

# Effect of Self-Conscious Emotions on Social Readjustment and Psychological Well-Being among Women Cancer Patients in Dubai

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**Abstract - Cancer diagnosis is a life-altering experience, affecting not only an individual's physical health but also their emotional and psychological well-being. This study examines the impact of self-conscious emotions on social readjustment and psychological well-being among women cancer patients in Dubai. It delves into the strategies employed by patients to regulate these self-conscious emotions and their role in social adaptation and psychological well-being. Research uses sample of 60 women cancer patients. This study is quantitative in nature. The findings of the study uncovers those self-conscious emotions has significant effect on social readjustment, and psychological well-being. It emphasizes the need for holistic support programs that address the emotional needs of cancer patients, offering practical insights for healthcare providers and policymakers. The findings provide a valuable contribution to the field of cancer support and care, offering a deeper understanding of the emotional experiences of women cancer patients in Dubai and suggesting directions for future research and intervention strategies.**

**Keywords - self-conscious emotions, social readjustment, psychological well-being, women cancer patients, Dubai.**

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## BACKGROUND OF THE STUDY

Cancer remains a significant public health challenge worldwide, affecting millions of lives each year (National Cancer Institute, 2021). The physical, emotional, and social impact of cancer is profound, not only for the individuals diagnosed but also for their families and communities. In the context of cancer, women often face unique challenges related to self-conscious emotions, social readjustment, and psychological well-being. The emotional journey of a woman diagnosed with cancer is marked by the experience of self-conscious emotions (Sassover et al., 2023). These emotions, including shame, guilt, pride, and embarrassment, emerge when individuals reflect on themselves in social contexts. In the context of a cancer diagnosis, self-conscious emotions may be triggered by changes in physical appearance, role adjustments, and social interactions. Understanding the role of these emotions is essential for comprehending the holistic impact of cancer on women's lives.

Furthermore, cancer necessitates significant social readjustment. Patients may face disruptions in their daily routines, alterations in their roles within families and communities, and shifts in their social relationships (Zorigt et al., 2019). The process of

social readjustment is complex and can impact a patient's overall well-being. While cancer care often focuses on medical treatment, the psychosocial aspects of cancer, including social readjustment, are equally important in determining the quality of life for patients. Psychological well-being, encompassing emotional health and life satisfaction, is a fundamental aspect of living with cancer. Understanding the factors that influence psychological well-being is crucial for providing comprehensive care to women cancer patients (Conley et al., 2016). Yet, there is a limited understanding of the relationship between self-conscious emotions, social readjustment, and psychological well-being in this specific population. This study aims to explore the effect of self-conscious emotions on social readjustment and psychological well-being among women cancer patients in Dubai. By investigating the relationships among these factors, we hope to provide valuable insights that can inform the development of psychosocial support programs and interventions tailored to the needs of this population. The research will employ a quantitative approach, utilizing validated measures and questionnaires to gather data from women cancer patients in Dubai. The findings of this study have the potential to enhance our understanding of the emotional experiences and

social challenges faced by women with cancer, ultimately contributing to improved support and care for this group.

## SIGNIFICANCE OF THE STUDY

Dubai has a diverse population, and women from various cultural backgrounds may experience cancer differently. Understanding the role of self-conscious emotions, psychological well-being and social readjustment can help healthcare providers and support networks tailor their services to meet the specific needs of these patients. Given the emotional toll of a cancer diagnosis, focusing on psychological well-being is critical. This study can provide insights into how self-conscious emotions affect well-being and how emotional regulation strategies can be applied to improve mental health. The study is conducted in Dubai, a region with its own cultural dynamics. This study adds to the growing body of literature on the psychological aspects of cancer, with a focus on self-conscious emotions and social readjustment.

## LITERATURE REVIEW

### Self-Conscious Emotions

Self-conscious emotions are a specific category of emotions that arise from our self-evaluative processes, and they often involve feelings about the self in relation to social or cultural norms (Izard, 2009). Shame is an intense, negative emotion that arises when an individual believes they have failed to meet social or personal standards. It often involves feelings of worthlessness, self-blame, and a desire to hide from others. In the context of women cancer patients, shame may stem from perceived changes in their appearance, inability to fulfill traditional roles, or a sense of burden to their families. Guilt is another self-conscious emotion, but it differs from shame. Guilt arises when a person believes they have committed a specific wrong or harmed someone else. It can lead to feelings of remorse and the desire to make amends. In the context of cancer, women may experience guilt over the impact of their illness on their families or the feeling of being a burden (Crowder & Kemmelmeier, 2018). Embarrassment is a milder self-conscious emotion that occurs when individuals violate social norms or experience a loss of self-esteem in front of others. Women cancer patients might feel embarrassed about the physical changes brought about by treatment or discussing their illness openly (Tangney et al., 2007).

Pride is a positive self-conscious emotion associated with achievement, success, or fulfilling social expectations. In the context of cancer, women may experience pride in their ability to cope with the illness, in their strength, or in their successful treatment outcomes (Castonguay et al., 2014). Hubris is an excessive pride, often to the point of arrogance or overestimation of one's abilities. Women cancer patients might experience hubris if they refuse help or neglect self-care, believing they can handle everything

on their own (Castonguay et al., 2014). The experience and expression of these self-conscious emotions can vary widely among women cancer patients and may be influenced by individual personality traits, cultural norms, and coping strategies. Understanding how these emotions impact patients' social adaptation and psychological well-being is a key focus of the research.

### Social Readjustment

Social readjustment refers to the process of adapting to significant changes or stressors in one's social or interpersonal life. These changes can include life events such as marriage, divorce, relocation, job loss, illness, or the death of a loved one. Social readjustment involves both the emotional and practical aspects of adapting to new circumstances and relationships. In the context of women cancer patients, social readjustment would involve coping with the changes that come with a cancer diagnosis and treatment (Zorigt et al., 2019). Women with cancer may need to navigate changes in their roles within their families, workplaces, or communities. For example, they might need to take on new caregiving responsibilities or temporarily step back from work. Social readjustment can involve changes in the patient's social support system. Some relationships may become strained or may strengthen, while new supportive relationships may develop.

Cancer patients often need to adjust to new emotions and psychological challenges. They may experience anxiety, depression, or fear related to their diagnosis and treatment. They need to develop coping strategies to address these emotional changes. Adapting to various medical treatments, doctor's appointments, and potential side effects is part of the social readjustment process. This can be both physically and emotionally demanding. Deciding how and when to communicate with family, friends, and colleagues about their diagnosis is another aspect of social readjustment. Patients might need to navigate conversations about their illness and its impact (Tian et al., 2021). The social readjustment process can be a complex and ongoing one for women cancer patients. It can involve both positive and challenging changes as they adapt to their new circumstances. Understanding how self-conscious emotions and emotional regulation influence this process, as well as how it relates to their overall psychological well-being, is crucial in providing effective support and interventions.

### Psychological Well-Being

Psychological well-being refers to an individual's overall mental and emotional state characterized by positive feelings and a sense of life satisfaction. It encompasses various aspects of a person's mental health, including their emotional resilience, self-esteem, sense of purpose, and overall life satisfaction (Semedo et al., 2019). Psychological well-being is an important component of a person's

overall well-being and quality of life. This aspect of psychological well-being involves a person's overall assessment of their life, including their level of happiness and contentment. Psychological well-being is associated with experiencing positive emotions such as joy, gratitude, love, and a sense of fulfillment. Feeling in control of one's life and choices is essential for psychological well-being. Autonomy refers to the sense of being self-directed and having the freedom to make decisions that align with one's values and desires.

Having a sense of purpose and meaning in life contributes significantly to psychological well-being. People with a clear sense of purpose tend to have higher levels of well-being. This involves self-acceptance, self-esteem, and self-compassion. People with positive psychological well-being tend to have a healthy self-image and practice self-kindness (Osam et al., 2020). The ability to effectively manage and adapt to one's environment and circumstances is linked to psychological well-being. It includes problem-solving skills and the capacity to handle life's challenges. Healthy, supportive relationships are vital for well-being. Positive relations with family, friends, and social networks contribute to a sense of belonging and emotional support (Teo et al., 2019). A feeling of personal growth and development over time is another component of psychological well-being. It involves a sense of improvement, learning, and achieving one's potential. Contributing to the well-being of others and society at large can enhance psychological well-being. Acts of kindness and altruism can lead to a greater sense of fulfillment. In the context of women cancer patients, psychological well-being can be significantly impacted by the cancer diagnosis, treatment, and the associated physical and emotional challenges. Research into the relationship between self-conscious emotions, emotional regulation, social readjustment, and psychological well-being can provide valuable insights into the factors that influence the mental and emotional health of these patients. Understanding these dynamics can lead to better support and interventions to enhance their psychological well-being throughout the cancer journey. The study revolves around two important research questions: 1. What is the relationship between self-conscious emotions and social readjustment among women cancer patients in Dubai? And How do self-conscious emotions impact the psychological well-being of women diagnosed with cancer in Dubai?

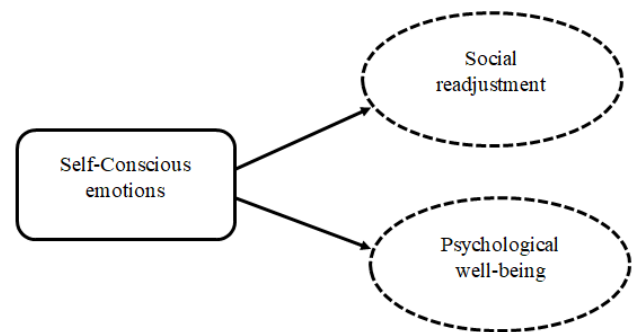
It aims to fulfill following objectives 1. To examine the relationship between self-conscious emotions and social readjustment among women cancer patients in Dubai. 2. To investigate the impact of self-conscious emotions on the psychological well-being of women diagnosed with cancer in Dubai.

## HYPOTHESES

H1: There is a significant correlation between self-conscious emotions and social readjustment among women cancer patients in Dubai.

H2: Self-conscious emotions have a significant impact on the psychological well-being of women diagnosed with cancer in Dubai.

## THEORETICAL FRAMEWORK OF THE STUDY



## RESEARCH METHODOLOGY

The research design used for this study is cross-sectional and correlational. Cross-sectional research involves data collection at a single point in time, while correlational research examines the relationships between variables without manipulating them. The target population for this study includes women cancer patients in Dubai, irrespective of their age, cancer type, or treatment stage. A sample of 60 women cancer patient from Dubai will be taken for the study, who have undergone treatment. The cancer patients were in the age group of 40-60 years. A two-stage sampling method is used to ensure a representative sample. Participants were asked to complete a structured questionnaire that includes items related to self-conscious emotions, emotional regulation strategies, social readjustment, and psychological well-being. Data was collected on participants' demographics (e.g., age, education, marital status). Data Analysis is done using means, standard deviations, and frequencies to describe the characteristics of the study participants and the variables of interest. Correlation coefficients (e.g., Pearson's correlation) is calculated to examine the relationships between self-conscious emotions, emotional regulation, social readjustment, and psychological well-being.

## DATA ANALYSIS AND FINDINGS

The data analysis comprises four major steps. In the first step data screening and preliminary analysis is done which includes data coding and manual cleaning of data as well as analysis of missing values and identification of outliers. In the second step demographic profile analysis of the data is done for the data collected through survey from patients.

Descriptive statistics including mean, frequency, standard deviation were used for profiling of the respondents. In the third step, quality of data collection instruments is assessed. Expert review was used to test content validity. Cronbach's alpha was used for assessing reliability of empirical data collected through survey. Expert review and pre-testing of interview schedule was done to establish validity and reliability of the data collected through structured interview. In the fourth step, data analysis was done to arrive at major outcomes of the study through the Mean and SD values for cancer patients on various tests were calculated. Correlation was calculated for those variables where correlates was observed on correlation (Pearson correlation) to find out which groups were showing correlates from each other. Initially, a sample of 58 respondents were shortlisted but after the data cleaning process, 58 valid responses gathered from respondents were used for analysis in present study. A series of systematic steps were followed to conduct the data analysis. Any responses that were incomplete were removed. After this, appropriate coding was done so that data could be used for statistical analysis. Afterward, the data was imported to IBM SPSS 21.0.

All variables in the study were graded on a 5-point Likert scale ranging from 1 to 5, with 1 being strongly disagree and 5 being strongly agree. The results of skewness and kurtosis showed that z-scores for all the constructs were not within the acceptable range of ± 1.96 (corresponding to confidence level of 95%) which was obtained by dividing the statistics of each construct by their standard error. These Cronbach's Alpha values suggest that the items within each construct are closely related, which generally enhances the reliability of the measurements taken for each psychological construct. Higher Cronbach's Alpha values are indicative of stronger internal consistency and reliability in psychological assessments.

**Demographic Profile of Respondents**

Data was gathered from the female cancer patients in Dubai. Those who were in the I and II stage of breast cancer. Respondents were asked to fill out demographic questions about their, education level, marital status, monthly income and working status during data collection.

**Table 1. Demographic profile of respondents**

Educational level	Frequency	%	Working status	Frequency	%
High school or less	8	14	Employed	4	7
High secondary school	38	65	Unemployed	46	79
Graduate or above	12	21	Retired	8	14
Marital status	Frequency	%	Monthly household income	Frequency	%
Married	47	81	Less than 25,000	7	12
Divorced	4	7	25,000-50,000	37	64
Widowed	7	12	50,000-75,000	14	24

**Hypotheses testing**

H1: There is a significant correlation between self-conscious emotions and social readjustment among women cancer patients in Dubai.

**Table 2. Correlations between self-conscious emotions and social readjustment Correlations**

		Self-Consciousness	Social readjustment
Self-Consciousness	Pearson Correlation	1	.728**
	Sig. (2-tailed)		.000
	N	58	58
Social readjustment	Pearson Correlation	.698**	1
	Sig. (2-tailed)	.000	
	N	58	58

\*\*Note: The \*\* indicates that the correlation is significant at the 0.01 level, which means it is a strong and highly significant relationship between the two constructs.

The correlation table shows the correlation between two psychological constructs, "Self-Consciousness" and "Social Readjustment." The correlation coefficient between Self-Consciousness and Social Readjustment is 0.728\*\*, indicating a strong positive correlation between these two constructs. The significance level (p-value) is less than 0.01, which means that this correlation is statistically significant at the 0.01 level (2-tailed). In simpler terms, the results suggest that individuals who score higher on Self-Consciousness tend to also score higher on Social Readjustment, and vice versa. This positive correlation implies that there is a tendency for these two constructs to go together, meaning that as one increases, the other tends to increase as well within this sample of 58 individuals.

H2: Self-conscious emotions have a significant impact on the psychological well-being of women diagnosed with cancer in Dubai.

**Table 3. Correlations between Self-conscious emotions and psychological well-being Correlations**

		Self-Consciousness	Well-Being
Self-Consciousness	Pearson Correlation	1	.672**
	Sig. (2-tailed)		.000
	N	58	38
Well-Being	Pearson Correlation	.672**	1
	Sig. (2-tailed)	.000	
	N	58	58

This correlation analysis shows that there is a statistically significant positive relationship between Self-Consciousness and Well-Being. In other words, as levels of Self-Consciousness increase, Well-Being tends to increase as well. Conversely, as levels of Self-Consciousness decrease, Well-Being tends to decrease. The correlation coefficient of

0.672\*\* indicates a moderate to strong positive correlation between these two variables. The significance level ( $p < 0.01$ ) suggests that this correlation is highly unlikely to be due to random chance and is indeed a meaningful relationship. In summary, individuals with higher levels of self-consciousness tend to report higher levels of well-being, while those with lower self-consciousness may have lower levels of well-being, based on the data analyzed.

## DISCUSSION

Cancer, a formidable adversary to human health and well-being, brings with it a cascade of emotional, social, and psychological challenges. For women living in Dubai, the journey through cancer diagnosis, treatment, and recovery is not only a physical battle but a profound emotional and social experience. The relationship between self-conscious emotions, social readjustment, and psychological well-being forms the backbone of this study. From the analysis it is found that Social readjustment is a profound aspect of the cancer experience, often leading to a reevaluation of relationships and societal roles. The findings dissect the nuances of social readjustment among women cancer patients in Dubai. The first objective is to investigate the impact of self-conscious emotions on the psychological well-being of women diagnosed with cancer in Dubai. It is hypothesized that self-conscious emotions would be related to Social Readjustment and Psychological Well-Being among women cancer patients. Results revealed that Self-Consciousness is a significant predictor of Social readjustment. The correlation results indicate that it is statistically significant in explaining the variation in Social readjustment. Also, Therefore, there is strong evidence to suggest that self-consciousness is a good fit for predicting "Social readjustment." The central focus of this objective is to understand the impact of self-conscious emotions, on the social readjustment and psychological well-being of women cancer patients. Social readjustment includes changes in roles, relationships, and social functioning following a cancer diagnosis.

The second objective of the study explores the impact of self-conscious emotions on the psychological well-being of women cancer patients. It assesses whether experiencing self-conscious emotions is associated with better or worse psychological outcomes, such as life satisfaction, emotional health, and overall well-being. It aims to provide insights into how self-conscious emotions shape their experiences, coping mechanisms, and overall emotional and psychological health. It was found from the results that it is statistically significant in explaining the variation in psychological well-being.

## CONCLUSION

The study on the "Effect of Self-Conscious Emotions in Social Readjustment and Psychological Well-Being

Among Women Cancer Patients in Dubai" has shed light on the complex interplay between self-conscious emotions, social readjustment, and psychological well-being in the context of cancer. The findings and insights derived from this research have several implications and contribute to the existing knowledge in the field. Firstly, the study revealed that self-conscious emotions, play a significant role in the emotional experiences of women cancer patients. These emotions are not only prevalent but are also closely linked to the social and psychological challenges these patients face. The research highlighted the importance of addressing and managing self-conscious emotions to enhance the overall well-being of cancer patients. This suggests the potential benefits of incorporating emotional regulation techniques into supportive care programs for cancer patients. Moreover, the study emphasized the challenges related to social readjustment that women cancer patients encounter. It is evident that a cancer diagnosis disrupts social roles and relationships, which can lead to emotional distress. Understanding the process of social readjustment is vital for providing targeted support to these patients during their cancer journey. The research demonstrated a strong correlation between self-conscious emotions, social readjustment, and psychological well-being. Healthcare professionals should consider incorporating emotional regulation techniques into cancer care, focusing on managing self-conscious emotions and addressing the social challenges faced by patients. Furthermore, this research suggests the need for tailored interventions and support programs that help women cancer patients navigate their emotional experiences effectively. These programs should aim to enhance self-awareness, facilitate social readjustment to ultimately improve psychological well-being. In terms of future research, there are numerous avenues to explore, including longitudinal studies, cross-cultural investigations, and interventions designed to support emotional well-being. Additionally, examining the experiences of family members and caregivers of cancer patients is essential for a comprehensive understanding of the emotional challenges faced by patients and their support networks. In essence, this study underscores the importance of recognizing and addressing the emotional needs of women cancer patients. It is not merely a medical condition that requires treatment but a holistic experience that necessitates emotional support and well-being. By doing so, we can contribute to improving the overall quality of life and well-being of women facing the challenging journey of cancer in the diverse and dynamic context of Dubai.

## RESEARCH IMPLICATIONS

The implications of the research on the "Effect of Self-Conscious Emotions in Social Readjustment and Psychological Well-Being Among Women

Cancer Patients in Dubai" are multifaceted and have significant relevance for various stakeholders.

1. Healthcare providers can benefit from these findings by incorporating emotional regulation strategies into their patient support programs. Teaching cancer patients how to manage self-conscious emotions and cope with social changes can improve their well-being.
2. Support organizations and counseling services can tailor their interventions to address the specific self-conscious emotions experienced by women cancer patients. Targeted psychosocial support can enhance emotional well-being.
3. Educational materials and programs for cancer patients can include information on self-conscious emotions, their normalcy, and healthy ways to manage them. This can help patients better understand and navigate their emotional experiences.
4. Hospitals and healthcare institutions may consider allocating resources to programs that promote emotional regulation skills among patients. This could contribute to better patient experiences and outcomes.
5. The findings suggest potential avenues for future research, including longitudinal studies to track changes in self-conscious emotions and well-being over time. Researchers can also explore variations across different cancer types and cultural contexts.

#### FUTURE RESEARCH

The study on the "Effect of Self-Conscious Emotions in Social Readjustment and Psychological Well-Being Among Women Cancer Patients in Dubai" provides valuable insights, and it also opens the door for future research in this area.

1. **Longitudinal Studies:** Conduct long-term studies that follow cancer patients over several years to gain a deeper understanding of how self-conscious emotions, emotional regulation, social readjustment, and well-being evolve throughout the cancer journey. This can provide insights into the long-term effects of emotional experiences.
2. **Comparative Research:** Compare the experiences of women with different types and stages of cancer to understand whether the impact of self-conscious emotions varies across cancer categories. Additionally, comparing these findings with male cancer patients may reveal gender-specific patterns.
3. **Cross-Cultural Investigations:** Explore the influence of culture on self-conscious emotions and well-being. Dubai is a culturally diverse city, and future research can delve into how cultural backgrounds and beliefs affect emotional experiences among cancer patients.
4. **Intervention Studies:** Develop and test interventions aimed at improving emotional regulation among cancer patients. These

interventions could include mindfulness-based programs, support groups, or therapy techniques tailored to address self-conscious emotions.

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