



## **AN EXPLORATORY STUDY TO ASSESS THE KNOWLEDGE OF WOMEN REGARDING DIABETES MELLITUS IN SELECTED URBAN AREAS OF LUDHIANA, PUNJAB**

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### **INTRODUCTION**

Women are more likely than men to develop chronic diseases, such as diabetes, and to suffer disproportionately from disability compared to men. Yet research into health knowledge and beliefs around diabetes causation and prevention among the general community is lacking.

### **AIM OF THE STUDY**

To assess the knowledge and practices of women regarding diabetes mellitus with a view to develop guidelines based on the findings of the study.

### **OBJECTIVES**

1. To assess the knowledge of women regarding diabetes mellitus.
2. To assess the practices of women regarding diabetes mellitus.
3. To identify the relationship between knowledge and practices of women regarding diabetes mellitus.
4. To identify the relationship knowledge and practices of women regarding diabetes mellitus with selected variables: age, education, occupation, dietary pattern, family income & family history of diabetes mellitus.
5. To find out the deficit areas and develop guidelines regarding diabetes mellitus.

### **METHODOLOGY**

An exploratory research approach and non-experimental research design was used. Sample was collected with purposive sampling technique The target study population consisted of women who were between age group of 30-60 years residing in Mohar Singh and New Shivaji Nagar, urban areas of Ludhiana, Punjab. Sample was collected with purposive sampling technique and a total of 200 women were taken for the study. Data was collected by



using of tool comprising structured interview schedule questionnaire to assess the knowledge and checklist to assess the practices of women regarding diabetes mellitus.

## **RESULTS**

Majority of women 59% had average knowledge and 52.50% women had unhealthy practices regarding diabetes mellitus. The women had maximum knowledge score in complications area and least in risk factors maximum knowledge in risk behavior and in area of practices women had least knowledge in health check up areas regarding diabetes mellitus of diabetes mellitus.

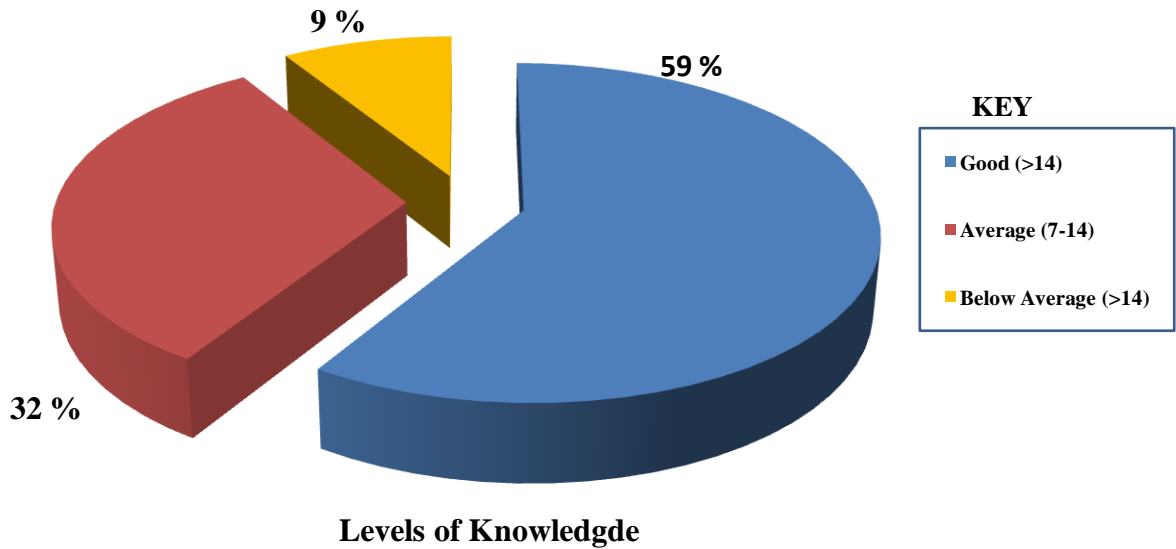
## **CONCLUSION**

It is important to target women at high risk for diabetes for intervention to reduce their risk of diabetes. This knowledge affects their attitude and adopt health lifestyle practices, including health education.

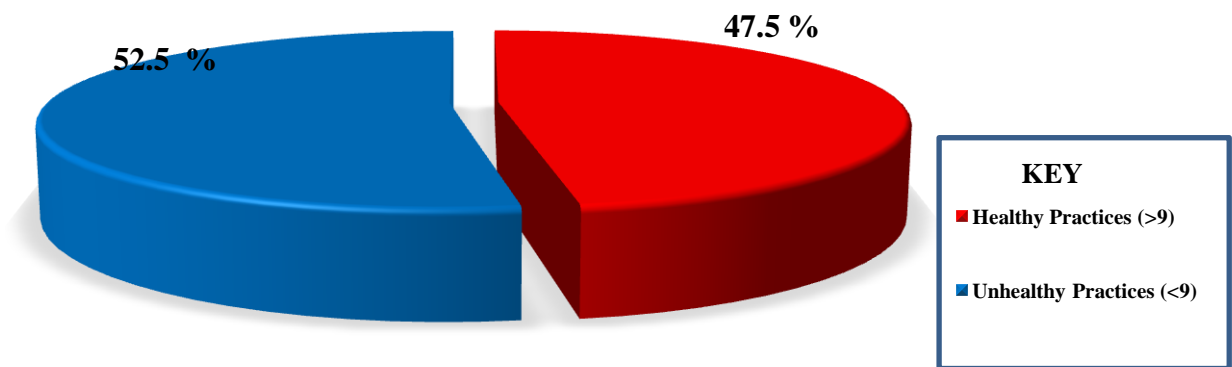
**KEY WORDS:** Diabetes Mellitus, Women, Knowledge & Practices

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**Fig. 3 Percentage Distribution of Knowledge Score of Women regarding Diabetes Mellitus according to Levels of Knowledge**



**Percentage Distribution of Practice Score of Women Regarding Diabetes Mellitus according to Levels of Practice**