



ISSN: 2456-4419

Impact Factor: (RJIF): 5.18

Yoga 2018; 3(1): 239-240

© 2018 Yoga

www.theyogicjournal.com

Received: 11-11-2017

Accepted: 13-12-2017

**Dr. Geeta Sharma**

Assistant Professor in Surjeet  
Memorial College of Education,  
Ferozepur, Punjab, India

## Effect of diabetes on the selected psychological variables of female patients suffering from diabetes

**Dr. Geeta Sharma**

### Abstract

In the present study researcher made an attempt to analyze the effect of diabetes on anxiety and worry level of female diabetic patients. To achieve this purpose total hundred (N=100) female diabetic patients ranging between 30 to 60 years of age were selected as subject form Ferozepur district of Punjab. 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:** diabetes, psychological variables, female patients suffering

### 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 worry level of diabetic patients.

### Material & methods

**Subjects:** To achieve this purpose total hundred (N=100) female diabetic patients ranging between 30 to 60 years of age were selected as subject form Ferozepur district of Punjab.

**Selection of Tool:** The investigator 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 Worry (4 items), Social Burden (5 items), Sexual Functioning (3 items) and examples of questions from each of the diabetes subscales are presented below:

- i. Energy and mobility- limited energy levels, poor vision, restless sleep, activities of daily living.
- ii. Diabetes control- The impact of following their doctors prescribed treatment plan, testing their blood sugars and food restriction.
- iii. Anxiety and worry - Worries about money matters, concerns about the future and life stresses.
- iv. Social burden - Restrictions that diabetes places on family and friends; having diabetes interferes with family life.
- v. Sexual functioning - The effect of diabetes on the sex drive and sexual function.

In this research paper only the data of 3<sup>rd</sup> domain ie. Anxiety and worry is presented.

**Correspondence**

**Dr. Geeta Sharma**

Assistant Professor in Surjeet  
Memorial College of Education,  
Ferozepur, Punjab, India

**Scoring:** The D-39 comprises 39 items in five domains, namely energy and mobility (fifteen items), diabetes control (twelve items), anxiety and worry (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 Worry

Sr. no.	Questions	Scale (1 to 7)													
		Not Effected at all								Extremely Effected					
		1		2		3		4		5		6		7	
		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	(12.0)	11	(10.7)	5	(14.7)	17	(12.0)
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- 3 of 'Anxiety and Worry'. 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 Worry' 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 Worry' 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) <sup>[6]</sup> who also reported insignificant effect of diabetes on the dimension of 'Anxiety and Worry' in diabetic patients.

### Conclusions

In the 'Anxiety and Worry' 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 effected', which shows that in these items QOL of diabetic patients effected extremely then other items of this domain.

### References

- American Diabetes Association. Diabetes Spectrum, 2000; 1(13):8. Retrieved on January, 2015 from <http://journal.diabetes.org/diabetesspectrum/00v13n1/pg48.htm> database.
- Garratt AM, Schmidt L, Fitzpatrick R. Patient-assessed health outcome measures for diabetes: a structured review. Diabetic medicine, Wiley online library 2002; 19(1):1-11.
- Blood Basics. American Society of Hematology, 2013. Retrieved on May 2015 from <http://www.hematology.org/Patients/BloodBasics/5222.aspx> database
- Boyer. The Development of an Instrument for Assessing the Quality of Life of People with Diabetes: Diabetes-39. Medical Care, 1997; 35(5):440-453. Retrieved on May, 2015 from [http://journals.lww.com/lww-medicalcare/Abstract/1997/05000/The\\_Development\\_of\\_an\\_Instrument\\_for\\_Assessing\\_the.3.aspx](http://journals.lww.com/lww-medicalcare/Abstract/1997/05000/The_Development_of_an_Instrument_for_Assessing_the.3.aspx)
- Diabetes Mellitus. Wikipedia, The Free Encyclopedia, 2015. Retrieved on February, 2015 from [https://en.wikipedia.org/wiki/Diabetes\\_mellitus](https://en.wikipedia.org/wiki/Diabetes_mellitus) database.
- Khanna Abhinav, Amber Bush L, Michael Swint J, Melissa Fleschler Peskin, Richard Street Jr L, Aanand Naik D. Hemoglobin A 1c improvements and better diabetes-specific quality of life among participants completing diabetes self- management programs: A nested cohort study. Health and Quality of Life Outcomes, BioMed Central Ltd. 2012; 10(4):10-48.