ABSTRACT

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The independent study was aimed at examining health beliefs, self-care behaviors and relationship between health beliefs and self-care behaviors in diabetes mellitus patients. The purposive samples consisted of 150 cases who were out patients at Diabetes Mellitus Clinic, Lee Hospital, selected from patients who met the set criteria. Health belief and self-care behavior questionnaires were used to together the information. The data were analyzed by using percentage, arithmetic mean, standard deviation and Pearson's product moment correlation coefficient.

The results of the study revealed that:

1. The total health-belief among diabetes mellitus patients was measured at good level. Considering individual health belief, it was found that the perceived severity, benefits and barriers, health motivation and modifying factors were measured at gook level. Moreover, perceived susceptibility was measured at moderate level.

2. Self-care behavior in diabetes mellitus patients was at good level.

3. There was a positive significant correlation between total health beliefs of diabetes mellitus and self-care behaviors at .01 level. Considering relationship between self-care behaviors and individual health belief scores, it was found that there was a positive significant correlation between perceived susceptibility, perceived severity,

perceived barriers health motivation and self-care behaviors at .01 level, the perceived benefits, modifying factors and self-care behaviors at 05 level.

Moreover, it was found that there was positive significant correlation between age, duration of the disease and self-care behaviors at .05 level.