The effectiveness of a lifestyle modification awareness programme among diabetes patients at Selected Lucknow hospitals.

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Abstract

India currently has the highest number of diabetics when compared to other developing countries. The majority of the recent increase in diabetics is due to lifestyle changes. The dramatic rise in diabetes mellitus prevalence in India is also closely linked to changes in lifestyle, such as relative physical inactivity, central obesity, and changes in food habits, particularly increased consumption of fast foods.The majority of patients who took part in the awareness programme changed their minds about making lifestyle changes. According to the study findings, there was a significant increase in diabetes patients' attitudes. The study's findings were consistent with a review of the literature. The findings could be applied to type 2 diabetes patients

Introduction

India currently has the highest number of diabetics when compared to other developing countries. The majority of the recent increase in diabetics is due to lifestyle changes. The dramatic rise in diabetes mellitus prevalence in India is also closely linked to changes in lifestyle, such as relative physical inactivity, central obesity, and changes in food habits, particularly increased consumption of fast foods. A diabetes awareness programme helps diabetic clients learn and develop attitudes. The M can guide, teach, and promote an environment in which diabetic clients can practise preventive measures such as diet control, exercise, medication, foot care, and regular follow up. Diabetes is exacerbated by risk factors related to one's lifestyle. This is demonstrated by the increasing prevalence of diabetes-related secondary complications. Some of these risk factors are modifiable, such as dietary habits, smoking and alcohol consumption, being overweight, and having a secondary lifestyle. Studies have shown that by effectively managing certain risk factors, the risk of developing complications is reduced. Most people in today's world do not place a high value on lifestyle change. Nobody has time to understand or care for their health in either developing or developed countries. Clinical investigators discovered a large number of patients with diabetic complications. This study contributes to the provision of information to people about lifestyle changes and health awareness, allowing them to live their remaining lives to the fullest.

Methodology

The study was carried out to determine the effectiveness of an awareness programme on diabetic patients' levels of knowledge and attitude toward lifestyle modification at selected hospitals in Lucknow. A Pre-Experimental one group pre test-post test design was used for this study. The conceptual framework of this study was based on Nola Pender's Health Promotion Model structured questions to assess the levels of knowledge and attitude of the samples, which included a pre and post test measure regarding lifestyle modification. 100 samples were chosen using purposeful sampling. The data was analysed using descriptive statistics and infernal statistics to test the study hypotheses.

Results

The effectiveness of a lifestyle modification awareness programme was determined by comparing Pre and Post test results. According to the study's findings, the pre-test mean value was 16.1 and the post-test mean value was 25.9 after the health promotion programme. The mean difference in knowledge levels was 9.8. The calculated t value (t=7.3) exceeded the table value. This demonstrates that an awareness programme was effective in increasing diabetic patients' knowledge about lifestyle modification. The chi-square value of diabetic patients' posttest levels of knowledge about the effectiveness of an awareness programme reveals that age, gender, religion, educational status, occupation, and residence area are significant, whereas demographic variables such as marital status, monthly income in INR, type of family, type of food, any family history of diabetes mellitus, and previous knowledge are not.

After the health promotion programme, the pre-test mean value was 21 and the post-test mean value was 39. The average attitude level was 16.

The computed t value (t=7.2) exceeded the table value. This demonstrates the effectiveness of awareness programmes in improving diabetic patients' attitudes toward lifestyle modification. Age, gender, religion, marital status, educational status, occupation, monthly income in INR, type of family, residential area, type of food, any family history of diabetes mellitus, previous knowledge, and sources of information are not associated with post test levels of knowledge about the effectiveness of health promotion programmes among diabetes mellitus patients.

Conclusion

The majority of patients who took part in the awareness programme learned more about lifestyle changes. According to the study findings, patients' diabetes knowledge increased significantly.

The majority of patients who took part in the awareness programme changed their minds about making lifestyle changes. According to the study findings, there was a significant increase in diabetes patients' attitudes. The study's findings were consistent with a review of the literature. The findings could be applied to type 2 diabetes patients.

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