

Health Locus of Control, Social Support and Quality of Life among Surgical and Medical
Patients

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Abstract

This study looked at the challenges patients in third world countries face while undergoing treatment in public hospitals especially those for surgery with little social support from service providers and sometimes their significant others and ending up with poor quality of life. Study aimed at investigating the relationship and comparisons between Health locus of control, Social Support and Quality of Life among medical and surgical patients. Two hundred patients participated in this study selected from Mulago hospital complex. A correlational and comparative study design was used to find relationships and compare health locus of control, social support and quality of life among surgical and medical patients. The study instruments included a multidimensional scale of perceived social support (MSPSS), a multidimensional scale of health locus of control (MHLOC), and a WHOQOL- BREF to measure quality of life among surgical and medical patients.

Results indicated that there was a difference found between Health locus of control and social support among patients, no significant difference was found in social support and quality of life among patients and no significant difference was found between Health Locus of Control and Quality of Life. Health locus of control did not influence social support, a negative relationship was found between health locus of control and quality of life and a positive relationship was found between perceived social support and quality of life.

Based on the study findings, Ministry of Health and its partners should ensure that Psychotherapists/Counseling Psychologists are instituted in all healthcare institutions mostly referral health institutions to help and support patients so that they cope to their illnesses positively and have a good quality of life.