



SOCIAL SUPPORT AND PROMOTION OF THE WELLBEING IN WOMEN OF HALF AGE WITH CANCER OF NON-METASTATIC SUCKLE

Saily Ramos Cuellar ¹, Miguel Angel Toledo Mendez ², Jesus Cuellar Alvarez ³

¹ Department of Social Work. Technology of the Health "Julio Trigo", ² Department of Psychology. University Medical Sciences of Villa Clara, Cuba, ³ Department of Psychology. Policlinic "José Ramón León Acosta", Cuba Correspondence author: Saily Ramos Cuellar, jescuellaralvarez66@gmail.com

ABSTRACT

Objective: to propose a program of social support for the promotion of the well-being in women of half age with cancer of not suckles metastatic residents in Santa Clara. The investigation embraced one period from January 2020 to January 2022 of the Province Hospital "Celestino Hernandez Robau". **Materials and methods:** for sampling intentional non probabilistic composed by 23 women of half age with cancer of suckles non metastatic. It gathers it of the data was carried out through the empiric method the questionnaire and for the analysis of the data the statistical calculation was used. **Results:** it allowed the introduction of improvements in their design toward women of half age with cancer of suckles non metastatic. **Conclusions:** it contributed to the establishment of a logical and coherent articulation among the specific objectives and the projects psychosocial that compose the program.

Keywords: social support, well-being, women of half age, cancer of suckles non metastatic.

INTRODUCTION

The cancer of suckles non metastatic in women of half age it causes high stress levels, which have been related with depressive and anxious squares accompanied by fears and uncertainty. In the whole process of the illness fear is experienced to the secondary effects of the treatments, the significant changes in the lists of life in couple, family and labor, as well as the loss or change in the personal and corporal identity. ¹

Another behavior to experience with the illness is the violence toward the family, the labor environment and the neighbors, interpreting you as frustration, uncertainty, solitude, shame and fear to the rejection; that which leads to the eviction of the social relationships and the isolation like factors that are considered of high risk for the possible idea appearance and suicidal behaviors. ¹

The promotion of the well-being in women of half age with cancer of he/she suckles non metastatic it has motivated multiple investigations with different you focus interventivos, among those that studies stand out recently carried out in Spain. The results exposed in the referred studies, become antecedents of the investigation, they generate concerning limitations. ¹⁻²⁻³

The phenomenon that exists around this real problem, conditioned in the position of the following scientific problem in the present investigation: How to contribute to the promotion of the well-being in women of half age with cancer of not suckles metastatic residents in Santa Clara?

General objective: to propose a program of social support for the promotion of the well-being in women of half age with cancer of not suckles metastatic residents in Santa Clara.

MATERIALS AND METHODS

The investigation adopted an interpretive constructive qualitative methodological focus, for sampling intentional non probabilistic composed by 23 women of half age with cancer of suckles non metastatic that they received treatment in the service of oncology surgery of the Province Hospital "Celestino Hernandez Robau" of Santa Clara municipality, in the period from January 2020 to January 2022, with the objective of propose a program of social support for the promotion of the well-being in women of half age with cancer of not suckles metastatic residents in Santa Clara.

Theoretical level:

Synthetic analytical: It made possible the interpretation of each one of the studied texts, to conform the criterion assumed in the epigraphs and paragraphs, as well as to particularize in the data obtained in the surveys to integrate them and to establish the corresponding generalizations.

Inductive-deductive: It facilitated going from the particular to the general in each of the analyzes carried out in the theoretical study and in the processing of the obtained information.

Generalization: It allowed the establishment of the regularities that were revealed in the study carried out.

Empiric level:

Questionnaire: Contributed to identify the about social perception of the cancer of suckles non metastatic in women of half age.

Questionnaire: MOS of perceived social support, mentioned in Grace.⁴

Collection of the information

To begin the development of the investigation was carried out a bibliographical revision of the topic making a meticulous analysis of the most excellent aspects in the Cuban means as at international level. It was used as technical, the documental revision that included individual clinical histories and it was applied a questionnaire with the objective of obtaining information.

Statistical prosecution

In the prosecution of the obtained data the tool ATLAS. It was used, software that allowed the elaboration of graphics, analysis of frequencies and of concurrencies of codes.⁵⁻⁶

RESULTS

Significance of the illness

The women of half age that become subject of the investigation associated the cancer of suckles non metastatic to a negative fact, of insidious nature, consistent in an illness that attacks to an organ intimately associated with the self-esteem, the sexuality and the femaleness, able to generate situations the angry as long as the potential annihilation of its existence is glimpsed.

They were associate 27 words that emerged in 123 occasions, which configure three indicators of subjective content that mention to psychological clinical symptoms, states of spirit and experiences of psychological uneasiness, as well as resources confrontation psychosocial and protection measures (Graphic 1).

Graphic 1. Cloud of words associated to the meaning of the cancer of suckles non metastatic



Source: own elaboration

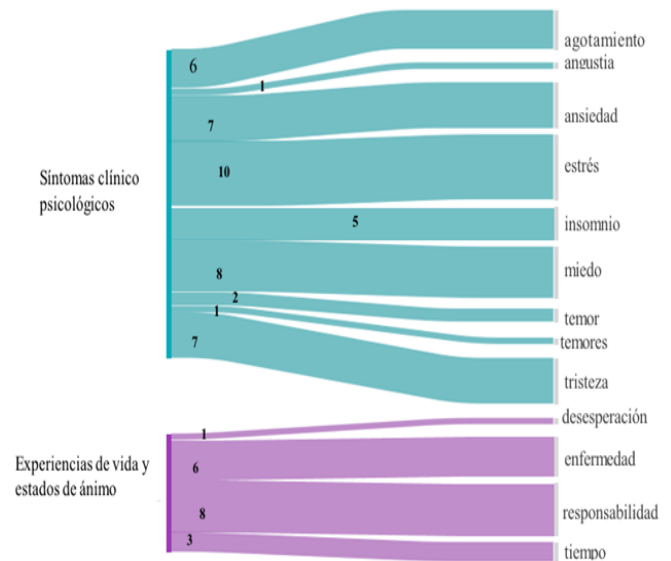
The indicator of content subjective psychological clinical symptoms associates to (horror, fear, fright, death, to die), concern (uncertainty, doubts, change, economy), depression (sadness), anxiety (impression, alarms, surprise), isolation and suicidal idea (suicide). The indicator of content subjective states of spirit and experiences of psychological uneasiness imply manifestations and behaviours of optimism, pessimism, tranquillity, conformity and pain. The indicator of content subjective resources confrontation psychosocials and protection measures are linked to the family like primary

Cuellar et al., IJDDMR, 2023:1; 23-25

group and social institution and to the treatment like immediate alternative of confrontation to the illness.

It is with the biggest values in the appearance frequency. In this order they are reflected values of frequency 14 and 13 in relation to psychological clinical symptoms as the fear and the depression, values 12 and 9 for resources confrontation psychosocial and protection measures tune to the family and the treatment, as well as a value 10 for the optimism that state of spirit becomes in relation to the confrontation of the illness (Graphic 2).

Graphic 2. Diagram Sankey about the frequency of appearance of the words associated to the meaning of the cancer of suckles non metastatic



Source: own elaboration

In this order they are reflected values of frequency 17, 11 and 8 in relation to psychological clinical symptoms as the stress, the fear and the sadness; as well as value 8 regarding the responsibility like confrontation resource to the care that you/they provide to the old men affected with the referred illness.

DISCUSSION

In accordance with the sustain that a project consists to each other on the proposal and realization of a group of processes and articulate activities, with the purpose of transforming a parcel of the reality, to produce certain goods or services to satisfy necessities, diminishing or eliminating a deficit, or solving a concrete problem, in a period of given time and with the assignment of certain resources, material human.⁷⁻⁸

The interrelated activities and coordinated to each other they are carried out to reach the goals and proposed objectives; while the tasks are the group of actions that they conform an activity.⁹

Following the structure of the recently proposed scientific result,¹⁰ the program of social support for the promotion of the well-being in women of half age with cancer of not suckles metastatic residents in Santa Clara it is organized in three projects located at individual, family and community level.

In that sense to have spaces of trust to share emotions, problems or difficulties, to listen their opinion, or simply to have the sensation of being listened and accepted as people, has demonstrated to have a strong one I impact as much in the self-valuation as in the person's capacity to confront difficult situations and stress appropriately. ¹¹⁻¹²⁻¹³⁻¹⁴⁻¹⁵⁻¹⁶

With regard to the foundations psychosocial the authors coincided in the coherence and theoretical content related to the ends of the program. The suggestion of improvement was directed to the necessity of its organization in specific foundations according to the theoretical aspect that proposes to sustain working of the program.

Conclusions

The subjective configuration of the perception on the social support for the promotion of the well-being in women of half age with cancer of not suckles metastatic residents in Santa Clara, was built in an understanding theoretical model through three sense nuclei and its respective indicators of subjective content that organize the experience of the illness and they explain the positioning in relation to its health. Refer to the significance of the illness, the satisfactions, dissatisfactions and repercussions, and the valuation of the received social support. By way of conclusion it was contributed to the establishment of a logical and coherent articulation among the specific objectives and the projects psychosocial that compose the program.

Conflict of interest

The author declares no conflict of interest.

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