

Thesis Title The Relationship between Self-Care Agency and
Self-Care Behavior about Dietary Control in
Diabetes Patients

Name Kanchana Prasarnpran

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Thesis Supervisory Committee

 Kobkul Phancharoenwarakul, B.Sc., M.S., Ph.d.
 Bangorn Pholnuangma, B.Sc., M.S.
 Pornsri Sriussadaporn, B.Sc., M.A.

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ABSTRACT

Diabetes Mellitus is a chronic illness which has been a major health problem in the country since its complications are more serious than other disease and the disease is incurable. Diabetic control is the best way in caring diabetic patients. The effectiveness of diabetic control is based on the individual's self-care. However the major problem of self-care for diabetic patient is dietary control. Therefor, the researcher is interested in promoting the patient's self-care behavior regarding dietary control. Thus, the purpose of the study was to investigate the relationship between self-care agency and self-care behavior regarding dietary control in diabetic patients. The sample was composed of 100 diabetic patients who had no complications and attended for follow-up at the diabetic clinic in the out patient department at Siriraj Hospital, Ramathibodi Hospital, Pramong-

kutklao Hospital and Rajvethi Hospital. The data were collected by using self-care agency inventory and self-care behavior regarding dietary control from for interview. Statistical techniques were implemented on the process of data analysis including Pearson's product moment correlation coefficient one way analysis of variance and t-test.

The results were follows :

1. There was a positively significant correlation between self-care agency and self-care behavior regarding dietary control at the .001 level ($r=.51$).

2. There were no differences in self-care behavior regarding dietary control in patients who were different in some basic conditioning factors, i.e., age, education, marital status, occupation, economic, type of diabetes mellitus and duration of illness.

As the results of this study, recommendations for nursing practice are suggested that nurses should be aware and able to develop self-care agency of diabetic patients, especially regarding their knowledge of self, their judgment and decission which affecting production of self-care, their attention and control of self including self monitoring. Promotion of dietary control self-care for these patients should be emphasized.