Loneliness and Forgiveness in Diabetic Patients

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Abstract

This paper was done to evaluate the relation between loneliness and forgiveness in diabetic patients. A 40 persons group includes both young and old men and women were engaged. Then, asked them to answer to two questionnaires about forgiveness and loneliness. Spss software, 16th version and Pearson Correlation Coefficient were used. Results showed that, although correlation between loneliness and reconnection and realistic understanding is a negative one, but it's not significant statistically. Sense of loneliness presents a significant negative relation with another forgiveness element, irritation control.

Key words: Loneliness, Forgiveness, Diabetes.

Introduction

Diabetes is a wide spread metabolism disorder. Prevalent rate of illness is estimated about 2 to 7%. The side effects of this disorder consist of 25% final renal failure, 50% amputation and sight disorders and blindness. At advanced stages, this illness is accompanied with increased blood glucose levels, vessel consequences due to arteriosclerosis, capillary vessels disorders and neuropathy. Primary sings of disease can be caused by hyperglycemia. When glucose density in plasma reaches up to the 180 mg/dl, glucosoria and iododezosmotic would be emerged. This lead to decreased body water levels, increased blood osmosis and thirst. Because of excretion of some calories through urination, weight loss and hunger appears. In addition, blurry vision (due to osmotic swelling of lens) also, is common. Finally, weakness and fatigue are of significant symptoms of uncontrolled diabetes (Cowie et al, 2003). Nowadays developments in treatment and healthcare show that it is necessary to evaluate patient's personality and his/her overall impression of disease (Greydanus, Hofmann, 1979; Williams et al, 1988). Because through this, therapist or healthcare provider could find how a patient will react to disease threat, drug consumption and tolerate a treatment. Personality defined as partially predictable characteristics which can impact on emotions, recognition and human behavioral patterns. One of the personality and psychological characteristics which can have a negative impact on mental and physical health is loneliness. Some consider loneliness as a one-dimensional structure. They believe that loneliness is an uncomfortable experience and usually occur just when a person social network is insufficient qualitative and quantitative (Bohiraei, 2000). Although some scholars consider loneliness as a multidimensional structure which have separate dimensions that they can differentiate between emotional loneliness, which is caused by lack of attachment and intimate relationships with others, and social loneliness which is due to the lack of social network. Loneliness is defined as person feelings about social relations proscription. In order to reduce this prohibition of social relations, one has to engage to more expanded relations. Sometimes make a new relation needs one can pass over and forgive others mistakes and reconstruct present failed relation. Here is forgiveness capability.

Forgiveness, as both a reaction to interpersonal mistakes and a personality quality, is a structure which could improve health and welfare (Peterson & Sligman, 2004). Positive psychology is conceptual place of forgiveness researches. Researchers believed that forgiveness is focused on positive trills such as hope (Snyder, 1994), appreciation and thanksgiving (Emmonse & MC Cullough, 2003) and happiness (Myers, 1993). Forgiveness is defined as a feature by which those who have been abused or injured by someone, can pass over transgressive. Also, forgiveness is an opportunity to recover and rebuild trust (MC Cullough et al., 1998)
Methodology

Participants

The numbers of individuals selected in this study were 40 cases of diabetes that in order to treatment had referred to clinics and medical centers of Isfahan. All these people, according to physician diagnosis, suffered from diabetes disorder. This wide range of middle-aged people and young people were selected.

Measurement tools

Forgiveness Test

Forgiveness test consist of three subscales reconnection and seeking revenge control (first factor), irritation control (second factor) and realistic understanding (third factor). High scores in reconnection and seeking revenge control subscales (first factor) present high capability to recommunicate with wrongdoer and low desire for vengeance and retaliation against the errors of others. Those who obtained a high score in control of irritation (second factor) may be those who spend less time in rumination of thoughts related to being a victim. High scores in realistic understanding (third factor) show the ability to understand human features such as the possibility of wrongdoing and the occurrence of error conditions and also ability of empathy with wrongdoer.

In order to scoring this 25 clause scale, 4 options considered as follow: completely opponent (4), opponent (3), compatible (2), completely compatible (1). 23, 24 and 25 would be done reversely. Maximum catchable score in this scale is 100, and minimum score is 25. Maximum catchable score was 48 for first factor, 24 for second factor and 28 for third one. In Ehtesham zadeh (2008) works, retest method was used in order to measure durability of forgiveness scale. To obtain retest durability, correlation coefficient between first and second stage was computed. Also, coefficient of internal consistency (Cronbach alpha) was estimated for all of scales and subscales. In order to measure validity of interpersonal forgiveness scale, convergence validity method was used. Validity of interpersonal forgiveness scale was done through correlating them with measurements that evaluate variables correlated to forgiveness. Evaluation of validity of this scale was laid out with a sample different from baseline sample selection. Overall, results supported of forgiveness test congruence to research purposes.

Loneliness test

Resell Pilla and Ferguson loneliness test included 20 questions, 10 of which have positive content and 10 remained have negative content. After reading each question, subjects must put themselves in that situation and select one of four options to answer. Standardization of this test has been done by Bohirai (2000) and has high levels of validity and reliability. How grading is as follow: for questions with positive content never (4), rarely (3), sometimes (2), often (1), then for negative content questions score investments are reversed: never (1), rarely (2), sometimes (3), often (4). Sum of scores of each question determined the total score. A high score indicates more loneliness and lower scores indicating less loneliness. Third version of loneliness has high reliability levels (Alpha coefficient was 0.89 to 0.94). Standardization of this test has been done by Bohirai (2000) and has high levels of validity and reliability up to 0.74.

Results

Descriptive information related to sample group presents in table 1.

Table1. The mean and standard deviation of loneliness and forgiveness in the sample group with diabetes.

<table>
<thead>
<tr>
<th>Variables</th>
<th>N</th>
<th>Mean</th>
<th>Std. Deviation</th>
<th>Std. Error Mean</th>
</tr>
</thead>
<tbody>
<tr>
<td>Loneliness</td>
<td>40</td>
<td>42.92</td>
<td>5.740</td>
<td>.908</td>
</tr>
<tr>
<td>Reconnection &amp; Revenge control</td>
<td>40</td>
<td>31.28</td>
<td>4.540</td>
<td>.718</td>
</tr>
<tr>
<td>Irritation Control</td>
<td>40</td>
<td>15.15</td>
<td>3.549</td>
<td>.561</td>
</tr>
<tr>
<td>Realistic Understanding</td>
<td>40</td>
<td>19.78</td>
<td>3.246</td>
<td>.513</td>
</tr>
<tr>
<td>Forgiveness total score</td>
<td>40</td>
<td>66.20</td>
<td>8.184</td>
<td>1.294</td>
</tr>
</tbody>
</table>

As it can be seen in table 2, correlation of loneliness to irritation control is 0.25 and loneliness to forgiveness total score is 0.317. These two correlation coefficients are statically significant. But other correlation coefficients did not so, nonetheless present a negative correlation.
Table 2. Correlation coefficient between loneliness and forgiveness subscales variables.

<table>
<thead>
<tr>
<th>Variables</th>
<th>Correlation coefficients</th>
<th>Significant level</th>
</tr>
</thead>
<tbody>
<tr>
<td>Loneliness &amp; Reconnection</td>
<td>-.219</td>
<td>0.051</td>
</tr>
<tr>
<td>Loneliness &amp; Irritation Control</td>
<td>-.255</td>
<td>0.022</td>
</tr>
<tr>
<td>Loneliness &amp; Realistic Understanding</td>
<td>-.185</td>
<td>0.101</td>
</tr>
<tr>
<td>Loneliness &amp; Forgiveness total score</td>
<td>-.317</td>
<td>0.004</td>
</tr>
</tbody>
</table>

T test was used to compare men and women with diabetes. Results showed that mean of total score of forgiveness were significantly higher than women. (Sig=0.014, df=38, t=2.58). Other measurements indicated no significant differences between two groups.

Discussion and Conclusion

Research findings show that mean of forgiveness in men and women are statistically different. According to obtained results from diabetic men and women, one can conclude that forgiveness in men is more than women. These findings can be explained, probably because men have experience to help others, including family and others, and in order to maintain social relations show more dedications and investments, so they can more easily pass over through some issues. But women have less pardon compared with men, they are more sensitive and possibly observed others behavioral aberrations faster, and follow these errors carefully and more microscopic. The correlation of loneliness and irritation control is significant. According to findings indicating loneliness significant correlation with irritation control, could say that less irritation control lead feeling more loneliness. Persons who have experienced more loneliness less can afford to control their anger and irritation. As social relations have imposed large constraints upon person, and one must arrange his/her behaviors according to these social constraints, otherwise, she/he would be blamed and/or even would loss his social interests. When a person is more likely than others to feel hatred, this vengeance and muff lead to more distance between the people and then lack of communication between them and finally this person would feel so alone. Vengeanee can actually reduce the amount of forgiveness to the people and so lead to decrease the communications and ultimately can cause loneliness. As mentioned earlier, forgiveness in men with diabetes is more than diabetic women. Therefore, men feel less alone than women. Those who are more able to forgive others mistakes, after a persecutor event, spend less time to rumination of thoughts about injustice that they suffered. These people are more able to understand situations which make one to commit wrongdoings. They usually try to re-communicate with a transgressive without avoiding encountering him/her. Hereby, in addition to create positive delights resulted by forgiveness, they help to continuity of intimate relationships with other parties. Therefore presence of forgiveness feature attends to higher welfare and more happiness in everyday life.

References