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A study to find the correlation between knowledge and perception regarding diabetes mellitus and its management among diabetic and non- diabetic population seeking treatment in selected hospitals in Udupi Taluk, Karnataka, India

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"ABSTRACT

The research study entitled "A study to find the correlation between knowledge and perception regarding diabetes mellitus and its management among diabetic and non-diabetic population seeking treatment in selected hospitals in Udupi Taluk, Karnataka, India in a view to develop an information leaflet about realities of diabetes mellitus." was conducted by Ms. Tandra Kabiraj, in partial fulfilment for the degree of Master of Science in Nursing at Manipal College of Nursing Manipal, Udupi District, Karnataka.

The purpose of the study was to enhance awareness about the facts and realities about diabetes mellitus and dispelling wrong perceptions which will contribute to better treatment adherence and in a little way it could contribute to decrease non-communicable disease burden in India.

The objectives of the study were to assess the knowledge and perception regarding diabetes mellitus and its management among diabetic and non-diabetic population seeking treatment in hospitals, compare the knowledge and perception regarding diabetes mellitus and its management and find the relationship between knowledge and perception regarding diabetes mellitus and its management among diabetic and non-diabetic population followed by development of an information leaflet focusing on diabetes mellitus facts and dispelling wrong perceptions about diabetes mellitus and its management.

Data were obtained using demographic proforma, a structured knowledge questionnaire and a Likert scale on perception regarding diabetes mellitus and its management. The analysis of the data was done using SPSS (Statistical Package for the Social Sciences) 16.0 version by using descriptive and inferential statistics. The study findings revealed that 54 (54%) participants from the diabetic population and 50 (50%) from the non-diabetic population belong to the age group of 41-60 years. Most of the participants were males, 90 (90%) in the diabetic population and 64 (64.0%) in non-diabetic population. Out of all participants, majority 83 (83%) from the diabetic and 80 (80%) from the non-diabetic group were Hindu by religion. Majority of the participants were from low socioeconomic status in both the groups, that is, a total of 45 (45%) participants from the diabetic population and 41 (41%) were from non-diabetic population. Among diabetic participants, majority 82 (82%) of the participants were having diabetes mellitus within 10 years of duration.

The study findings further revealed that the majority of the diabetic population had average knowledge scores 39 (39%) and majority of the non-diabetic 40 (40%) had poor knowledge scores regarding diabetes mellitus and its management. The mean knowledge score was 14.220 with standard deviation of 3.264 and there was no significant difference in the perception scores of diabetic and non-diabetic population. Pearson Correlation Coefficient on knowledge regarding diabetes mellitus and its management was significantly related to perception regarding diabetes mellitus and its management ($r = 0.658$, $p < 0.001$). Thus, it was interpreted that as knowledge increases, the right perception also improves.

Based on the findings leaflet was prepared emphasizing to dispel the wrong perception regarding diabetes and its management. Considering present status of diabetic population in India, it is very essential to have continuous awareness programs regarding diabetes and its management in health care services as well as in community setting in order to bridge the gap of knowledge and preventive strategies and also to motivate the diabetic as well as non-diabetic population to follow the preventive strategies.

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