

PSYCHOLOGICAL DETERMINANTS OF POST-OPERATIVE RECOVERY AMONG MASTECTOMY CLIENTS: A FOCUS ON POST-SURGERY SELF-PITY AND POST-SURGERY SOCIAL SUPPORT

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ABSTRACT

The aim of this study is to investigate the influence of post-surgery self-pity and post-surgery social support on post-operative recovery among mastectomy clients. The study adopted a correlational research design and employed the use of questionnaire to collect primary data from clients that undergo mastectomy between 2010 and 2013. Data analysis was done using descriptive while the Pearson product moment correlation was used as the statistic, relying on SPSS version 20.0. The findings are that post-surgery self-pity does not support quick recovery of mastectomy clients while a positive and significant relationship was found between post-surgery social support and post-operative recovery. The study therefore concludes that psychological factors such as post-surgery self-pity and post-surgery social support affect convalescence of mastectomy, and recommends that guidance counsellors and other care givers must ensure that they discourage clients from indulging in self-pity in order to enhance their chances of enjoying quick post-operative recovery and that guidance counsellors and care givers should offer and also solicit the support of friends and families of their clients to assist the clients in every aspect of the post-operative recovery process; as this is found to support quick post-operative recovery.

Keywords: Mastectomy clients, psychological determinants, post-surgery self-pity, post surgery social support.