A STUDY OF PATIENTS WITH DIABETES TO DETERMINE THEIR ADHERENCE TO THE DIABETIC REGIMEN AND THEIR LOCUS OF CONTROL.

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INTRODUCTION

Diabetes mellitus is a chronic disorder requiring medical and lifestyle care for a long period of time. For people who have treated their diseases individually and/or with families for more than 95 percent of their lives, this lifelong need to control diabetes is complex and overwhelming. Diabetes people must obey their meal plans daily in order to lose weight if they are overweight or obese; they should be physically active; they should be checking blood blood blood glucose levels regularly; they should take care of daily feet; they should avoid using smoking if they are current smokers.. Descriptive correlational design was used to conduct the study. This study was conducted in the diabetology OPD of Govt. Hospital, Kolar; 50 male and 50 female patients with diabetes were taken as samples and questionnaires and checklists were given for collecting the data.

METHODOLOGY

A descriptive correlational design was adopted for this study .Bandura's Social Cognitive theory was the conceptual model used for the study. The model deals with the personal, environmental factors and the behavior adopted by the individual. The tool used in this study was modified Diabetes Locus of Control Scale to assess the internal, chance and powerful others locus of control and Diabetes Self Care Activities Scale to assess the adherence to the diabetic regimen. The reliability of the tool was found to be r=0.95, 0.78, 0.77 and 0.87 for internal, chance and powerful others locus of control scale and Diabetes Self Care Activities Scale respectively. The content validity of the tool was established by giving to five experts. The pilot study was conducted in Govt. Hospital, Kolar. The samples were five males and five females with diabetes attended the Diabetology OPD of the hospital. The samples for this study were 50 male and 50 female patients with diabetes attended the Diabetology OPD of the Govt. Hospital, Kolar. Sampling technique used was convenient sampling. Data collection period was for six weeks. Questionnaire and check lists were used for data collection. Data gathered was analyzed after tabulation using descriptive and inferential statistics

RESULTS

Based on age, majority of the males were in the age groups of 41-50 years and 51- 60 years (32% and 32% respectively) whereas majority of the female samples (34%) were in the age group of 51-60 years. 28% of females belongs to the age group of 61-70 years. 2. Regarding the educational status of the clients, most of the males (54%) and females (46%) had primary education, 36% of males and 24% females had completed upper primary education. 3. With regard to occupation 66% of the males were employed and 34% were unemployed while 56% of females were unemployed and 46% were employed. 4. Regarding the type of diabetes, 100% of males and 98% females had type 2 diabetes mellitus and 1% female had type I diabetes mellitus. 5. Regarding the duration of diabetes among the sample population, 32% males had diabetes for 1-3 years and 32% males had diabetes for 4-7 years whereas 32% females had diabetes for 4-7 years. Only 24% males and 18% females had diabetes for more than 7 years. 6. With regard to internal locus of control, 96% males and 92% females had good internal locus of control. None of the samples had poor internal locus of control. 7. Regarding chance locus of control, 46% males had poor chance locus of control and 48% females had moderate chance locus of control. 8. Regarding powerful others locus of control, 82% males and 74% females had moderate powerful locus of control. 90 9. Regarding the level of adherence of male and female diabetic clients to the diabetic regimen, 54% males and 56% females had moderate level of adherence. 34% males and 38% females had poor level of adherence. Only 12% males and 6% females had good level of adherence to the diabetic regimen. 10. Regarding internal locus of control, males had the mean score of 34.32 and females had a mean score of 30.44. With regard to chance locus of control, the males had the mean score of 17.24 and females had a mean score of 20.62. Regarding powerful others locus of control, males had the mean score of 24.02 and females had a mean

score of 24.78. Comparing with males, females had high chance locus of control where as males had high internal locus of control. No significant difference among males and females for powerful others locus of control 11. With regard to adherence to diabetic regimen, males had the mean score of 44.78 and females had a mean score of 48.66. ie. Females had higher level of adherence than males. 12. Male patients with diabetes had statistically significant relationship between internal locus of control and adherence to diabetic regimen. The obtained 'r' value was 0.57. For chance and powerful others locus of control male patients had no statistically significant correlation with adherence to diabetic regimen. The obtained 'r' value were -0.46 and -0.33 respectively. 13. Female patients with diabetes had no statistically significant correlation between internal, chance and powerful others locus of control with adherence to diabetic regimen. The obtained 'r' value were -0.37,-0.27 and -0.22 respectively. 91 14. There was an association found between internal locus of control and chance locus of control of female patients with diabetes and age, education and duration of diabetes. 15. There was an association found between powerful others locus of control of female patients with diabetes with age and duration of diabetes. 16. There was an association found between internal locus of control of diabetic male patients with age and education. 17. There was an association between chance locus of control and age, education and duration of diabetes among male patients with diabetes. 18. There was an association found between powerful others locus of control of male patients having diabetes with age and duration of diabetes. 19. There is an association between level of adherence to diabetic regimen among male patients with diabetes and age, education and duration of diabetes. 20. There is an association between level of adherence to diabetic regimen among female patients with diabetes and education and duration of diabetes

CONCLUSION

The study concluded that It's high time for nurses to formulate strategies to improve adherence to diabetic regimen among patients with diabetes to prevent the complications and to improve the health status of the patients.

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