

THE STUDY OF AGGRESSION AND ANXIETY AT PATIENTS DIAGNOSED WITH DIABETES

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Abstract

The society we live in and the changes that occur bring a series of modifications that individuals feel physically and psychologically, causing thus physiological changes that affect the quality of life. Having an experience of over five years in working with diabetes doctors and people suffering of diabetes, the desire to study the aggression and anxiety in these patients came to life. This study has pragmatic implications through the psychotherapeutic interventions I am conducting with patients with diabetes. Diabetes has a significant impact on the quality of life, but the main factors that trigger the disease are stress, non-compliance with mealtimes, unhealthy and carbohydrate-rich food, sedentariness, alcohol, nicotine; all these factors contribute to obesity as the main cause of diabetes. Based on these considerations, this research aims to highlight the presence of aggression and anxiety in people suffering of type II diabetes. In the first part of the paper I presented the types of diabetes, the chronic complications that can occur in the case of type II diabetes and the psycho-emotional manifestations: aggression and anxiety. In the second part of the paper I described the methods and the tests I used and applied in the research and then I described the procedure. In the last part I presented the analysis and interpretation of the data.

Keywords: type II diabetes; aggression; anxiety

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