

Coping Styles in Group Reality Therapy among Cardiac Women Patients with Depression

Racheal Entayang Kudang¹, Mohamed Sharif bin Mustaffa², Surena Sabil³, Aqeel Khan⁴, Fatahyah Yahya⁵

¹Master Student, ²Senior Lecturer, Universiti Malaysia Sarawak (UNIMAS), Kota Samarahan, Sarawak, Malaysia, ³Dean, Faculty of Cognitive Science and Human Development, Universiti Malaysia Sarawak (UNIMAS), Kota Samarahan, Sarawak, Malaysia, ⁴Senior Lecturer, School of Education, Universiti Teknologi Malaysia (UTM), Skudai, Johor, Malaysia, ⁵Lecturer, Universiti Malaysia Sarawak (UNIMAS), Kota Samarahan, Sarawak, Malaysia

Abstract

Depression will be the number one major cause of illness by the year 2020. Depression has been the main factor of morbidity since a decade ago. The aim of this study is to investigate the coping styles among cardiac women patients with depression experiencing Reality Therapy. The respondents of this study are taken from Pusat Jantung Sarawak, Kota Samarahan. The respondents are four cardiac women patients waiting for heart surgery. Their age range is from 22 to 64 years old. Three respondents are from Iban ethnicity and one respondent is from Malay ethnicity. The method of the study is Qualitative method whereby four sessions of Reality Therapy are conducted. The data analysis method is descriptive phenomenology whereby the researcher investigates the important criterion that makes up a whole structure of an experience. The findings from this study are the respondents' coping styles during the WDEP (*wants, doing, evaluation and planning*) intervention. Their BDI score before and after Reality therapy are also recorded. The implication of this study is Reality Therapy and WDEP intervention can be used to help people with depression. In conclusion, the depression level in cardiac women patients is reduced after experiencing Reality Therapy.

Keywords: cardiac, women, depression, Beck's Depression Inventory.

Introduction

Existing researches showed psychological effects on human behavior¹⁻⁵. One of the forms of mental illness is depression. Depression interrupts with your daily routine and practice and lessens the quality of one's life. Cardiac disease on the other hand is several illnesses that affect the heart and nearby blood vessels. People with cardiac disease tend to experience depression more than otherwise fit people. Depression has been considered the common cold of psychopathology. The comparison is unfortunate, for it conveys the impression of a frequent but mild complaint. Some depressions end fatally. The

objective of this research is to investigate the coping styles of cardiac women patients after experiencing Reality Therapy.

Depression has been the main factor of morbidity since a decade ago. Since women are more prevalent to depression and cardiac disease is getting more and more common in Malaysia, this study is to investigate changes in these patients' level of depression after experiencing reality therapy. The level of depression is measured using Beck's Depression Inventory (BDI). The cardiac women patients undergo reality therapy sessions.

The duration incidence of depression in any country is between 8 and 10% (Yusoff, Rahim and Yaacob, 2011)⁶. Opposite to the usual conviction, cardiac disease does not only happen in advanced countries. The case of Malaysia is no exception; in fact, depression is the most frequent mental illness conveyed in Malaysia. Fortunately, it is also one of the very easily treated forms

Corresponding author:

Mohamed Sharif bin Mustaffa

Senior Lecturer, Universiti Malaysia Sarawak (UNIMAS), Kota Samarahan, Sarawak, Malaysia.
Email: msharif@unimas.my