

SATISFACTION WITH LIFE OF WOMEN AFTER BREAST REMOVAL SURGERY DUE TO CANCER

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Introduction. Breast cancer is one of the most common malignant tumors among women in the world. In 2020, the number of new cases of breast cancer in women was approximately 2.3 million, while in Poland it was over 24,000. According to forecasts, the incidence of this cancer will double by 2040 and the disease will more often affect younger women. The very fact of being diagnosed with cancer causes fear, anxiety and great stress in a woman, and the treatment used, including mastectomy, can significantly intensify these emotions. Nowadays, more and more attention is paid to the quality of life, which is related to the state of health and the satisfaction of needs and aspirations. One of the manifestations of quality of life is life satisfaction, which is a subjective and multidimensional feeling.

The aim of the study was to determine the level of life satisfaction in women after breast removal surgery and the factors that are important in this regard.

Material and methods. The research was conducted among 135 patients treated for breast cancer in the Podkarpackie Voivodeship. The diagnostic survey method was used using the Author's Questionnaire and the Satisfaction with Life Scale (SWLS) adapted by Z. Juczyński. The IBM SPSS package was used in the statistical analysis. A statistically significant relationship was assumed to be $p \leq 0.05$.

Results. The average value of life satisfaction in the study group was 22.34 points. (SD=6.67; Mdn=22.00), which indicated average satisfaction with life in the study group of women. 40.7% of respondents (N=55) rated their life satisfaction as high, 35.6% (N=48) as average, and 23.7% (N=32) as low. Marital status had a statistically significant impact on the life satisfaction of the surveyed women

($p < 0.0001$). Married or cohabiting women and unmarried women achieved higher life satisfaction scores compared to separated women and widows. Education also determined statistically significantly the respondents' life satisfaction ($p < 0.0001$). As the level of education increased, the life satisfaction of the surveyed women increased. Moreover, the economic situation of women clearly influenced the level of life satisfaction ($p = 0.002$). Women who assessed their economic situation high achieved the highest average life satisfaction score, while those who assessed their economic situation as low had a significantly lower level of life satisfaction (25.30 vs. 17.46). The age and place of residence of the respondents did not statistically significantly differentiate life satisfaction.

Conclusions. Life satisfaction is an important element of the quality of life. Research should continue to determine the level of life satisfaction in women after surgical treatment for breast cancer, with particular emphasis on patients after mastectomy, and to diagnose factors that are important for the level of life satisfaction in order to improve the functioning of women in society.

Keywords: breast cancer, treatment, mastectomy, life satisfaction.