

THE EFFECT OF KNOWLEDGE AND ANXIETY ON THE HEALTH STATUS OF DIABETIC PATIENTS

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ABSTRACT

The study was conducted to examine the effect of knowledge and anxiety on the health status of diabetic patients at Kintampo Municipal Hospital. Questionnaires were administered to 60 participants. The respondents rated themselves on items on knowledge of diabetes, personal anxiety, and general health condition. Analyses of the results revealed that no difference existed between the health status of diabetic patients with much knowledge on diabetes and those with little knowledge on diabetes and those with little knowledge on diabetes; diabetic patients with much knowledge on diabetes experienced greater anxiety than those with little knowledge on diabetes; and diabetic patients with high anxiety level suffered more health problems than those with minimal anxiety level. These findings were discussed in relation to previous research findings.

Statement of hypotheses

The following are the hypotheses of the research;

1. Diabetic patients with much knowledge on diabetes are more likely to suffer general health problems than those with little knowledge on diabetes.
2. Diabetic patients with much knowledge on diabetes will be more anxious than those with little knowledge on diabetes.
3. Diabetic patients with high anxiety level will suffer more health problem than diabetic patients with minimal anxiety level.

METHODOLOGY

Population/Subject/Sample

The research was conducted with diabetic patients in Kintampo Government Hospital in the Brong Ahafo Region of Ghana.

From a population of more than 100 diabetes patients, 60 respondents were selected through the purposive sampling technique. In terms of sample composition, 60% of the respondents were selected from the Out patient Department (OPD) and the remaining 40% from the In-Patient Department (IPD) of the same hospital with the justification that the former was more populated than the latter. This sample size represents more than 50 percent of the population of diabetic patients in the hospital.

Instruments/Materials

Standardized questionnaires were used by the researcher to collect data from the participants. In total, each questionnaire consisted of twenty six (26) questions. There were four main divisions in the questionnaire. The four sections were A, B, C, and D.

Scoring

Section A of the questionnaire was scored on the nominal scale whilst section B, C, and D were scored on the interval scale. Section B adopted the five-point Likert scale response style; 1 mark was assigned to "Absent response," 2 to "moderate response," 3 to "severe response" and 4 to "very severe response". Total scores

ranged from 5 to 50. Patients with anxiety scores below 20 were classified as having minimal anxiety level whilst those with score of 20 or above were classified as having high levels of anxiety. Items in section C and D used the four-point Likert scale response style. Responses to these items varied from “strong disagree with 1 mark to “strongly agree” with 4 marks. Average scores for section C ranged from 5 marks to the lower side to 20 marks on the higher side. Scores below 10 were denoted as lack of or minimal knowledge on diabetes whilst 10 marks and above indicated much knowledge on diabetes. Finally, section D consisted of 11 items scores ranging from 11 to 44. The higher the score obtained, the healthier that point.

Statistical Analyses of Data

In analyzing the research hypotheses, the researcher made use of the independent sample t test. The appropriate of its usage was based on the fact that in each of the hypotheses, the researcher compared two levels of the independent variable against a single dependent variable. Moreover, the independent variable in each of the hypotheses was scored on the interval scale.

RESULT AND ANALYSIS

Demographic Characteristics of Participants

Following the collection and analyses of the data for the this study, it was revealed that out of the total of sixty (60) diabetic patients obtained as the sample, males constituted 40% (n=24) whilst the remaining 60% were females (n=36). In terms of age, only six (6) were found to be below age 30. The remaining 54 were above age 30. Most of the patients who partook in the study had no formal education. The analyses of the results revealed that 52% had no formal education, with basic education, 21% with secondary education, and only 4% with tertiary education. With particular reference to knowledge on diabetes, 43 patients had little or no knowledge on the disease and the remaining 17 had adequate knowledge on the disease. Highly anxious diabetic patients were 36 in number and minimally anxious diabetic were 24.