

## **Death Anxiety, Religious Belief and Post Traumatic Growth among Cancer Patients**

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### **Abstract**

The present study aims to investigate the effect of death anxiety, religious belief and post traumatic growth among terminally ill. The spiritual well-being and death anxiety despair and post traumatic growth is the aim of the research. The sample of the study consisted of 30 Cancer patients. The Scales used were Death Anxiety Scale (DAS) ( Donal I. Templer), Centrality of Religiosity Scale CRS-English version ( Stenfan Huber and Odilo W. Huber), Post Traumatic Growth Inventory (L.G and Tedsche R.G). The study was done to find out the relationship between death anxiety, religious belief and post traumatic growth. The result of the present investigation shows that death anxiety has positive relationship with religious belief and negative relation with post traumatic growth. This has implication for practioner, medical doctors and psychotherapists working with terminally ill patients to make interventions which incorporates religious beliefs in therapeutic practice.

**Key Words:** *Anxiety, death, religious belief, post traumatic growth, terminally ill*

A diagnosis of cancer is a major event for the person diagnosed and also for his or her family. Cancer diagnose has a great impact on the patient. It not only just affects the physical health it also affects the mental health of the person who's diagnosed. A later stage of cancer leads to terminal illness which means a person who is sick and is diagnosed with a disease that will take their life.

According to data collected by World Health Organization (WHO) in the past five years one in hundred people is suffering from cancer today. Cancer is a problem effecting not only physical health of a person but it is also have a great impact on the mental health of the patient. It's not just affecting patient health physically it is also affecting them psychologically (emotionally). The cancers diagnosed are also normally diagnosed with anxiety, depression, uncertainty, negativity, anger and fear. When people feel threatened their stress level naturally goes up.

### **Death Anxiety:**

Death anxiety is normal human experience, yet it can produce paralyzing fear. It is constant fear of one's own mortality. Suffering comes in many ways for patients confronting cancer. One of these is an un-specifiable fear about death. People diagnosed with cancer may become depressed and fearful of death. This cause them to question treatment and sometimes avoid treatment altogether.