

The Relationship of Meta-Cognition Beliefs and Different Types of Coping with Stress with Marital Conflicts in the Women Suffering from Breast Cancer

¹Zahra Namdaran, ²Abed Mahdavi, ³Masoud Sadeghi, ⁴Faranak Shirvani,

⁵Mohammad Ehsan Taghizadeh and ⁶Mohsen Mirzaagha

¹Department of Psychology, Islamic Azad University, Karaj, Iran

²Department of Psychology, Faculty of Psychology and Educational Sciences,
Payam Noor University, PO Box, 19395-3697 Tehran, Iran

³Department of Psychology, Lorestan University, Khorramabad, Sharijah, Iran

⁴Department of Education and Psychology, University of Payam Noor,
International Branch, Sharijah, Dubai

⁵Department of Psychology, University of Payam Noor, PO Box, 19395-3697 Tehran, Iran

⁶Department of Psychology, University of Zanjan, Zanjan Iran

Abstract: The aim of this study was examining the relationship between meta-cognition belief and different strategies for coping with stress and marital conflicts in the women suffering from breast cancer. The statistical population of this study consist of the women suffering from breast cancer who are under treatment in Ayatollah Khansari hospital, Arak among which 76 patient were chosen by available sampling method, they have replied to the questions in the questionnaires of meta-cognition belief, coping strategies and marital conflicts. The methodology of this research was descriptive correlation. After correcting and scoring the obtained data by multi variable regression, they have been analyzed through SPSS software. The findings show that the meta-cognition belief consists of controllability, cognitional paradox, self-awareness paradox, need for controlling thoughts and positive belief, that in total account for 33.9% of coping strategies, namely, avoidance, problem oriented and emotional oriented which altogether explain about 30.6% of changes related to “marital conflicts” among women who are suffering from breast cancer.

Key words: Meta-cognition belief, strategies for coping with stress, marital conflict, breast cancer, belief

INTRODUCTION

Nowadays, despite an incredible development in medical science, cancer is still one of the most important diseases and known as the second cause of death, after heart and vascular diseases. Mardani Hamule and Shahraki Vahed symptoms of cancer in general consist of abnormal cell deformation and losing cell distinction. Barghi Irani cancer is known as a refractory disease and consequently people who are suffering from it, face anxiety and depression and sometimes even mental disorder. Among different kinds of cancer, breast cancer is the most prevalent illness among women. It is defined as an unusual development of abnormal cells in which they grow uncontrollably and get distributed and eventually make some tissues called tumor. These tissues are usually painless and appear as a rough bump in the exterior part of breast. Almost 8-9% of women have

experienced breast cancer in their lives. In the study of Ranjbar Kouchksarayi, Mostafavi Pirkhaeghi and Salehi, the percentage of spread of the anxiety disorder and depression among women suffering from breast cancer was reported to be 25.9 and 39.5%, respectively. Bahmani (2010)'s studies also showed that lots of women with breast cancer suffer from some emotional problem such as sadness, depression, anxiety, vulnerability, anger, fear and isolative behavior in a range of average to extreme. Almost all of the evidence suggest that diagnosing one of the family members as having breast cancer, cause crisis of different levels between the others (Schneider, 2000). Family is a social and natural organization which has its special features. In such an organization, members are connected to each other by strong and mutual sentimental ties and interests. Tafvizi and Vicks stated that one of the most frequent problems among families is marital conflict. While people are facing with Dillemas in the life cycle,