

Women mental imaginal survey on their own undergone Hysterectomy surgery in 2012

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Abstract

Introduction: Hysterectomy is one the most common non-obstetric surgery. The uterus is considered as one of the most important female reproductive organs that attribute exclusively the significant part of women's self imagination and her own sexuality. Fear of losing attractiveness in women break please to hysterectomy surgery, although some of them are suffering from an illness for several years. As in our society there hasn't been any research on women's mental imagination whom undergone hysterectomy from her own body, so far. Therefore existing survey was designed and performed.

Material & Methods: A descriptive study was conducted on 50 women who had experienced hysterectomy surgery in Ganjavian Hospital, Dezfol district. This research is based on random sampling. The Body Image Scale (BSI) questionnaire and self-made demographic data questionnaire were used to collect data.

Results: Based on the results of the demographic data, the M±SD of age in women are 43.12 ± 41.4 , 28 percent were illiterate, 30 percent elementary school, 18 percent primary level, 10 percent high school, 10 percent diploma degree, As well as 4 percent post graduate degree. In variable job view, 76 percent were house hold, 16 percent staff and 18 percent with private job. In economic perspective, 72 percent expressed that they have good economic condition. Their average delivery rates were 3.7 and the average length of marriage was 17.78. The M±SD on mental imagination in women undergone hysterectomy surgery were 7.12 ± 2.35 and this demonstrate that women From which demonstrated good mental image about themselves in post hysterectomy surgery period.

Conclusion: According to results of this study the women had positive mental imagination after hysterectomy surgery and the surgery didn't have negative effect on their subjective self images.

Keywords: Hysterectomy, Mental image, Self-image, Self-esteem, Self confidence

Introduction

One of the most common problems among the women is gynecological disorder that cause pain, bleeding and even threat for their life. Most of these disorders can be treated non-surgical but in cases when medical treatment are unsuccessful or prohibited by surgical methods (1). Common type of major surgery. Hysterectomy rate in 1000 women as small statistic community shows the extent of 6.1 to 8.6 in all age groups (2), 75 percent of women who have been Hysterectomy were between the ages 20 to 49 years old and therefore, the surgery consequences make them worried (2, 3). Legitimate reasons for hysterectomy have changed over time and Pelvic

prolapse and family planning are not considered as causes of hysterectomies surgery anymore (4). Now a day's fibroids and uterine non-functional bloods and endometriosis are common causes of Hysterectomy (5, 6). The main complaint of patients is pain, sexual problems and psychosocial disorders that affect the quality of their lives, (7) and though the surgery operations are in significant and unimportant they will have an impact on patient's morale and mood and her notion about herself (8, 9). The effects of women's surgical operation on sexual affair have reported since long time ago. Some researchers consider this effect negligible and some reported it as a negative factor in women sexual life. The Fear of

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losing feminine charm after surgery is the main reason that hamper women to submit to surgery(10). Therefore, probably hysterectomy interferes with the self-image of women. According to the women's report, their husbands have found them different regarding sexual aspect after hysterectomy(11).

The mental imagination of women about their bodies is among the most important issues and concepts about self- image in their Psychological health (11, 12) and it consists of perceptions, emotions and thoughts that people have about their bodies such as evaluation of physical attractiveness, the body size and shape(13, 14). This self- image has been formed from the time of birth and throughout the develop mental process evolves and changes during one's life .Women are very sensitive to their body images.15 One of there searchers' hypotheses is that the body imagination is the predicator of important part in female's behavior, so that, healthy or unhealthy behaviors are associated with positive or negative mental imagination. Thus, one's mental imagination way may affect on behaviors such as marital and sexuality, too (12). Killick in a study of the ostomy patient to get the result that Whatever mental imagination of the body to be strongest lead to better marital life (15).

The Bruner results demonstrate, diseases reduce person's body control and cause the feeling of incompetence about his or her body and created un-safeness and negative thoughts (16). In a survey it has been found out that infertile women who had a poor self-image, had more psychological problems and this issue probably would have influenced on all aspects of their life, consequently, this issue could cause concerns about physical attractiveness, their overall sense of self-esteem and general health (11). Thus, according to the importance of self-image and the high prevalence of hysterectomy, this survey intends to deal with the women's

mental imagination of their body who undergone hysterectomy surgery.

Materials and Methods

A descriptive study was conducted at the Ganjavian Hospital, Dezfol, in 2012. The Continuous sampling method has been carried out based on the characteristics of under study units. based on the formula of estimation volume sample as 50 contributor. At first, in order to access the information and find samples we used a records of women who had a hysterectomy in the past, at least six months and at most of 24months ago. the present study community was composed married woman who were sexually active and had abdominal hysterectomy and supra cervical.

Exclusion criteria were as follow: Menopausal, precedence of surgery in the recent three months, Recognized case of depression, wife affliction to sexual disorder, multiple spouses, disease such as High Blood Pressure, Heart, Kidney and Lung disease, Precedence of Infertility, Ovary Removal and usage of drugs that affect on sexual function. following selecting samples, by the phone call, they were invited to be interviewed The adequate explanations about the study and its objectives were given. They were assured that this information will be confidential. Data collection was through interviews, completion demographic information(field variables)and standard questionnaires Body Image Scale (BIS).The questionnaire was consisted of10 questions(17) and most of the people who had physical defects(such as hysterectomy) were assessed. To provide scientific validity, the content validity method was applied. Cronbach's alpha test was used to determine the reliability of research and the results were equal to 0.87, this indicated that the questionnaire had good reliability. Then information obtained from the samples were classified and statistically analyzed.

Ethical considerations

The initial plan of the study was approved by The Ethics Committee of Ahvaz Jundishapur University of Medical Sciences with code No. u-90271.

Results

Based on the obtained results from the demographic data, Mean and standard deviation age of the women were determined 43.12 ± 41.4 . In educational point of view, 28 percent were illiterate, 30 percent elementary school, 18 percent primary level, 10 percent high school, 10 percent with the grade of Diploma and 4 percent with Academic post graduate Degree. in terms of job, 76 percent were house hold, 16 percent staff

and 18 percent with private job. In economic perspective, 72 percent expressed that they had good economic condition. The average delivery rate between them was 3.7 and the average length of marriage was 17.78. In this study, reasons for Hysterectomy were in following manner: 56% bleeding, 22% pelvic organ Prolapse, 16% myoma and 6% other causes. In addition, 70% of samples were undergone total abdominal Hysterectomy and 30% supra cervical. The $M \pm SD$ score of the women's subjective image is 7.12 ± 2.35 . Due to overall score, that is equal to 10, the women's subjective imaginations towards the surgery were relatively well (Table 1).

Table 1: Contributors demographic data

Demographic characteristics	Number	Percent
Age(Years)		
24-34	11	22
35-44	72	36
45years and over	3	6
Educational Level		
Illiterate	14	28
Elementary School	15	30
Primary School	9	18
High school	5	10
Diploma	5	10
B.A and Higher Level	2	4
Job		
House Keeper	36	76
Private job	4	8
Clerk	8	16
Economic Status		
Unfavorable	5	10
Average	9	18
Favorable	36	82
Housing		
Private	39	78
Rental	10	20
Organizational	1	2
Private Bedroom		
Yes	34	68
No	16	32
Number of Parturition		
$M \pm SD$	1.329 ± 3.7	
Marriage Duration(Years)		
$M \pm SD$	3.321 ± 17.78	

Table 2: Mental image association with demographic factor

Variable	Rate of correlation coefficient	p-value
Age	-0.05	0.731
Educational level	0.045	0.777
Job	-0.015	0.923
Economic status	-0.123	0.393
Housing	0.141	0.68
Private bedroom	-0.76	0.601
Number of parturition	-0.213	0.171
Marriage duration	-0.078	0.59

It can be seen that the rate of correlation between the Mental image variables with age were equal to -0.05, education 0.045, economic status -0.123, housing 0.141, private bedroom -0.76, number of parturition -0.213 and marriage duration -0.078 which none of the above factors cannot have certain meaning except the age variable (Table 2). As a result, we can conclude that none of these variables could affect on female mental imagination.

Discussion

Since the uterus is an important part of a woman's mental image about herself, especially in her sexual role, so women are afraid of losing their feminine appeal after surgery. Onsequently, hysterectomy may interfere with the woman's mental image. In this regard ,the current study was conducted to evaluate the mental image in women undergone hysterectomy surgery .The results of the existing study indicated that the mental image of women after hysterectomy were in desirable level. Novak believes that most of these patients think that the surgery causes them to lose their feminine power and would reduce sexual satisfaction and increase marital problem. Women worry about

losing the reproductive system more than the loosing of intra-abdominal organs concerns(2). In Reisi research, it was shown that the mental imagination of women about themselves improved in comparison two or three month's

surgery (18). Karami Dehkordy research demonstrated that most of the infertile women had favorable image about themselves after hysterectomy (19) and in Fobair study the research conducted on women who had breast cancer and determined that half of the women who were in diagnosis phase had unfavorable image about their body (20). Discrepancy between Fobair research and the present research is probably due to the fact that in the current research the patients were treated but Fuber cases suffered from breast cancer.

Whereas the Bruner discoveries indicated that diseases would decrease the body control, insecure as well as body incompetency and as a result negative mental imagination (16). thus, it should be noted that, following the resolution of problems that have been treated with hysterectomy, the women who obtain their health will get a sense of competence and self-confidence, thus they will gain positive mental image about their body.Farahani believes that the health and treatment team's effort is that to give the patients self-confidence and positive mental imagination through helping in problem detection and live with the current condition. In fact, nursing care would prepare the mental psychological condition that patient would in compliance with the new image of her body and nurse is a person who teaches the patient how to establish healthy life with new changes (21). The limitation of this study can be cited in samples

that had individual difference and personality that affects on response of questions which could not be controlled.

Conclusion

This research proved that women mental imagination were desirable after Hysterectomy surgery, therefore, the conclusion is that hysterectomy surgery couldn't have negative

effects on subjective image of woman about themselves.

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