

Manipal Academy of Higher Education

**Impressions@MAHE**

---

Manipal College of Nursing, Manipal Theses  
and Dissertations

MAHE Student Work

---

Winter 8-1-2018

**A study to assess the awareness of Gestational diabetes mellitus and identify compliance to management among Gestational Diabetes mellitus in selected hospital of Manipal Academy of Higher Education, Udupi District, Karnataka.**

MEENA KONSAM

Follow this and additional works at: <https://impressions.manipal.edu/mcon>



Part of the [Nursing Commons](#)

---

## "ABSTRACT

A research study titled, "A study to assess the awareness of Gestational Diabetes Mellitus (GDM) and identify compliance to management among pregnant women with GDM in selected hospital of Manipal Academy of Higher Education (MAHE), Udupi District, Karnataka".

The study objectives were to assess the awareness of GDM, identify the compliance to management and find the association between knowledge and compliance to management among pregnant women with GDM who were visiting the antenatal clinics of the selected hospital.

The conceptual framework for the study was based on the Irwin M. Rosenstock's Health Belief Model (HBM). A quantitative research approach and a cross-sectional survey design were adopted for the research study. The study sample was pregnant women above 20 weeks of gestation with GDM who met the inclusion criteria by using non-probability purposive sampling technique.

Administrative permission was obtained from the Dean of MCON, MAHE, Manipal and Head of Department and Unit heads, Department of Obstetrics and Gynaecology, Kasturba Hospital, Manipal. Ethical clearance was obtained from the Institutional Research Committee, Manipal College of Nursing, Manipal and Institutional Ethical Committee Kasturba Hospital, Manipal (IEC No. 761/2017).

Data were collected using demographic proforma, structured knowledge questionnaire on GDM and Likert scale on compliance to management among 250 pregnant women with GDM. The content validity of the tools were established and modifications were made based on experts suggestions. All the three tools were pretested and reliability was established. The reliability of the structured knowledge questionnaire on GDM ( $r=0.95$ ) and 5 point Likert scale on compliance to management of GDM ( $r=0.70$ ) were analysed by using a split half method and Cronbach's alpha. Thus both the tools were reliable. The pilot study was conducted among 25 pregnant women with GDM and was found to be feasible.

The data were analyzed using the SPSS version 16.0 by using descriptive and inferential statistics. The study findings revealed that 76 (30.4%) women had a family history of Diabetes Mellitus. The present study also found that majority of the women 122 (48.8%) had average knowledge, whereas, 105 (42%) had good knowledge and 23 (9%) had poor knowledge about GDM and 154 (62%) of the pregnant women had good compliance to management on GDM and 96 (38%) had poor compliance to management on GDM that includes diet, medication, physical activities etc. The present study revealed that there was significant association between knowledge and compliance to management of GDM ( $p<.05$ ).

Since majority of the pregnant women had average knowledge and good compliance toward management of GDM. The study concludes that as knowledge improves compliance to

management also increase. Hence, knowledge of GDM plays an important role in understanding compliance to management among pregnant women with GDM.

Key words: Pregnant women, Gestational Diabetes Mellitus (GDM), knowledge, awareness, compliance, management.

"