

Thesis Title Self-care behaviour of the diabetes mellitus patients : An antropological study in one community of Lampang Province.

Name Patumphan Manokulanun

Degree Master of Arts (Applied Antropology)

Thesis Supervisory Committee

Amara Soonthorndhada, B.A., M.A.

Sairudee Vorakitphokatorn, B.A., M.A., Ph.D.

Buppha Sirirassamee, B.S., M.A., Ph.D.

Date of graduation 17 July B.E. 2535 (1992)

Abstract

This anthropological study aims to examine factors affecting self-care behaviour of the patients with diabetes mellitus. Specific areas to be observed covered significant behaviours such as diet, drug in-take, and daily exercise. Self-care in general was also included in this study. Differences between male and female in self-care behaviour were explored. The population under studied included 5 male patients and 5 female patients living in Lampang Province. The study used in-depht interview and participatory observation techniques and the study took three months to complete a fieldwork.

Findings from the study revealed that health motivation, trust in diagnosis given by the physicians and mental support from

the family members played a significant role on diet and drug in-take behaviour. Beliefs in severity of the disease strongly affected diet behaviour. Attitudes toward the benefits of drug treatment and perceived obstacles for treatment as well as the relationship between the patients and health personnel affected drug in-take behaviour. It was found that patients had a low level of knowledge to reduce complications. They did not perceive that having an exercise would help to reduce complications. Only few of them were aware of preventing themselves from having wounds especially wounds on feet. Male patients paid less attention to taking medicine regularly and they less strictly controlled their diets when compared with female patients. Female patients performed high level of self-care for the purposes of preventing themselves from complications.