

THE EFFECT OF CULTURE-BASED HEALTH EDUCATION ON THE QUALITY OF LIFE IMPROVEMENT IN DIABETES MELLITUS PATIENTS IN MAKASSAR

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ABSTRACT

Background: Effectively, diabetes self-care education has been shown to improve glycemic levels, dietary habits, body anthropometrics (weight, body mass index and waist circumference), and lipid profile. The American Association of Diabetes Educators (AADE) guidelines recommend cultural tailoring of educational program, taking into consideration ethnic and cultural beliefs and practices to ensure optimal self-care adherence and glycemic outcomes. The purpose of this study was to investigate the effect of culture-based health education on the quality of life in Diabetes Mellitus patients.

Subjects and Method: This was a quasi-experimental study conducted in 9 Public Health Centers in Makassar, South of Sulawesi-Indonesia, from June-November 2021. A sample of 55 Diabetes Mellitus patients aged >45 years with HbA1C value > 6.0% was selected by purposive sampling. As many as 30 DM patients received cultural-based health education for 6 months (intervention group). 25 DM patients did not receive any intervention (control group). The dependent variable was quality of life. The independent variable was culture-based health education. Quality of life was measured using the Diabetes Quality of Life (DQOL) questionnaire. The data were analyzed by independent t-test.

Results: There was no difference between intervention group (Mean=98.30; SD = 7.42) and control group (Mean= 98.52; SD= 6.51) at the baseline stage (p= 0.517). After 6 months intervention, mean of quality of life in the intervention group (Mean= 101.80; SD = 6.930; p= 0.020) was higher than control group (Mean= 96.84; SD = 5.54) with (p= 0.266).

Conclusion: Culture-based education can be used to improve quality of life in patients with Diabetes Mellitus.

Keywords: culture-based education, diabetes mellitus, health education, quality of life.

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