

CHAPTER 5

CONCLUSION AND RECOMMENDATIONS

The purposes of this study were to describe the coping of Chinese women with gynecologic cancer, to determine the effectiveness of coping used by Chinese women with gynecologic cancer, and to compare the use and effectiveness of coping of Chinese women with gynecologic cancer of different age groups. The subjects were 50 women with gynecologic cancer who were admitted in the gynecologic ward of the second teaching hospital, West China University of Medical Sciences in Chengdu, China from December, 1996 to February, 1997. The instrument used for data collection was a questionnaire that was composed of two parts: the demographic and personal data form and the revised JCS. Conceptual framework was based on Lazarus and Folkman's stress, and coping theory. Major findings are concluded in this chapter. The implications for nursing and recommendations for further studies are presented also.

Conclusion of Findings

Based on the findings of this study, the following conclusions are made.

1. Chinese women with gynecologic cancer used various coping strategies of different coping styles to reduce stress from the cancer.

2. Among eight coping styles, the most frequently used coping styles were optimistic and supportant. The most frequently used coping strategy was "hoped that things would get better" which belonged to optimistic coping style. The least frequently used coping style was emotive followed by fatalistic and evasive coping styles. The least used coping strategy was "had a drink" which was one strategy of palliative coping style.

3. The coping style which was most frequently reported as very helpful was optimistic followed by supportant, palliative, self-reliant and confrontive coping styles. The coping strategy of optimistic coping style which was viewed as very helpful by most women was "tried to think positively". The least helpful coping strategy was "had a drink".

4. There were significant differences in the use of emotive and evasive coping styles among gynecologic cancer patients of different age groups.

5. There was no significant difference in effectiveness of coping style used by the women with gynecologic cancer of different age groups.

Implication of Findings

Implication in nursing practice

An important finding of this study was that women with gynecologic cancer used optimistic coping strategies most frequently and also reported that it was very helpful. The coping strategies which were reported as most frequently used and helpful were "tried to think positively" and "hoped that thing would get better". Nurses could use information gained from this study to plan effective interventions for women with gynecologic cancer. The nurses could empower women to identify the coping strategies and choose effective coping strategies to reduce their emotional distress. Positive thinking and positive outcome would be encouraged to women with gynecologic cancer.

Implications for nursing education.

This study provides knowledge for nursing education in gynecologic nursing. Nurse educators may use the study findings to emphasize the patients' coping strategies of psychological assistance in coping with stress. Nursing

students should be instructed to assess the patients' needs and to encourage the patients to identify their effective coping strategies.

Implication for nursing research.

The results of this study provide a baseline data for further research in coping strategies of the women with gynecologic cancer. It may inspire other nurses to further explore coping in other sites. The finding of this study also can provide baseline for developing intervention studies to test the effectiveness of coping teaching.

Recommendations

The results of this study provide a basis for further exploration and analysis of coping with the stress of women with gynecologic cancer. Nevertheless, several recommendations need to be considered for further studies.

1. Purposive sampling method and relatively small sample size were used in this study. Replication of the study is needed with a more representative, randomly selected sample of women with gynecologic cancer from various hospitals in China.

2. Longitudinal study is needed to further explore the coping in women with gynecologic cancer throughout the course of illness and rehabilitations to identify the most critical time period for those women that require nursing care.

3. Other factors influencing the coping of the women with gynecologic cancer need to be further explored.

4. The revised JSC was translated from the English version. Therefore, revision and improvement of the scale is needed to increase validity, reliability and applicability in the Chinese population.