A DESCRIPTIVE STUDY TO ASSESS KNOWLEDGE, ATTITUDE AND BEHAVIOUR REGARDING SELF CARE PRACTICES AMONG PATIENTS WITH DIABETES MELLITUS AT SELECTED RURAL AREA, KANCHIPURAM DISTRICT, TAMIL NADU.

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ABSTRACT

Background: Self care in diabetes has been defined as an evolutionary process of development of knowledge or awareness by learning to survive with the complex nature of the diabetes in social context. There are seven essential self care behaviours in people with diabetes which predict good outcomes. They are healthy eating, being physically active, monitoring of blood sugar complaint with medications, good problem solving skills, healthy coping skills and risk reduction behaviour.

Objectives: To asses knowledge, attitude and behavior regarding self care practices among patient with diabetes mellitus.

Methods and Material: A descriptive study was under taken to assess the knowledge, attitude, behavior regarding self care practice on diabetic mellitus. The study was conducted at kundrathur, Chennai. A sample 50 diabetic patients was selected between 20-60yrs of age using non probability convenient sampling technique. Data was collected using structured interview questionnaires.

Results: The findings of the study showed that 52% of diabetics had moderately adequate knowledge, 68% had fair attitude and 68% had average practice. There was a significant association between level of knowledge, attitude and practice with the selected demographic variables. So the research hypothesis was accepted

Conclusion: The findings of the study reveals that the diabetic patients need to improve their knowledge, attitude and practice regarding their self care activities.

KEYWORDS: Diabetes Mellitus, Self Care Activities, Knowledge, Attitude, Practice

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INTRODUCTION

Diabetes mellitus (or) simply diabetes is a group of metabolic diseases in which a person has high blood sugar. Either because the pancreas does not produce enough insulin (or) becase cells do not respond to the insulin that is produced. Adequate treatment of diabetes and life style modification is important to manage diabetes mellitus. Self care activities such as exercise, medication, diet, foot care, life style modification, prevention of complication are used to maintain normal blood glucose level. Self care in diabetes has been defined as an evolutionary process of development of knowledge or awareness by learning to survive with the complex nature of
the diabetes in social context. Diabetes is fast gaining the status of a potential epidemic in India with more than 62 million diabetic individuals currently diagnosed with the disease. India currently faces an uncertain future in relation to the potential burden that diabetes may impose upon the country. The level of morbidity and mortality due to diabetes and its potential complications are enormous, and pose significant healthcare burdens on both families and society. Worryingly, diabetes is now being shown to be associated with a spectrum of complications and to be occurring at a relatively younger age within the country.

Although the care regimen is complex, patients with good diabetes self-care behaviors can attain excellent glycemic control. However, many patients do not achieve good glycemic control and continue to suffer health problems as a result. Thus the investigator felt the need to assess the knowledge, attitude and behaviour regarding self care practices among patient with diabetes mellitus. This could help to plan future interventions to improve the self care practice among patient with diabetes mellitus.

**Statement of the Problem**

A descriptive study to asses knowledge, attitude and behavior regarding self care practices among patient with diabetes mellitus in selected rural area, Chennai.

**OBJECTIVES OF THE STUDY**

- To assess the existing level of knowledge, attitude and behavior on self care practices among patient with diabetes mellitus.
- To associate the selected demographic variables with knowledge, attitude and behavior on self care practices among patient with diabetes mellitus.

**MATERIALS AND METHODS**

The research design used for this study was descriptive design. The study was conducted in kundrathur village among diabetes mellitus patient above 18 years of age. Sample size of the study was 50 patients with diabetes mellitus.

**Description of the Tool:** The tool used was a structured questionnaire.

- **Part – I Deragraphic variables:** The demographic variable are in relation to persons age, sex, education, occupation, income, family history, personal history.

- **Part – II Section I** – Structured knowledge questionnaire - It consisted of 31 multiple choice questions. Each questions has 3 options. One right answer and 2 wrong answer. Right answer was given a score of 1 and wrong answer 0.

- **Section II** – Attitude Questionnaire- It consisted of 10 statements to measure the attitude of the subject regarding diabetes mellitus and its self care practice.

- **Section III** – Behaviour Questionnaire- Practice check list was used to assess the self care behaviour on Diabetes mellitus. It consisted of ten practice statement. Each right answer score 1 mark maximum score 15.

**Protection of Human Rights**

Permission was obtained from the IERB of the concerned institution. Oral content was obtained from each individual before the session. Through out the process of data collection confidentiality was ensured through the privacy.
Plan for Data Analysis:

The data was collected, compiled and tabulated to analysis study findings. Descriptive and inferential statistics were used to analysis the study findings.

RESULTS AND DISCUSSIONS

Distribution of demographic variables of patients with Diabetes Mellitus (n=50): 37 (74%) of samples are under the age group of 46 -60 years, 33(66%) of them are females, 28(56%) of them educated upto primary school. 32(64%) of them works as cooly, 34(68%) of them family income is < 5100. 22(44%) people have diabetes mellitus during 2- 3 years. 35(70%) of theme have no family history of diaetes mellitus. 22 (44%) of them exposure to source of information regarding diabetes mellitus through mass media. 13(26%) of them have the complications of diabetes mellitus such as retinopathy.

Categorization of Knowledge, Attitude and Behaviour Scores of Patients with Diabetes Mellitus

![Figure 1: Distribution of Knowledge Score](image1)

![Figure 2: Distribution of Attitude Score](image2)
26 (52%) of them had moderately adequate knowledge on diabetes mellitus, 34 (68%) of them having fair attitude on diabetes mellitus had 34 (68%) of them had moderate practice on diabetes mellitus.

Table 1: Mean, Range and Standard Deviation of Knowledge, Attitude and Behaviour of the Patients with Diabetes Mellitus Regarding Self Care Activities (n=50)

<table>
<thead>
<tr>
<th>Categories</th>
<th>Mean</th>
<th>Range</th>
<th>Standard Deviation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Knowledge</td>
<td>19.74</td>
<td>9-29</td>
<td>4.74</td>
</tr>
<tr>
<td>Attitude</td>
<td>24.62</td>
<td>10-33</td>
<td>5.27</td>
</tr>
<tr>
<td>Practices</td>
<td>9.84</td>
<td>6-15</td>
<td>1.9</td>
</tr>
</tbody>
</table>

Association of Selected Demographic Variables with the Knowledge, Attitude and Behaviour of Patients with Diabetes Mellitus Regarding Self Care Activities

There is no significant association between level of knowledge, attitude and behaviour scores with selected demographic variables of patient with diabetes mellitus on self care practice at p<0.05.

Implications of the Study

Nursing Practice

- To give a health education and awareness programme regarding self care activities among diabetes patients.

Nursing Education

- The nursing curriculum for community health needs to be strengthened to enable them to know about the compliance and its importance.
- The nursing education has to provide an opportunity for the student to learn the complications of DM which tends to occur by means of poor self care of patients.

Nursing Research

- This study could be a baseline for future studies.
- Extensive research must be conducted in this area to indentify the self care demands & needs among the DM patients.
Nursing Administration

- The nurse administrator must take an initiative to strengthen the treatment and follow up protocols for patients with diabetes at community

- The nurse administrator can arrange awareness programme on self care practice regarding DM.

RECOMMENDATIONS

A Similar study can be conducted for a larger group.

A similar study can be conducted to find out the effectiveness of education programme.

REFERENCES


