

**Psychological unity and its relation to sleep disorders in
patients with diabetes from members of the Arab community
residing in the city of Alborg Denmark**

Prepared by



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Abstract

The suffering of the Arab immigrant in the country of alienation from alienation, change, loss and stressful life situations in various aspects may affect his mental health(Psychological disorders) as well as physical health through its impact on Physiological side (the work of members of the body) updated so organic diseases due to the impact of psychological factors, Or diseases and psychological disorders of the impact of imbalance and disturbance in the organic side of the individual as a disease of psychosomatic (diseases related to the self), And dealing with the right and appropriate ways with stressful situations give a kind of protection and psychological stability and the body of the individual because it may provide him with a state of social psychological compatibility in the moments of stress of his life, The study dealt with the nature of the correlation between the three variables, mainly the suffering of the Arab expatriate in Denmark (the research community), the sense of psychological unity , Sleep disorders, a psychosomatic disease, and diabetes. The researcher has prepared two kinds of measures, namely the psychological unit of measurement and the sleep disturbance measure.

Key words: Psychological unit - Sleep disorders - Diabetes - Arab community.

Firstly. Research problem

The stressful life events of loss and change always represent pressure factors on the individual This is indeed, and the Arab immigrant is suffering from Facing the new reality in its aspects(Social, cultural, technological development and progress, language, customs and traditions, living standards, and many life requirements) All make the members of the Arab community live in a state of unity and retreat, Works a state of internal revolution and disorders and anxiety , Makes the individual under pressure Leaving physical and psychological effects on the individual represents a burden on his health, And this is confirmed by the study of both Myers,H.F.et al 1983 in America(Myers,H.F.et al.1983), And the study of Abdel-Moti 1989 in Egypt ,The impact of these events varies from one person to another.

Second: The importance of research:

The concept of psychological unity is independent of the concept of depression, Anxiety, and may be more sensitive to the individual with diabetes; Work on the psychological side would limit the impact of these negative aspects to make him a person who has the ability to live with the members of society from its peers in the proper form, As the study in this area was not looking, Since none of the researchers or scholars specifically addressed this relationship between the three variables. The importance of research can be divided into two parts:

1. Theoretical side:

- A.Providing theoretical information that helps to avoid difficult situations.
- B.tsulait light on the role of psychological unity and its impact on the psychological state of people with diabetes.
- C.Determine the role and type of sleep disorders to reduce the psychological impact on the person with diabetes.

D. This research can be considered as a starting point for further studies and research in this field.

2. Applied side:

- A. Detection (psychological unit relationship with sleep disorders in patients with diabetes).
- B. Interest in psychological ways as roads therapeutic.

Third: Research Objectives:

The current research aims to answer the following questions:

1. Are there any differences between the scores of people with diabetes and non-infected for the sense of psychological loneliness?
2. Are there differences between the degrees of diabetes and the healthy for sleep disorders?
3. Is there a relational between the psychological feeling of loneliness and sleep disorders in people with diabetes relationship?
4. Are there statistically significant differences according to gender in people with diabetes for the sense of psychological loneliness?
5. Are there statistically significant differences depending on the gender variable in the patients Diabetes for sleep disorders?

Achieving the above objectives requires:

- a. Building a measure of psychological loneliness.
- b. Building measure of sleep disorders.

Fourth: Research limits:

The current search is limited to a sample of patients with both types of diabetes and medically diagnosed Of the Arab community (males and females) Residing in the city Olburk . Denmark, who are aged between 20 and less than 60 years.

Fifthly. Search terms:

1. Psychological unity:

Of social phenomena, which include everyone and that of its causes is the lack of a sense of security, Lack of association with others in childhood this leads the individual to withdraw and then the feeling of psychological loneliness.

And the psychological feeling of loneliness has two dimensions:

A. Psychological dimension

The individual with a sense of individuality and unity and it seems like the person worried and depressed.

B. The social dimension

It is the case of the individual's sense of isolation from others around him.

Procedural definition:

Is the degree to which the individual gets (Male Female) on the scale of psychological unity Prepared by the researcher in this research.

2. Sleep

Says the world of sleep William Moorcroft 1993 when our bodies are cumbersome and tiring we feel an urgent need to sleep we cannot resist it (Myers, 1998, p.214), some scientists believe that the reason for this is due to Accumulations of harmful substances in our bodies(Adenosine) Due to the daily vital activities .(Passer & Smith, 2001,P.195– 196).

3.sleep disorders

Variation in the needs of individuals to sleep some of them sleep too long from 9 to 10 hours at night, And others sleep a little, Who sleep less than 3 5 hours at night They are at risk of death by 15% Higher than people who sleep an average of 7 hours a night (Sadock & Sadock, 2003, P.766) And it has many effects on humans from the following areas:

A.Biologically

1. Have an impact on the immune system
2. The body-weary people are pale and tired
3. Cause an upset of appetite for food

B. Psychologically

1. Lead to arousal speed and the individual is depressed and lost the taste of life.
2. Affect the mood and thinking of the individual.
3. Cause cases of anxiety and excessive interest in things

Procedural definition

Is the degree to which the individual gets (Male Female) on the scale of sleep disorders prepared by the researcher.

4.Diabetes

It is one of psychosomatic diseases, a lieutenant disease of the high proportion of glucose in the blood Because of the total or partial deficiency of the hormone insulin, which leads to renal complications and retina, and arterial or nervous.

A.Medical definition

Conner knows him-- It is a chronic disorder in metabolism it is characterized by high blood sugar glucose Due to a total or partial deficiency in secretion of insulin (Conner, Hetal, 1984, P. 15)

B .Definition of the psychological

It is a physical disorder Psychological factors have contributed to an active role in the onset of its and in the development of the patient's condition (DSM.III, R, 1987) ‘ (Diagnostic and Statistical Manual of Mental Disorders)

6. The Arab community

It is a group of individuals (Male and female) Of Arab origin and residents in Denmark and exclusively in the city of Alborg.

The second chapter

Theoretical framework and previous studies

Firstly. Psychological unity:

The first variable is psychological unity that can be understood from two psychological and social aspects, psychologically, the person is lonely, depressed, and preoccupied Because of his sense of isolation and feeling emotional emptiness, And the overall feeling that was the result of the imbalance in the network of social relations that he enjoyed.

Psychological unit dimensions

- a. Emotional dimension
- b. Emotional dimension
- c. Social dimension

Second: Sleep

Sleep is the main part of the survival of organisms, including humans.

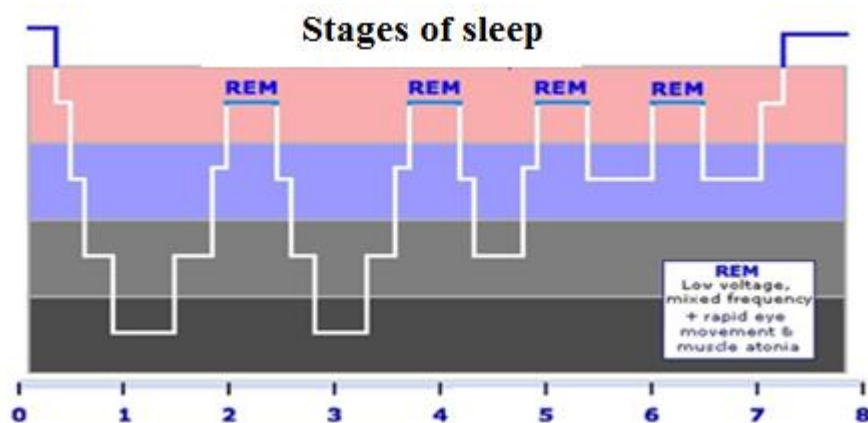
The benefits of natural sleep

- a. It maintains a balance between the state of activity in the brain and stop, and helps to activate memory.
- b. The disposal of toxic and harmful substances
- c. Helps in the process of integrating new experiences into an individual's personality
- d. Contribute to the thermal regulation and maintenance of the neural network
- e. Activate memory by connecting information between them .(Dale & F.2003 ,P:2239)
- f. Renewed vitality and get rid of fatigue (Rathus,2001,P.227)
- g. During which the damaged tissue is replaced in the body

h. Provides comfort to the body and saves the brain from stress

3. Stages of sleep

Must be studied from the stage of vigilance Where the electrical activity of the brain of the individual Electroencephalogram (EEG) In the form of small, fast vibrations of the alpha type, And electrical activity of eye movement (EOG) Electrooculogram In the case of irregular, The muscular electric registration shall be a high level of muscle tension, And when the person is ready to sleep here begins the first phase Where muscle tension is lower than it was previously in wakefulness, The electrical recording of the eyes movement more calm, And here the individual has entered the second stage It is the actual beginning of sleep, And after a few minutes, the electrical activity of the brain changes Its frequency is between 1, 4 cycles per second and is of delta type, And here the individual has moved to the third stage of sleep, And continue to become more than 50% of the registration time This indicates that the entry in the fourth stage, Electromyogram (EMG) Almost nonexistent, And the electrical activity of the brain is similar to its activity in the first phase A small and fast vibrations, While the electrical activity of the eyes becomes clear Activity similar to the rapid movement of the eyes, And here the individual has entered the first stage Sleep stages of rapid movements of the eyes and lasts several minutes Followed by more sleep in the second stage of the sleep movements of the eyes. Thus, the cycle returns from the beginning of the third and fourth stages For non-quick movements of the eyes and then two cycles of rapid movements of the eyes , And in sleep at night There are four to five cycles of sleep Take from 7 to 8 hours of sleep As in the scheme below



<http://faculty.washington.edu/chudler/sleep.html>

Third. Sleep disorders

(international classification of sleep disorders) ICSD

There are a range of features to these disorders according to this classification are

1. Difficulty determining the onset of sleep and wakefulness

2. Disparities in sleep times
3. Difficulty waking up at specified times or hours in the morning
4. Inability to wake up in early times. (Regenstein & Monk, 1995, P.604)

1. Types of sleep disorders .

A.Insomnia

It is either a difficulty in beginning to sleep or a difficulty in continuing, Suffered by more women than men suffer from it and also the elderly As well as those suffering from life stress(Halonen& Santrock, 1999, P.131)

B. Hypersomnia

Reverse insomnia disorder In which the number of hours of sleep per person is longer Higher than normal, And may happen to people temporarily or chronically

C.Sudden bouts of sleep disorder

This type of disorder in the daytime sleep shows, Sleep occurs to the individual even if standing or speaking, and becomes unable to move for a short period even after waking up, and this occurs due to malfunction in the neurotransmitters. (Halonen & Santrock, 1999, P. 132)

D. Restless legs syndrome

The description of the beginning of this case, 1945 By the Swedish World (Ekbohm), it is my sleep disorder characterized by severely abnormal with increased sensation and movement in the lower leg (foot), and this may lead to sleep disorder (Harkreder, 2000, P. 1142)

E.Sleep apnea

Temporary interruptions of breathing during sleep, And frequently occur in men at the age of 50 years. (Myers, 1998, P. 217)

F.parasomnia

Is a condition of the imbalance get during sleep Are characterized by unusual events and have negative effects reflected on the individual or his or her family members (Rutter et al, 1997, P.479)

Fourthly. Psychosomatic disorders

Between Ibn Sina (980-1037 AD) that there is a relationship between the body and the self, and the extent of their influence in the other (reciprocal relationship) This was practically demonstrated when he placed a small lamb and a wolf in one place Without reaching each other, noted that despite the good nutrition of pregnancy, He began to weaken until he died Because of his suffering from pressure and his constant fear.

Fifthly. Diabetes

It is one of the chronic diseases, and that the genetic factor represents the first side of the injury, another factor is obesity, and the side effects that represent a large and dangerous problem on the individual Such as damage to the retina which may lead to blindness, Kidney failure, and blood pressure, And diabetic foot which leads to amputation of the foot.

1. Types of diabetes

A. Basic Diabetes: This will be on two types

Type 1 (This is called diabetes disease children)

Type 2 (This type of sugar is called insulin-dependent)

B. Secondary diabetes

This disease is caused by the presence of hormones constantly obstruct the representation of starchy substances, or work to block the action of insulin hormone Such as growth hormones and adrenal glands hormones. (Lisa&Kristen Møller, 2009, p. 229)

Third Chapter

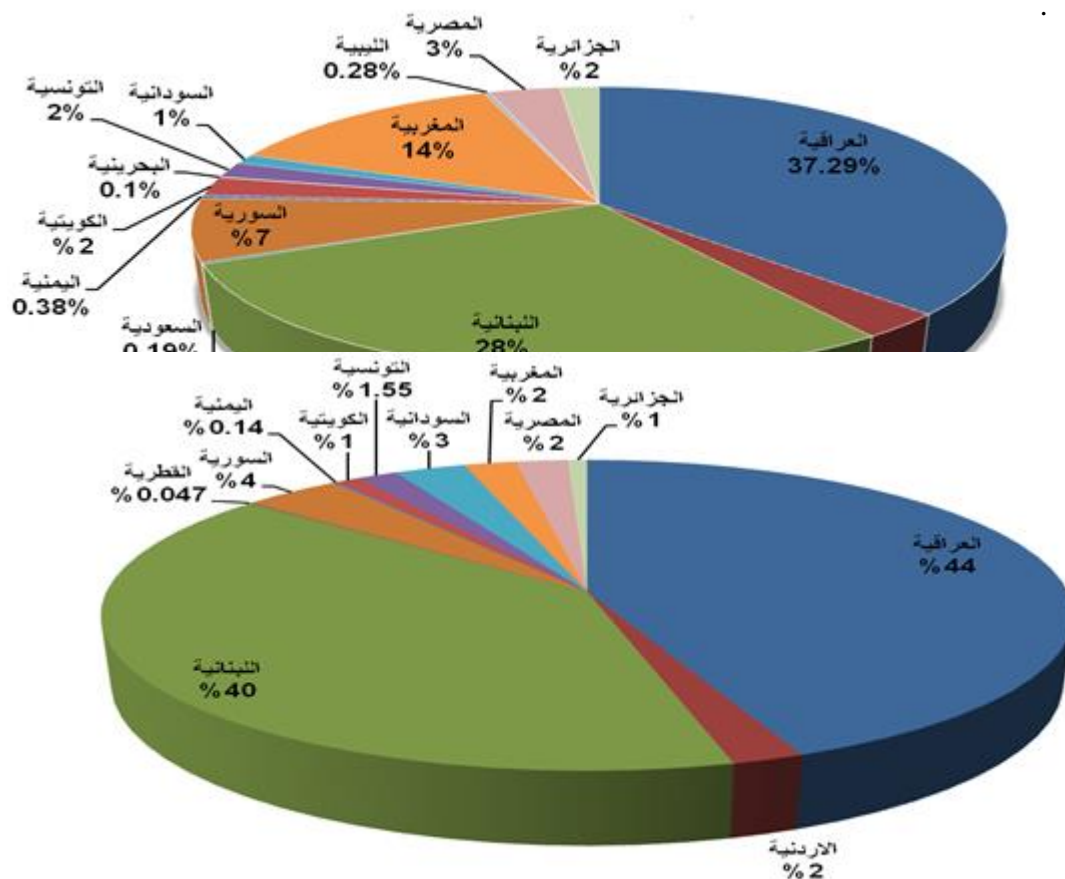
Methodology of research and procedures

First. The research methodology

Follow the descriptive approach because it is a curriculum that tries to detect the phenomenon to be studied by answering the problems that accompany this phenomenon.

Second. The research community

It represents members of the Arab community of male and female Residing in the city Olburk



The Arab community in Olburk

Third. The study sample

Current research sample group of people with diabetes both types and medically diagnosed and both sexes, Were selected by the intentional method Numbered 50 people, members of the Arab community Residing in the city Olburk in Denmark Males 25 and 25 females with diabetes

The research sample

Age groups			smoking	Case of injury		is working		Social status		number	Sex
60 - 51	50 - 36	35 - 20		Disease	heredity	Works	retired	Single	Married		
9	7	9	19	14	11	20	5	10	15	25	Males
9	8	8	9	12	13	17	8	11	14	25	Female

The equivalent sample

Age groups			smoking	is working		Social status		number	Sex
60 - 51	50 - 36	35 - 20		Works	retired	Single	Married		
9	7	9	20	21	4	11	14	25	Males
9	8	8	11	17	8	12	13	25	Female

Fourthly. Search tools

The researcher prepared a standards required
1. Psychometric unit of measurement

Dimensions of Psychometric Unit Scale

Paragraph numbers	Type dimension
30 , 29 , 28 , 27 , 21 , 16 , 10 , 4 , 3	Negative perception of self and lack of self-confidence
24 , 23 , 14 , 13 , 2	Social rejection
34 , 33 , 25 , 22 , 11 , 7 , 1	The inability to establish social relations
32 , 31 , 19 , 17 , 6 , 5	Lack of social communication
26 , 20 , 18 , 15 , 12 , 9 , 8	Social Aid

Correlation coefficients of paragraphs

Indicate at level	Value R	Paragraph number	Indicate at level	Value R	Paragraph number	Indicate at level	Value R	Paragraph number
0,01	0,512	25.	0,01	0,612	13.	0,01	0,459	1.
0,05	0,291	26.	0,05	0,293	14.	0,05	0,293	2.
0,01	0,374	27.	0,01	0,404	15.	0,01	0,322	3.
0,05	0,281	28.	0,01	0,332	16.	0,01	0,373	4.
0,01	0,348	29.	0,05	0,276	17.	0,01	0,412	5.
0,01	0,345	30.	0,01	0,344	18.	0,01	0,418	6.
0,05	0,277	31.	0,01	0,553	19.	0,01	0,429	7.
0,05	0,288	32.	0,05	0,287	20.	0,05	0,280,	8.
0,05	0,275	33.	0,01	0,682	21.	0,01	0,526	9.
0,01	0,759	34.	0,01	0,568	22.	0,01	0,480	10.
			0,05	0,277	23.	0,01	0,382	11.
			0,05	0,282	24.	0,01	0,544	12.

And to compare them at the level of 0.05, all correlation coefficients were statistically significant

Value T	Value R	Sequence	Value T	Value R	Sequence
3,06	0,344	18.	3,22	0,459	1.
6,42	0,553	19.	3,23	0,293	2.
3,04	0,287	20.	3,12	0,322	3.
7,10	0,682	21.	3,28	0,373	4.
6,20	0,568	22.	3,47	0,412	5.
3,25	0,277	23.	3,58	0,418	6.
2,56	0,282	24.	3,44	0,429	7.
6,70	0,512	25.	3,50	0,280	8.
3,39	0,291	26.	6,48	0,526	9.
3,97	0,374	27.	4,26	0,480	10.
2,98	0,281	28.	3,25	0,382	11.
3,49	0,348	29.	5,20	0,544	12.
3,30	0,345	30.	6,44	0,612	13.
3,26	0,277	31.	2,84	0,293	14.
3,13	0,288	32.	3,76	0,404	15.
2,86	0,275	33.	3,39	0,332	16.

7.

Correlation coefficients for each dimension in the psychological unit scale

Link coefficient value	Type dimension
0,384	With negative outlook and lack of self-confidence
0.309	Social rejection
0.483	The inability to establish social relations
0.349	Lack of social communication
0.373	Social Aid

2. Scale of sleep disorders .

A table showing the dimensions of each dimension of the sleep disturbance scale

Numbers Phrase	Number of Phrases	Type dimension	Sequence
10 ◊ 9 ◊ 8 ◊ 7 ◊ 6 ◊ 4 ◊ 3 ◊ 1	8	Insomnia disorder	.1
27 ◊ 15 ◊ 14 ◊ 13 ◊ 11 ◊ 5	6	Hyperactivity disorder	.2
33 ◊ 31 ◊ 29 ◊ 2 ◊ 18 ◊ 17	6	Sleep cycle rhythm disorder	.3
30 ◊ 28 ◊ 26 ◊ 19	4	Night nightmare disorder	.4
32 ◊ 23 ◊ 22 ◊ 21 ◊ 20 ◊ 16	6	Nighttime panic disorder	.5
34 ◊ 25 ◊ 24 ◊ 12	4	Trouble walking at night	.6

Correlation coefficients for paragraphs scale sleep disorders

Value R	Paragraph number	Value R	Paragraph number	Value R	Paragraph number	Value R	Paragraph number
0,283	28.	0,289	19.	0,307	10.	0,477	1.
0,670	29.	0,377	20.	0,279	11.	0,434	2.
0,346	30.	0,426	21.	0,480	12.	0,284	3.
0,278	31.	0,318	22.	0,284	13.	0,685	4.
0,384	32.	0,288	23.	0,400	14.	0,469	5.
0,679	33.	0,489	24.	0,486	15.	0,321	6.
0,293	34.	,0481	25.	0.691	16.	0,286	7.
		0,340	26.	0,295	17.	0,508	8.
		0,363	27.	0,354	18.	0,624	9.

The fourth chapter

Search results and discussion

Search Results and Discussion

The achievement of the basic goals of the search be by answering the following questions

1. Are there differences between the scores of people with diabetes and non-infected for the sense of psychological loneliness?

The existence of this variable (psychological unit) in the injured more than the healthy

2. Are there differences between the scores of people with diabetes and non-infected For sleep disorders?

The presence of sleep disorders in the infected more than in the healthy

3. Is there a correlation between psychological loneliness and sleep disorders In people with diabetes?

The great relationship between these two variables

4. Are there statistically significant differences depending on the gender variable in people with diabetes for feelings of psychological loneliness?

The presence of psychological unity in males more than females

5. Are there statistically significant differences depending on the gender variable In people with diabetes for sleep disorders?

The presence of sleep disorders in infected males more than in females

Conclusions:

1. Individuals with diabetes have a more sense of psychological loneliness Compared to non-infected.
2. The suffering of individuals with diabetes from sleep disorders more than the suffering of healthy individuals.
3. There is a positive correlation between the two variables of psychological loneliness and sleep disorders in the sample of people with diabetes.
4. Males are more sensitive to female psychological unity In the sample of people with diabetes.
5. Males are more prone to sleep disorders of the female sample of people with diabetes.

Recommendations

1. Opening cultural centers and guidance.
2. Open social centers concerned with the Arab family To solve problems.
3. Help the children of the Arab community to understand their problems in various fields.
4. Organizing seminars, lectures and other social activities.

5. Use some psychological treatment methods to break isolation collar.
6. Health awareness necessary to control the quality of nutrition.
7. Raising awareness and encouraging the practice of sports of all kinds, especially walking.

Proposals

1. Conduct a similar study on a sample in other Western countries, In order to know the existence of this relationship or not.
2. Conducting a study in the various Arab countries to study the relationship between sleep disorder and the psychological unity of people with diabetes.
3. To study the relationship between the variables of psychological unity and sleep disorder for people with physical mental illness.
4. Study of the relationship between stressful life events and depression in people with diabetes.
5. Studying the importance of social and psychological support in alleviating feelings of psychological loneliness.
6. Obesity and its relation to mental disorders.

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