



## Impact of diabetes on the daily lifestyle of diabetic patient: An analytical study

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### Abstract

In the present study researcher made an attempt to analyze the effect of diabetes on anxiety and fear level of male diabetic patients. To achieve this purpose total thirty five (N=35) Male diabetic patients ranging between 35 to 55 years of age were selected as subject form two villages namely Kauli and Kalayan of district Patiala. The questionnaire "Diabetes – 39" (D-39), which was standardized, ideal for the chosen subjects and most suitable for the purpose of the study. After the collection of relevant data, to access the quality of lifestyle of diabetic patients Mean and Percentile were used to prepare descriptive statistics.

**Keywords:** diabetic patient, descriptive

### Introduction

Diabetes is a demanding disease, so it can affect life in many ways. Managing diabetes can be stressful. The way we feel when our blood glucose levels are low or really high adds to the stress. It's not surprising, then, that many people living with diabetes also face emotional and psychological issues such as depression and denial. Coping with the demands of a chronic disease is hard, and often discouraging, work. The good news is that it's hard work that pays off — even minor lifestyle improvements, such as adding 30 minutes of exercise to your daily routine, pay off big by lowering your blood glucose levels and significantly slashing your risk of diabetic complications.

In the present study researcher made an attempt to analyze the effect of diabetes on anxiety and fear level of male diabetic patients.

### Material & Methods

To achieve this purpose total thirty five (N=35) male diabetic patients ranging between 35 to 55 years of age were selected as subject form two villages namely Kauli and Kalayan of district Patiala. The researcher analyzed various literatures and also consulted many experts of the related field and then selected the questionnaire "Diabetes – 39" (D-39), which was standardized, ideal for the chosen subjects and most suitable for the purpose of the study.

The 'Diabetes-39' has 5 domains - Energy and Mobility (15 items), Diabetes Control (12 items), Anxiety and Fear (4 items), Social Burden (5 items), Sexual Functioning (3 items) and examples of questions from each of the diabetes subscales are presented below:

1. Energy and mobility- limited energy levels, poor vision,

restless sleep, activities of daily living.

2. Anxiety and Fear - Worries about money matters, concerns about the future and life stresses.
3. Diabetes control- The impact of following their doctors prescribed treatment plan, testing their blood sugars and food restriction.
4. Social burden - Restrictions that diabetes places on family and friends; having diabetes interferes with family life.
5. Sexual functioning - The effect of diabetes on the sex drive and sexual function.

### Scoring

The D-39 comprises 39 items in five domains, namely energy and mobility (fifteen items), diabetes control (twelve items), anxiety and Fear (four items), social and peer burden (five items), and sexual functioning (three items). The D-39 instrument allows people to respond to how their QOL was affected during the last month by a particular action or activity expressed in each item; placing an X in a point on the scale represented by a continuous line, with spaces occupied by numbers 1-7, 1 being the number where QOL was absolutely unaffected, and the number 7, extremely affected.

In columns 1 and 7 the highest and lowest values obtained at each end of the scale can be seen, i.e., QOL "unaffected" and "very much affected," the values above 50% of subjects being considered significant.

### Statistical Procedure

After the collection of relevant data, to access the quality of lifestyle of diabetic patients Mean and Percentile were used to prepare descriptive statistics.

## Results

**Table 1:** Domain 3- Anxiety and Fear

S. No	Questions	Scale (1 to 7)													
		Not Effected at all						Extremely Effected							
		1		2		3		4		5		6		7	
		Total number of patients & percentage distribution													
		N (%)		N (%)		N (%)		N (%)		N (%)		N (%)		N (%)	
1	Concerns related to financial issues	22	(29.3)	10	(13.3)	7	(9.3)	3	(4.0)	11	(14.7)	5	(6.7)	17	(22.7)
2	Concerns about your future	27	(36.0)	4	(5.3)	7	(9.3)	3	(4.0)	11	(14.7)	5	(6.7)	17	(22.7)
3	Stress or pressure in your life	21	(28.0)	4	(5.3)	6	(8.0)	12	(16.0)	10	(13.3)	5	(6.7)	17	(22.7)
4	Feeling of sadness or depression	21	(28.0)	7	(9.3)	6	(8.0)	5	(6.7)	6	(8.0)	12	(16.0)	18	(24.0)

Table 1 shows the percentage distribution of diabetic patients according to their responses to the five dimensions of the D-39- Domain- 2 of 'Anxiety and Fear'. In columns 1 and 7 the highest and lowest values obtained at each end of the scale can be seen, the values above 50% of subjects being considered significant. 1 being the number where QOL was absolutely unaffected, and the number 7, extremely affected.

In relation to the 'Anxiety and Fear' domain of D-39, it was found that the sum of percentage of responses 54.9 and 52.4 respectively in item number 2 and 6, fall under the scale of 'not effected at all'. On the other hand in item 8 – 'Stress or pressure in your life' and item 22 – 'Feeling of sadness or depression' there was a high percentage of distribution of responses fall in the scale of 'extremely effected', which shows that in these items QOL of diabetic patients effected greatly then other items of this domain.

### Discussion of Findings

In the 'Anxiety and Fear' domain of D-39, it was found that the sum of percentage of responses in items 'Concerns related to financial issues' and 'Concerns about your future', fall under the scale of 'not effected at all'. These result shows that in these items QOL of diabetic patients not effected at all. On the other hand in items 'Stress or pressure in your life' and 'Feeling of sadness or depression' there was a high percentage of distribution of responses fall in the scale of 'extremely effected', which shows that in these items QOL of diabetic patients effected extremely then other items of this domain. These results of the study confirmed with the findings of Khanna *et al.* (2012) [6] who also reported insignificant effect of diabetes on the dimension of 'Anxiety and Fear' in diabetic patients.

### Conclusions

In the 'Anxiety and Fear' domain of 'D-39', the results substantiate that the sum of percentage of responses in items 'Concerns related to financial issues' and 'Concerns about your future', fall under the scale of 'not affected at all'. These result shows that in these items QOL of diabetic patients not affected at all. On the other hand in items 'Stress or pressure in your life' and 'Feeling of sadness or depression' there was a high percentage of distribution of responses fall in the scale of 'extremely affected', which shows that in these items QOL of diabetic patients affected extremely then other items of this domain.

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