

Study to Assess the Practice Regarding Diabetes Self-Care Activities in Adults

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Abstract: The disease burden related to diabetes is high and rising in every country, fueled by the global rise in the prevalence of obesity and unhealthy lifestyles. The latest estimates show a global prevalence 382 million people with diabetes in 2013, expected to rise to 592 million by 2035. Research approach- quantitative approach was used with 100 sample. Convenient sampling technique was used. A structured questionnaire was prepared to assess the practice regarding diabetes self-care activities in adults. It was found that about 60% (30) of adults had moderate practice, whereas 30% (15) of adults had adequate practice and 10% (5) of adults had inadequate practice regarding diabetes self-care activities in urban areas. It was found that about 50% (25) of adults had moderate practice, whereas 30% (15) of adults had inadequate practice and 20% (10) of adults had adequate practice regarding diabetes self-care activities in rural areas.

Key Words: - *Diabetes, Adults, Rural, Urban.*

I. INTRODUCTION

Globally diabetes is the top priority chronic disease. Diabetes is growing at alarming rate all over the world particularly in India. Every diabetic must realize that his help is in his own hand and depend through the understanding of its treatment and care and persistent effort with which he can be out of danger. Globally diabetes has established as a proto typical chronic disease that has affected 347 million people diabetes with a global prevalence of 8.3%, around the world leading to approximately 9.8 million deaths every year. The prevalence of diabetes is varying the population region in the WHO stated that the incidence of DM appears to increasing about 6% per year and it is predicted that the greatest no. of diabetic individual in the world by the year 2030 would be 9.40 million and death have increased by 35%. India has 32 million diabetic patients in the year 2000 and this would increase to 80 million by the year 2030. In 2040 international diabetic federation estimated that diabetes result in 4.9 million deaths annually. Diabetes is a disease which an individual can manage by himself or herself at home by self-care and by having some modification in their lifestyle. A self-care is very important for the diabetic person. Evidence show that the individual with the diabetic history often have inadequate /inappropriate knowledge on the nature / characteristics, risk factor that are responsible for the diabetes and associated complication with the diabetes. Self-care require clear, relevant and effective information, knowledge and instruction regarding the diabetes which help in treating and controlling the diabetes from the health care provider. Increasing

prevalence of diabetes in India is resulting in an epidemiological transition. The care of the people with diabetes is traditionally seen as doctor centered, but the concept of self-care of people with diabetes is a domain and is proven beneficial.

II. NEED FOR THE STUDY

Today's greatest world wise problem is diabetes mellitus. Which is a challenge for healthy professional there is no effective cure for all the age groups was estimated to be 2.85% in 2013 and this number is likely to increase to 4.4% in 2030. Diabetes mellitus is an endocrine disorder characterized by hyperglycemia that is high blood sugar level. This is caused due to a relative or absolute insulin deficiency. A hormone produces by the pancreas lack of insulin either relation or absolute affect metabolism or breaking down of carbohydrates protein, fat, water and electrolyte leading to a glucose in the blood. Diabetes mellitus is the sweetest vesting carbohydrates metabolism. It is a story which contain useful stimulating lesson as well as many regrets of individual life. This disease recognized as a "honeymoon". Every diabetes must realize that his health is his own hand & it depends on through understanding of its treatment & care % & persistence efforts with which he can be out of danger. The hospital and the professional nurse are the key person to direct the health care activities if such patient who can develops thesis own activities to lead a good & healthy awareness of the disease. Diabetes is growing at an alarming rate all over the world

particularly in India. It is estimated that these are currently 25 million diabetic patients in India.

III. METHODOLOGY

Research approach- quantitative approach with 100 sample. convenient sampling technique was used. A structured questionnaire was prepared to assess the practice regarding diabetes self-care activities in adults.

Section A: structured knowledge questionnaire to assess the demographic data of adults such as age, sex, education qualification in, Haryana.

Section B: check list to assess the practice regarding diabetes self-care activities.

- An informed consent was obtained from adults after proper explanation about the purpose and usefulness of the study.
- Participation on voluntary basis.
- Confidentiality and anonymity was maintained.

IV. RESULTS AND DISCUSSION

SECTION A – Description of sample according to demographic characteristics by frequency and percentage.

Table 1.a - Frequency and percentage distribution of demographic profile of adults with respect to Age.

S.No.	Demographic Variable	Character	f	%
1.	AGE	18 – 30 Year	13	13
2.		31 - 45 Year	36	36
3.		45 – 55 Year	51	51

The above table represents the age distribution of adults who have participated in the study. 51% (51) adults were in the age group of 46-55 years, 36% (36) adults were found in the age group of 31-45 years and 13% (13) adults were found in the age group of 18-30 years. The maximum participant in the research study was from the age group of 46-55 years.

Table 1.b-Frequency and percentage distribution of demographic profile of adults with respect to Gender.

S.No.	Demographic Variable	Character	f	%
1.	GENDER	Male	55	55
2.		Female	45	45
3.		Others	00	00

The above table represents the Gender distribution of adults who have participated in the study. 55% (55) adults was Male and remaining 45% (45) adults was female and No Adult found in other Gender Group. The maximum participant in the research study was from Male Gender Group.

Table.1.C - Frequency and percentage distribution of demographic profile of adults with respect to Education.

S. No.	Demographic Variable	Character	f	%
1.	EDUCATION	Primary Education	23	23
2.		Under-Graduate	31	31
3.		Graduate	43	43
4.		Post-Graduate	03	03

The above table represents the Education distribution of adults who have participated in the study. 43% (43) adults were Graduate, 23% (23) adults had primary education, 31% (31) adults were under-graduate, and 3% (3) of the adults were post-graduate. The maximum participant in the research study was from Graduate group.

Section B - Assessing the level of Practice regarding diabetes self-care activities among adults in Urban and Rural areas

The below table.2. a shows the overall practice of adults regarding diabetes self-care activities in urban area. About 60% of adults had moderate practice, whereas 30% of adults had adequate practice while 10% of adults had inadequate practice regarding diabetes self-care activities.

Table – 2. a. The practice level of adults regarding diabetes self-care activities in Urban area.

S.No.	Level of Practice	<i>f</i>	%
1.	Inadequate Practice	05	10
2.	Moderate Practice	30	60
3.	Adequate Practice	15	30

Table – 2.b. The practice level of adults regarding self-care management of diabetes in rural area.

S.No.	Level of Practice	<i>f</i>	%
1.	Inadequate Practice	15	30
2.	Moderate Practice	25	50
3.	Adequate Practice	10	20

The above table 2.b shows the overall practice of adults regarding diabetes self-care activities in rural area. About 50% of adults had moderate practice, whereas 30% of adults had inadequate practice while 20% of adults had adequate practice regarding diabetes self-care activities.

V. CONCLUSION

The following conclusions were drawn from the following findings of the study. While the samples were taken for the study the samples had moderate knowledge and practice regarding diabetes self-care activities. So it was assessing that, the adults in Urban Area have moderate knowledge and practice regarding diabetes self-care activities and there is a need to improve knowledge and practice among Rural Area.

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