

Assess the Prevalence of Type 2 Diabetes Mellitus among Adults at Selected Areas in Kanchipuram District, Tamilnadu, India

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Abstract

“Assess the prevalence of type 2 diabetes mellitus among adults” at selected areas in Kanchipuram District, Tamilnadu. The objectives were to assess the prevalence of diabetes mellitus among adults at selected area. Found out the level of diabetes mellitus among adults. To find out the association between diabetes mellitus among adults among with selected demographic variables and selected Personal information sheet of among diabetes mellitus. A non – experimental, descriptive study was conducted. The sampling technique was non-probability, purposive sampling technique with the sample of 50 and Standard Structured questionnaires (SSQ) in the form of interview schedule was used type 2 diabetes mellitus among adults. The variables were assessed the type 2 diabetes mellitus among adults. Hypotheses were formulated. The level of significance selected was $p < 0.05$. The investigator used personal information sheet and Standard Structured questionnaires (SSQ) was used to collect data. The data collection for the main study was done. The collected data was tabulated and analyzed. Descriptive and inferential statistical were used. The mean 9.94 value was and the standard deviation was 14.600328. The study shows that the type 2 diabetes mellitus among adults inadequate (13%) were moderate (33%) and adequate was (6%). The study concludes that there is moderate 33% the type 2 diabetes mellitus among adults.

Keywords: Assess, prevalence, Type 2 Diabetes Mellitus, Adult.

Introduction

Diabetes Mellitus is a group of metabolic disorder arising either due to relative or absolute deficiency of a digestive hormone called insulin or inability or resistance of body cells to use the available insulin¹. Diabetes Mellitus is a silent disease and is now recognized as one of the fastest growing threats to public health in almost all countries of the world. Every 5th person who suffer

from diabetes in the world today is an Indian².

The main underlying causes of the disease are genetic and environmental, such as urbanization and industrialization, as well as increased longevity and changes in lifestyle from a traditional healthy and active life to a modern, sedentary, stressful life and over-consumption of energy-dense foods³. The prevalence of diabetes mellitus varies among populations due to differences in genetic susceptibility and social risk factors such as change in diet, obesity, physical inactivity and possibly, factors relating to intrauterine development. Migrants are especially affected.⁴

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Research Methodology

Research Approach: Descriptive research approach

Research Design: Non experimental descriptive design

Research Setting: The study was conducted in the selected community area

Population: Adult's age of 40-55 years in a selected area

Sample Size: 60 Samples

Sampling Technique: Non probability purposive sampling

Results

Section-A: Distribution of demographic variables of the prevalence of Type 2 Diabetes Mellitus among adults in selected community area.

Age in years, in which majority 44% were belongs to the age between > 55 years, 22% were belongs to the age between 40-45 years.

Sex, in which majority 60% of the samples were Male 40% of samples were Female

Area of residence in which majority 40% were belongs to urban, 26% were belongs to semi urban

Education Status, in which majority 40% were primary/secondary education, 12% were illiterate

The occupational status, in which majority were government employee 38%, 10% were self-employee

Marital status, in which majority 42% of the samples were widowed and 22% samples were divorced.

The family income per month in rupees, in which majority 40% of the samples were Rs.10,000 to 15,000, 28% samples were Rs.5,000 to 10,000.

Type of family, in which majority were joint family 40% and 28% nuclear family

The eating habits in which majority 82% were non-vegetarian and 28% were vegetarian.

The family history of diabetes mellitus in which majority were mother 32% and 12% were grandmother

Section-B: Distribution of knowledge on prevalence of Type 2 Diabetes Mellitus among adults in selected community area.

The study finding revealed that the frequency distribution in the study shows that majority 52% of them having Inadequate knowledge, 18% of them having moderate knowledge and 30% of them having Adequate knowledge on Type 2 Diabetes Mellitus among adults.

Fig. 1: Distribution of knowledge on prevalence of Type 2 Diabetes Mellitus among adults in selected community area.

Summary: This chapter has dealt with the analysis and interpretation of the collected data from the adults on the knowledge regarding Diabetes Mellitus. The collected data was tabulated and analyzed using descriptive and inferential statistics. Statistics diagrams like, conical graph, pie chart were used to represent the important data of the study.

Conclusion

The finding of the study revealed that there is no significant association between types 2 Diabetes Mellitus with the selected demographic variables like age, sex, marital status, education, occupation, eating habits, family history of Diabetic Mellitus. There is significant association between type 2 Diabetic Mellitus with the selected demographic variables like family income per month, area of residence.

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Ethical Consideration: Chettinad Academy of Research and Education, Institution Human Ethics Committee

Conflict of Interest: Nil

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