

PSYCHOLOGICAL DETERMINANTS OF POST-OPERATIVE RECOVERY AMONG MASTECTOMY CLIENTS: A FOCUS ON POST-SURGERY SELF ESTEEM (PSSE)

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ABSTRACT

The aim of this study was to investigate how psychological factors affect post-operative recovery among mastectomy clients, with a focus on post-surgery self-esteem. The study adopted a correlational research design and used Researchers made questionnaire to collect primary data. The construct validity of the instrument was determined through factor analysis while its reliability was determined through the Cronbach's Alpha test. All the analyses were done using the Statistical Package for Social Science (SPSS) version 20.0. Data collected from seventy-seven (77) mastectomy clients were used in the final analysis. The study found that post-operative recovery is strongly influenced by psychological factors. Chiefly, the study found out that post-surgery self-esteem has significant and positive relationship with post-operative recovery. Consequently, the study concluded that post-surgery self-esteem is a relevant psychological factor that enhances post-operative recovery. The study therefore recommends that Counselling Psychologists and other care givers must be on ground to counsel mastectomy clients before and after their surgery. They should counsel them on how to carry themselves even though one of their breast has been removed, is not an end to their life. Relations, care givers and counsellors must continue to love and encourage their clients to have a healthy attitude to life, to enhance their speedy recovery and adjustment in their new condition.

Keywords: Mastectomy Clients, Psychological Determinants, Post-surgery self-esteem, Post-operative recovery.