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## **Navigating the Cancer Journey: The Dynamic Interplay of Existential, Relational, and Structural Factors Across the Illness Trajectory**

**Chandra Jyoti Sonowal**

*Tata Institute of Social Sciences, Mumbai, Maharashtra 400 709, India*

*E-mail: chunuda@yahoo.com*

**KEYWORDS** Cancer Adaptation. Coping Strategies. Dyadic Coping. Existential Distress. Financial Toxicity. Illness Trajectory

**ABSTRACT** A cancer diagnosis constitutes a profound biopsychosocial crisis. This systematic narrative review synthesises psycho-oncological literature to propose the Dynamic Socio-Existential (DSE) Model, an integrative framework addressing a critical gap in understanding psychological adaptation. The findings reveal that adaptation is a non-linear, dynamic process shaped by the continuous interplay of three systems, namely, the existential (internal meaning-making), the relational (interpersonal support), and the structural (cultural and economic context). Crucially, the nature of this interplay evolves across the illness trajectory. The study concludes that effective support must be phase-specific and multifocal, simultaneously targeting existential distress, relational dynamics, and structural barriers to significantly enhance patient well-being.