

Self-Esteem among Adolescents with Inherited Blood Disorders

Hussein F. Kamil* Shatha Saadi Mohammad**

ABSTRACT

Introduction: Thus, the health related quality of life of adolescents with inherited blood disorders (IBDs) could be compromised. Each youth with IBD has to deal with health problems and/or issues pertinent to future changes related to school, friends, the ability to be on one's own, and personal identity

Objective: Evaluate the self-esteem levels in adolescents with inherited blood disorders, such as thalassemia, hemophilia, or sickle cell disease.

Method: A descriptive cross-sectional study was selected to conduct the study of this research was conducted at the Specialized Center of Thi-Qar for genetic blood diseases in order to obtain accurate and comprehensive data on the sixteen teen adolescents, aged eleven to nineteen, who were registered there for treatment, care, and follow-up. The study's objectives were met through the use of the assessment technique. The research was conducted from April 17, 2023, to June 20, 2024. To get the most accurate data, a non-probability (convenience) sampling strategy is used. Version 26 of the SPSS software was used to electronically analyze the data, which was gathered using a questionnaire.

Results: Adolescents have low to moderate self-esteem; 43.6% show low self-esteem and 50.6% of them show moderate self-esteem ($M \pm SD = 14.21 \pm 2.629$).

Conclusion: . Some of the factors include restricted movement, hospitalization, and unjustified rejection in society due to diseases like thalassemia, hemophilia, and sickle cell diseases lead to poor self-esteem. These adolescents may have weight and shape concerns, movement limitation and fear for their future health, which undermines hope.

Keywords: Self-esteem, adolescents , inherited blood disorders.

Bahrain Med Bull 2024; 46 (4): 2501-2503

* Pediatrics Health Nursing, University of Babylon
College of Nursing, Iraq.

Email: husseinfakher29@yahoo.com

** Adult Health Nursing, University of Babylon
College of Nursing, Iraq.

Email: shathasaadi64@gmail.com