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RELATED LIFE STYLE AND GLUCOREGLULATION OF TYPE 2  
DIABETES CLIENTS**

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The research objective was to study health-related life-style modifications and gluco-regulation of diabetes clients in Tambon Tha-Ngam, Inburi District, Singburi Province, by comparing personal characteristics and health-related life-style modifications of diabetes clients who differed in gluco-regulation.

Data were collected from a convenience sample of 64 clients from among all diabetes clients of Tambon Tha-Ngam. The questionnaire gathered information on personal cha-racteristics and health-related life-style modification practices. The HbA1c level was used for gluco-regulation blood testing. Health-related modifications of lifestyle of diabetes clients who had different gluco-regulation were compared. SPSS/FW software was used in data processing. Descriptive and analytical statistics, and the Chi-square were used in analyzing the data.

The results of this study revealed there was no statistically significant relationship between diabetes clients' personal characteristics: age, gender, educational level, level of income, and occupation, and their gluco-regulation. A statistically significant ( $p < .05$ ) relationship was found only for marital status and gluco-regulation. Those who were married were found to have a HbA1c level of more than or equal to 7 percent, which was the criterion for failure of gluco-regulation.

Results of the uni-varieate analysis using chi-square revealed no statistically signi-ficant relationship between diabetes clients' practice of each of the 45 health-related life-style modifications and their gluco-regulation.

Limitations of the study and its implications for health program planning, nursing education, and future research are discussed.