

Thesis Title The Relationship between Social Support, Related
Factors and Self-Care Behavior of the Diabetic
Patients.

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ABSTRACT

The most important problem of diabetic patients is unable to control their blood sugar level to the baseline or the normal line. Because of high blood sugar level lead to diabetic complications. These complications could be prevented and controlled by a good self-care ability. Their self-care ability depend on many factors such as social support and related factors, i.e., sex, age, education, family income and duration of disease (illness). In this study, Orem's self-care theory was used as a theoretical framework for studying the relationship between social support, related factors and self-care behavior of the diabetic patients. The sample was composed of 200 outpatient diabetics who came to follow up at the diabetic clinic and the medical unit at Siriraj Hospital. The instrument were composed of three sets of questionnaires, i.e., demographic data, social support and self-care behavior

questionnaires. Data were analysed by using SPSS^{*} program for percentage, arithmetic means, standard deviation, Pearson's product moment correlation coefficient and the stepwise multiple regression.

The results showed that :

1. There was a significant positive correlation between social support and self-care behavior at the .001 level ($r = .2774$)

2. There was a significant negative correlation between education and self-care behavior at the .001 level. ($r = -.2226$)

3. There was no significant relationship among sex, age, family income, duration of disease and self-care behavior at the .05 level.

4. The results of the stepwise multiple regression analysis showed that 11.95 percent of the variances of self-care behavior was accounted for by two significant predictors, that is, social support and education.

From the result of this study, Nurses should encourage the social network of the patients to provide support and care to the diabetic patients. The other factors that may influence the diabetic patients self-care behavior such as stress and adaptation are recommended for further study.