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Anxiety among Diabetes Mellitus Patients with Special Reference to Palakkad District, Kerala

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Abstract

Diabetes and depression are highly prevalent conditions and have significant impact on health outcomes. The combination of depression with type 2 diabetes is a public health problem. Anxiety and depression are more common among diabetic patients than general population and can impact on treatment. So an attempt is made to study the level of anxiety and the factors influencing anxiety among the diabetic patients. The data was collected among 120 respondents and through the use of Interview Schedule data was collected from the respondents, Manifest Anxiety Scale (Revised) developed Taylor was utilized to study the level of Anxiety. It has been found that moderate level of anxiety is present and Educational background and family system is associated with Anxiety.

Keywords: Anxiety, Depression and Diabetic Mellitus

Introduction

Diabetes Mellitus is a disease characterized by persistent hyperglycemia (high blood sugar levels), a metabolic disease requires medical diagnosis, treatment and life style changes. Diabetes is a long-term disease that disrupts the body's ability to use a sugar called glucose. It also hampers use of other nutrients, such as protein and fat. The formal medical term for the disease is diabetes mellitus (Pronounced: DY UH Beethis OR DY UH BEE TEEZ, Mehluhtuhs)

The World Health Organization recognizes three main forms of diabetes: Type 1, Type 2 and Type 3 (Type 3 diabetes mellitus is recognized as Gestational diabetes, occurring during pregnancy). However, these "Types" of diabetes are more accurately considered patterns of pancreatic failure rather than single diseases. Type 1 is due to autoimmune destruction of the pancreatic failure cells, while Type 2 and gestational diabetes due to insulin resistance by tissues. Diabetes Mellitus is not a transmitted disease. The mode of transmission or inheritance for Type 1 diabetes are genetic predisposition and trigger where as weight gain or obesity and excess sugar in bloodstream for Type 2 diabetes. The major symptoms of diabetes mellitus are frequent urination, excessive thirst, extreme hunger or constant eating, unexplained weight loss, presence of glucose in the urine, tiredness or fatigue, changes in vision, numbness or tingling in the extremities, slow-healing wounds or sorts, abnormally high frequency of infection. The onset of Type 1 diabetes is mainly during childhood and early teenage years mainly because of genetic disposition where as Type 2 diabetes is occurring during the adulthood and is linked to obesity.

This study explored the relationship between anxiety and diabetic mellitus patients in Indian context, with special reference to Palakkad district, Kerala. In addition, the researcher made an attempt to find out the control of some factors like substance abuse dependence, physical illness and gross involvement of other organic systems which themselves contribute on the Onset of psychiatric morbidity.

Review of Literature

Vandana Solanki (2017) in her Comparative Study of Anxiety among Diabetic Patients made an attempt to estimate the prevalence of anxiety in patients with diabetes and to determine the association of anxiety with area and gender. The sample consists of 160 diabetic patients

from different hospital in Rajkot district area. The sample was selected from randomly. Anxiety was measured through a questionnaire 'Sinha's Comprehensive Anxiety Test (SCAT) was used. Test developed by A.K.P Sinha and L.N.K Sinha in (1995). There will be no significant difference between Gender and Types of Area in relation to their Anxiety. The study demonstrates a higher prevalence of anxiety in diabetic patients. No factor was significantly associated with anxiety

Objectives

1. To study the personal profile of the diabetic patients.
2. To study the level of anxiety among the diabetic patients.
3. To study whether the personal factors influencing the level of anxiety.

Research Design

Descriptive research design was adopted for the study.

Sample

Through the use of Purposive sampling Technique, Samples were taken from the four hospitals in Palakkad district, Kerala (N= 120).

Tools used

Interview Schedule was used to collecting the data from the respondents. It consists of personal questions and a scale to measure the level of Anxiety, Manifest Anxiety Scale (Revised) developed Taylor.

Findings

Personal Profile of the respondents

Among the 120 respondents, the researcher selected 60 female respondents and 60 male respondents for her study. Majority of the respondents were from the age group of 47-56 and most of them were literate. Majority of the respondents were earning a monthly income of Rs. 10,000 to 20,000 and (66.7%) of the respondents were suffering from diabetes for more than two years. The use of substance abuse was among (58.3%) of the respondents and (89.2 %) of the respondent were married, (54.2%) of them belongs to nuclear family and from the urban domicile. The majority of the respondents (92.5%) were suffering from Type 2 diabetes and (67.5%) of them were having hereditary of diabetes.

Level of Anxiety

Just less than half of the respondents (38.3%) were having moderate level of anxiety level. The remaining (35%) of respondent's anxiety level was high and the (26.7%) of respondent's anxiety level was low.

Association of Personal variables and the level of anxiety

It has been found that the Diabetic Mellitus Patients' in the Age group of 47-56 years has the higher level of anxiety. Female group has the higher level of anxiety. The Diabetic Patients belonging to Joint family has the higher level of anxiety. Respondents with Educational Qualification of SSLC have the higher level of Anxiety. Unemployed Diabetic patients' has the higher level of Anxiety. Diabetic patients' who are residing in rural area has the higher level of Anxiety. Diabetic patients' who are suffering from this disease for a period of 1-3 years has the higher level of

Anxiety. • Type 1 Diabetic patients' has the higher level of Anxiety. • Diabetic patients' who does not have the hereditary of diabetes has the higher level of Anxiety.

There is no significant difference between the level of anxiety and the mean score of the age, type of family, marital status, educational qualification, income and type of diabetes mellitus of the respondents. However, there is a significant difference between the level of anxiety and the mean score of the hereditary of diabetes, duration of illness, domicile, occupation, the use of substance abuse and the gender of the respondents.

The study shows that the Anxiety level of the respondents with SSLC education, unemployed and respondents with the onset of diabetic within 3 years have high level of anxiety. Since they were worried about the disease the level of anxiety is high among these respondents. Whereas the employed were having moderate level of anxiety

Role of Medical Social Workers:-

- All the general hospitals should also have professional social workers.
- They should have periodical check up on the psychiatric aspects of the patients.
- Efforts should take by the family members to maintain the diet of the patients.
- Note only the patients but also the family members to be educated about the cause and effect of diabetes.
- Health Management training or awareness classes can be given by the professional social workers in each hospitals.
- Every hospitals or health care centers should observe World Diabetic Day on November 14.

Conclusion

Diabetic is a commonly affected disease. But the treatment pattern of the diabetic patients had been focused on a holistic approach.. The psychological aspects should also be take into account with physical treatment. There should be a clear idea about the disease among the patients and their family members. That will help to maintain the sugar level. Therefore, it is good on the part of the hospital and family to understand the psychological aspects of the patients and take special care for the speedy recovery of the patients.

Reference

1. Vandana Solanki., (2017) "A comparative study of Anxiety among Diabetic Patients", The International Journal of Indian Psychology.