

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.

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. (1)

Thus, these difficulties affect SE which is defined as the general evaluation and perceived worth a person has in a certain context and at a certain time or a character trait. (2)

Earlier research has also identified self-esteem of adolescents as having a negative correlation with internalizing problems including depression and anxiety and externalizing problems including aggression and delinquency. (3)

Other factors that can be deemed critical to self-esteem of this group may include discrimination, stigma, and experience of isolation in person. (4)

In the past, investigation of adolescents with a chronic health condition has concerned health outcomes. Consequently, the study of psychosocial concerns, specifically patients' self-reported experiences, is a relatively recently developing research area. (5)

The best example, in this regard, is self-esteem, which is a type of patient-reported outcome (PRO). Since the illnesses are chronic and socially stigmatized, the patients with the rare IBDs are postulated to experience low self-esteem. (6)

Generally, research on self-esteem has been carried along three main themes of investigations that are the psychopathological perspective, the developmental perspective, and the sociocultural perspective. This is mainly because an adolescent perspective has not been taken into consideration. (7)

Inadequate number of studies on adolescents with inherited blood disorders is rather concerning given the current focus on patient-centered assessment of the disease. (8)

Self-esteem is known to be one of the diseases' 'common currency' PROs enabling comparisons between diseases. Adolescents are an interesting group of people which creates a transition between the children and adults. (9)

METHODS

Quantitative study / descriptive design (A convenient non-probability) sample was selected about (156) adolescents with inherited blood disorders has been carried out for the period between 18 October 2022 to 8th April 2024. The study was conducted in Thi-Qar Governorates,

* 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

it was conducted at The Specialized Thi-Qar center for genetic blood diseases

Study Instrument:

Study instrument constructed for the study after review of the related literature. It consists three parts (Socio-demographic data, psychosocial factors for adolescents where used Psychosocial Scales in the Young Lives (SYL).The researcher conducted a pilot study in period 1st July to 15th July 2023 to examine the reliability of the tool used in this study. Data collection was started by using tool which fill out by adolescents. It takes 15-20 minutes to complete answering the questionnaire.

Validity has been determined through a penal of five experts who have e necessary experience that qualify them to exam the content of the questionnaire. In addition, internal consistency was established (Cronbach $\alpha = 0.79$).

Statistical Analysis:

The data were analyzed through the use of Statistical Package of Social Sciences (SPSS) version (26), with the use of frequency, percent, arithmetic mean, standard deviation, and mean of the score (MS) .

RESULTS

Demographic Data

A total number of 156 adolescents diagnosed with inherited blood disorders were included in the study. The mean age of children was 12 ± 18 years. the researcher discovered that the study sample's demographic data indicated that the average age of adolescents with inherited blood disorders is 14.4 years, most of the samples' ages within the age group of 13-15 years.

Regarding type of inherited blood disorder, thalassemia is highly reported among 50% of adolescents, sickle cell anemia is reported among 32.7%, and hemophilia is reported among 17.3% only.. The demographic characteristics of children and adolescent patients presented in Table 1.

Table 1. Demographic characteristics of the sample

| List | Characteristics | f | % |
|------|----------------------------|--------------------|------------|
| 1 | Age | ≤ 12 | 37 |
| | | 13 – 15 | 69 |
| | | 16 – 18 | 50 |
| | | Total | 156 |
| 2 | Type of inherited disorder | Thalassemia | 78 |
| | | Hemophilia | 27 |
| | | Sickle cell anemia | 51 |
| | | Total | 156 |

Table 2. Assessment of Self-Esteem among Adolescents with Inherited Blood Disorders

| Self-esteem | f | % | M | SD | Ass. |
|--------------|------------|------------|-------|-------|----------|
| Low | 68 | 43.6 | 14.21 | 2.629 | Moderate |
| Moderate | 79 | 50.6 | | | |
| High | 9 | 5.8 | | | |
| Total | 156 | 100 | | | |

Table 2. This table exhibits that adolescents have low to moderate self-esteem; 43.6% show low self-esteem and 50.6% of them show moderate self-esteem (M±SD= 14.21±2.629).

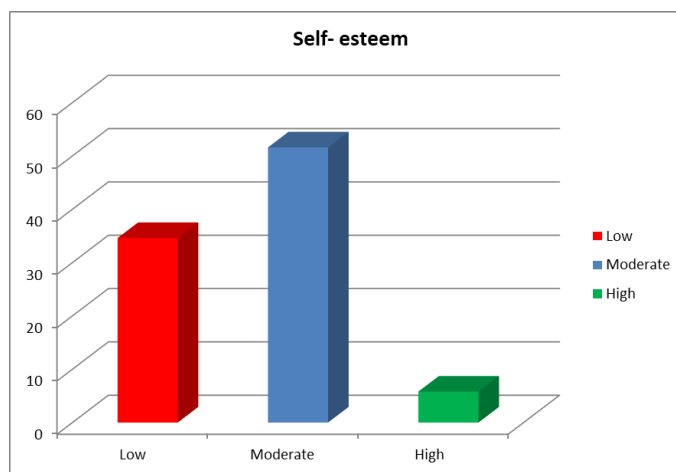


Figure 1. Self-esteem among Adolescents with Inherited Blood Disorders (N=156)

This figure reveals that 51.6% of adolescents associated with moderate level of self-esteem.

DISCUSSION

According to the study, it has been realized that on the sample of inherited blood disorder adolescent 156 of them, 51%. Slightly above 6 percent or about 80 people was captured occupying the moderate self-esteem group.. In relation to this index, this study is relevant in striving to explain the psychological psychology of chronic health conditions Youth.

These findings conform with Nourbakhsh et al. (2021), it was ascertained that common behavioral disorders that are observed in children diagnosed with thalassemia involve low self-esteem or negative self-image hence may commonly be countered by way of promoting for better self-esteem or self-images.. (10)

The child's behavioral check list was used to assess behavioral difficulties, Patients with thalassemia major between the ages of 6 and 18: their self-esteem and self-concept in order to ascertain the incidence of behavioral problems and their correlation with these constructs. Findings: Lastly, we have an increase of ten overall. None of the patients on the scale had behavioral abnormalities detected; three patients exhibited good traits like desirable self-esteem, fifteen patients had moderate self-esteem, and twelve patients had low demands for their sense of self-worth. another study that suggests that hemophilia patients suffer from low self-esteem this underlines the need for lifetime psychosocial care. (11)

CONCLUSION

The first and perhaps the most important is that adolescents faced with inherited blood disorders have special features of the problem that greatly affects self-esteem. 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.

But very importantly, with adequate assessment and proper intervention, counseling and peer support groups together with

family participation for the affected children, self-esteem can be enhanced among such individuals. They can improve their self-image through activities such as health education, awareness programs with the social acceptance of their lifestyle. Enabling the adolescents with inherited blood disorders to manage aspects of their lives on their own and encouraging them to socialize and go to school is very important in enhancing the quality of their mental and emotional health. Thus, it is critically important that comprehensive treatment encompasses concern not only of the medical aspect of the conditions but also psychological facet to facilitate healthy adolescence self-esteem.

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Competing Interest: None

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