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## Knowledge And Attitude Of Diabetes Among Diabetic Patient In An Urban Area.

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### ABSTRACT

India harbours the largest number of diabetic patients in the world. Inadequate knowledge leading to poor awareness and practices has direct influence among diabetic population. Preventive strategies need to be formulated based on factors contributing to the development and progression of diabetes. The current study focuses to assess the knowledge, attitude and practices regarding prevention and control of diabetes mellitus among patients attending tertiary care centre. Hospital based cross sectional study among 300 diabetic patients between 35-65 years were undertaken. From the study the knowledge and positive attitude is more than 70% but the practice percentage was only around 56% which is inadequate. Adequate amount knowledge and attitude regarding diabetes persist followed by poor practising skill.

**Keywords:** Knowledge; attitude; diabetes mellitus.

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## INTRODUCTION

About 171 million people in the world live with diabetes in the year 2000 and this is projected to increase to 366 million by 2030 [1]. It is likely to be more in developing countries like India due to unplanned and rapid Urbanisation [8, 9].

Diabetes is a condition primarily defined by the level of hyperglycemia giving rise to risk of Microvascular damage (Retinopathy, Nephropathy and Neuropathy). It is associated with Reduced Life Expectancy, Significant morbidity due to specific diabetes microvascular complications, increased risk of Macrovascular complications (ischemic heart disease, stroke and peripheral vascular disease), and diminished quality of life.

In developing countries, the majority of people with diabetes are in the 35-65 years age group. The current study focus on diabetic population between 35 to 65 years. Knowledge and adequate practice of life style modification plays a vital role in cessation and prevention of diabetes [2-10].

This overall reduces the global health burden caused by the disease. Therefore, the present study to assess the knowledge, attitude and practice of diabetic patients to promote a better health system.

### Objectives

- To determine the prevalence of knowledge, attitude and practice of diabetes Mellitus among the study population.

## MATERIALS AND METHOD

**Type of study** : Descriptive study

**Study design** : Cross sectional study in urban field practicing area

**Study population** : Known case of Diabetes mellitus patients aged between 35 to 65 years attending Thoothukudi medical college Hospital

**Sampling method** : Convenient sampling

**Informed consent** :An informed consent in the local language (Tamil) obtained from the study participant before administering the questionnaire.

Tool for data collection: a structured questionnaire prepared based on the literature review.

**Inclusion criteria:** diabetic person between 35 to 65 years of age with nil complication

**Exclusion criteria:** Diabetic People below 35 and above 65 years. People who are not willing for the study.

Duration: 2 months.

**Data collection method:** the purpose of the study will be well explained to the study participant and after obtaining the consent, a structured questionnaire is administered and data obtained by face to face interview method.

**Data compilation and analysis:** Data entry and analysis was done using statistical package for social science (SPSS) version 21 software. Descriptive statistics were calculated.

## RESULTS

Among the total study participant majority 54.6% were female and 44.6% were male. Almost 52% of the participants were diabetic for a duration of 10 years, about 81% of the participants were aware regarding how to check their blood glucose level and 67% were aware of the fact that diabetes

causes eye problem. 66.2% of the participant were aware that diabetes runs in families.82% have the knowledge that the regular exercise will control diabetes.88% knew that diabetes being controlled by proper diet plan.53% are aware of the risk of smoking in diabetes,66% of the participant's has the attitude that diabetes in a serious disease. Among the participants 55.6% feel depressed of having diabetes, 55% of the participants are frustrated to make lifestyle modifications. 87% of the participants believe that taking medications for diabetes mellitus is necessary. Among the participants 54% believe that diabetes mellitus affected their productivity of life. 51.6% of the participants visiting the physician for follow up or visit monthly once. Among the participants 61% maintain ideal weight. 62% of the participants follows fairly regulated meal time. Among the participants 41.3% doing exercise regularly. Only 5.33% had the habit of smoking after diabetes.

7.6% have the habit of alcohol intake after diagnosed diabetes. 65% of the participants take care on their foot.

### Assessment Of Knowledge, Attitude And Practice

Among the seven questions asked to assess their knowledge if five or more answers were yes, then they are considered to have adequate knowledge about diabetes mellitus.

Criteria For	Knowledge	N=300
SATISFIED	NOTSATISFIED	PERCENTAGE OF CRITERIA SATISFIED
234	66	78%

If the answers for feeling emotional or depressed, being frustrated to make lifestyle modifications are NO and feeling the necessity to take medications for diabetes is YES, it shows that they have positive attitude towards diabetes mellitus.

Criteria For	Knowledge	N=300
SATISFIED	NOTSATISFIED	PERCENTAGE OF CRITERIA SATISFIED
213	87	71.1%

If the participants answer YES regarding the questions about ideal weight, having food at fairly meal time, exercise regularly, taking proper foot care then they have a good lifestyle practice.

Criteria For	Knowledge	N=300
SATISFIED	NOTSATISFIED	PERCENTAGE OF CRITERIA SATISFIED
168	132	56.1%

Percentage of participants having fairly regulated meal time = 62%

Percentage of participants doing regular exercise =41.1%

Percentage of participants taking foot care = 65%

### DISCUSSION

In a similar study conducted in a Bijapur, Karnataka it has been stated that the knowledge and attitude is good but the practice are not up to the desired level. From the study we observe that more emphasize should be given on people's practice on exercise, having fairly regulated meal time and taking proper foot care. The findings from this study help us to know the areas to improve awareness on diabetes mellitus and its risk factors.

From the study, majority of the participants were having diabetes mellitus for a period of less than 10 years whereas in the another similar KAP STUDY in Sourashtra region, Gujarat were having an average duration of 8.2 years between 50-59 years. Since many of our participants were female, questions regarding practice of smoking and alcohol consumption has little significance, since many of the answers were not applicable.

According to a KAP study among diabetic patients in tertiary eye care centre, in Vellore in 2017 they had 42% of good knowledge about diabetes compared to our study, the current study shows 78% of knowledge, here by there is an increase awareness about diabetes among the study participant [11].

According to similar KAP study in Bijapur [3], a rural area, people who were involved in regular exercise were only 20% whereas in current study it is 41.3% which shows better practice.

### CONCLUSION

With nearly more than 70% of the population having adequate knowledge and attitude about diabetes mellitus and its risk factors, the same cannot be said about their practice. Hence to ensure good self-care among diabetic population emphasis on precise and adequate amount information, education with appropriate communication skill is essential.

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