

# Stress and Locus of Control as a Risk Factors in Psychosomatic Disorder : Peptic Ulcer



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## Abstract

*The aim of this work is to present an empirical study to find out the role of stressful life events and personality varate in aggravating Peptic Ulcer. Two groups ( Peptic Ulcer- 50, Disease Free- 50 ) were tested on Singh, Kaur & Kaur's " Presumptive Stressful Life Event Scale and Hindi Adaption of Rotter's Locus of Control by Kumar & Srivastava. The scores shows a significant difference on scores of both Groups and a positive correlation between PSLE and LOC, which shows that life events which one feel **stressful**, and Loc which direct ones behavior plays an effective role in the predisposition of Psychosomatic Disorder.*

## Introduction:

Now a day, it is being increasingly realized that the wellbeing of a person cannot be conceived as exclusively dichotomized categories of physical and psychological health. Researchers have shown that our emotions and thoughts can modify the way how our body reacts. One of our bodily reactions is, of course, disease. Psychosomatic disorder is defined as disorder of body (the soma), that is influenced by psychological states and vice-versa. Studies have repeatedly shown that mental and emotional process are somehow implicated both in good health and in most physical disease, ( R.M. Kaplan, 1990). Of course Peptic Ulcer are not exception to it.

There are many factors which influence the manifestation of psychosomatic disorder. One of the most important factors, which can effect physical health and illness is Stress. Stress is a negative emotional experience accompanied by predictable biochemical, physiological, cognitive and behavioural changes that are directed either toward altering the stressful event or accommodating to its effects (A. Baum, 1990).

Individuals differ in vulnerability to stressful events depending upon personality variables. Locus of Control (LOC) seems to be an important characteristic. Rotter (1966), defined LOC as an personality construct referring to an individual's perception of the locus of events as determined internally by his/ her own behavior vs. external factor that is fate, luck, or external circumstances. Researches with psychiatric and psychomatic reveals that internals are better adjusted than externals, (Rotter, 1966; Ferrante, 1969; Latha & Suresh, 2002).

Researchers have revealed that stress can trigger or aggravates almost all major physical disorder such as peptic ulcer (Weiss, 1984), headaches (Kohler & Haimeri,1990), CHD (Adler & Mathews, 1994),hypertension (Pickering, Schwartz & James!995; Girdler et.al., 1996). There is dearth of studies in relation to stress and locus of control as a factor affecting psychosomatic disorders. So the present study aims to examine the roll of stress and locus of control in manifestation of Psychosomatic Disorder – mainly focused on Peptic Ulcer.

## Aim

The major objective of the study is to ascertain how stressful life events and locus of control predispose an individual to peptic ulcer.

## Research Design and Methodology

Present study is an ex-post facto research. Participant were selected on the basis of dependent variable- presence and absence of the disease and these groups were studied on the basis of independent variable i.e., life event and locus of control.