

EFFECTIVENESS OF COGNITIVE BEHAVIOUR THERAPY ON PHYSICAL WELLBEING AMONG TYPE 2 DIABETES MELLITUS PATIENTS

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ABSTRACT

The study aims to find the Effectiveness of Cognitive Behaviour Therapy on physical wellbeing among Type 2 Diabetes Mellitus Patients. 61 samples were selected on the basis of Purposive sampling from Kottayam District in the state of Kerala. Because Kerala is the Diabetes capital of India. The patients with Type 2 diabetes mellitus (T2DM) with clinical depression were collected from 2 hospitals in Kottayam district. Standardised closed end questionnaire WHO Well Being Measurement tool's subscale Physical wellbeing was used as tool for the current study. The data analyzed using mean, standard deviation and t test and the researcher came to the conclusions that about 70% type 2 diabetes mellitus patients experience severely risky physical wellbeing and females show slightly higher levels of physical well-being than males. Cognitive behaviour therapy helped to bring the type 2 diabetes mellitus patients experienced seriously risky and at risky physical wellbeing to good physical wellbeing level and those experienced good physical wellbeing reached to outstanding level of physical wellbeing.

KEYWORDS: *Cognitive Behaviour Therapy, Physical Wellbeing, Type 2 Diabetes Mellitus Patients & Kerala*

Received: Jun 01, 2022; **Accepted:** Jun 20, 2022; **Published:** Jul 11, 2022; **Paper Id.:** IJMPSDEC20223