing to participate in the study.
- General patient who were not on hemodialysis.

#### **TOOLS FOR DATA COLLECTION**

- Ethical permission taken from the hospital.
- Consent taken from the sample.
- Connor Davidson Resilience scale given to the sample to collect the data.

#### **HYPOTHESIS**

H1:- There is a significant association between level of resilience with their selected demographic variable.

#### **DATA ANALYSIS AND INTERPRETATION**

**Section A:-** Assessment of level of resilience among hemodialysis patients with chronic renal failure.

**Section B:-** Association of Pre-test resilience Level with selected their socio-demographic variables.

**SECTION- A**

**Assessment of level of resilience among Hemodialysis Patients with chronic renal failure**

**TABLE 1:- Frequency and Percentage Distribution According to level of Resilience among hemodialysis patients with chronic renal failure.**

**N=100**

Resilience level	Frequency	Percentage
Low resilience	73	73.0%
High resilience	27	27.0%
Total	100	100.0%%



**Diagram no.1- Pie diagram showing percentage wise distribution of hemodialysis patients according to their Level of Resilience.**

In this diagram, it is showing that out of 100 the hemodialysis patients, highest percentage 73(73%) hemodialysis patients had low level resilience and least percentage 27(27%) hemodialysis patients had high level resilience.

**SECTION- B**

**Association of Pre-test Resilience Level with selected their socio-demographic variables**

**Table no.2: Pre Resilience Level among hemodialysis patients**

**N=100**

Socio-demographic	High Resilience	Low Resilience	$\chi^2/DF$	p_value	Inference
<b>Age of the patients</b>					
40-50 years	5	11	2.6013	0.457	NS
51-60 years	9	15			
61-70 years	5	22			
above 70 years	8	25			
<b>Total</b>	<b>27</b>	<b>73</b>			
<b>Gender</b>					
Male	16	48	0.361	0.548	NS
Female	11	25			
<b>Total</b>	<b>27</b>	<b>73</b>			
<b>Religion</b>					
Hindu	19	57	0.6423	0.725	NS
Muslim	6	12			
Christian	2	4			
Other	0	0			
<b>Total</b>	<b>27</b>	<b>73</b>			
<b>Educational qualification</b>					
Illiterate	13	37	3.7433	0.29	NS
Intermediate	3	4			
Graduation	7	11			
other (any degree/Diploma)	4	21			
<b>Total</b>	<b>27</b>	<b>73</b>			

<b>Occupation</b>					
Employed	11	28	0.9853	0.804	NS
Unemployed	4	14			
Retired	9	19			
Keeping house	3	12			
<b>Total</b>	<b>27</b>	<b>73</b>			
<b>Income per month in rupees</b>					
5000-15000/month	2	18	5.2763	0.152	NS
16000-25000/month	2	8			
26000-35000/month	5	15			
Above 35000/month	18	32			
<b>Total</b>	<b>27</b>	<b>73</b>			
<b>The primary cause of disease</b>					
Diabetes	13	36	0.2543	0.968	NS
Glomerulonephritis	5	11			
Renal calculi	3	10			
Polycystic kidney	6	16			
<b>Total</b>	<b>27</b>	<b>73</b>			
<b>Duration of HD</b>					
1-3 Years	9	15	3.3943	0.334	NS
4-6 years	3	19			
7-9 years	8	22			
Above 10 years	7	17			
<b>Total</b>	<b>27</b>	<b>73</b>			

NS= Non- Significant at the 0.05 level of significance.

2= Chi Square value

N= No. of Samples

df= Degree of freedom

Table no.2 shows that there is no significant association between level of resilience with their selected demographic variables. Hence, the research hypothesis H1 is not accepted.

## DISCUSSION:

The present study was designed to assess the level of resilience among hemodialysis patients with Chronic renal failure at selected hospital, Lucknow, U.P. The quantitative evaluatory research approach were used, samples were selected by non-probability convenient sampling technique. Connor Davidson Resilience scale (CD-RISC 10) were used to collect the data. Inferential statistics were discussed in relation to the objectives and hypothesis respectively.

## BIBLIOGRAPHY

- [1] Nice Jhseph, Ancy Thomas, International Journal of research and review, Original article, A Study to assess the level of stress regarding hemodialysis among chronic renal failure patients in a selected hospital at Ernakulam, kerala, India. Vol-4. Issue-11, November 2017. pp 23-26. Available at <https://www.ijrrjournal.com/IJRR>
- [2] Jomon Joy, Hussain Khan, International Journal of research in medical sciences. Original

article. Burden and resilience in caregivers of patients on maintenance hemodialysis. Vol-7, issue 11. pp 4033-4037. Available from <https://www.msjonline.org/index.php/ijrms/article/>

- [3] George .S. Zaidi, International journal of health sciences. Stress, anxiety and perceived social support among hemodialysis patients with chronic kidney disease. Vol-6, issue 1, pp-9494-9507. Available at <https://www.researchgate.net/publication>.
- [4] Yueh-Min Liu, Hong- Jer Chang, Therapeutics and clinical risk management, Role of resilience and social-support in alleviating depression in patients receiving maintenance hemodialysis. Available at <https://www.ncbi.nlm.nih.gov/pmc/articles/>
- [5] Mohr Wanda K. A Psychiatric Mental Health Nursing. Publication Lippincott Williams & Wilkins. Edition 6 Chapter 19. Page 256-271.