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## **Effectiveness of Awareness Programme on Life Style Modification Among diabetes Patients at Selected Hospitals in Indore**

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### **Introduction**

When compared to other developing countries, India currently has the highest number of diabetics. The majority of the recent rise in diabetics is due to changes in lifestyle. In India, too, the dramatic rise in diabetes mellitus prevalence is closely linked to changes in lifestyle, such as relative physical inactivity, central obesity, and changes in food habits, particularly increased consumption of fast foods. A awareness programme assists diabetic clients in learning and developing attitudes. The M can guide, teach, and promote an environment in which diabetic clients can practise preventive measures such as diet control, exercise, medication, and foot care, as well as regular follow up. Diabetes mellitus is exacerbated by risk factors associated with one's lifestyle. This is evidenced by the rising prevalence of various secondary complications associated with diabetes. Some of these risk factors, such as dietary habits, smoking and alcohol consumption, being overweight, and having a secondary lifestyle, are modifiable. Studies have shown that if certain risk factors are effectively managed, the risk of developing complications is reduced. In today's world, most people do not place a high value on lifestyle modification. Nobody has time in developing or developed countries to understand or care for their health. Many patients with diabetic complications were discovered by clinical investigators. This study helps to provide information to people about lifestyle changes and health awareness, which will enable them to live their remaining lives satisfactorily.

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### **Methodology**

The study was carried out to determine the effectiveness of awareness programme on levels of knowledge and attitude toward lifestyle modification among diabetic patients at selected hospitals in Indore. For this study, a Pre-Experimental one group pre test-post test design was used. This study's conceptual framework was based on Nola Pender's Health Promotion Model structured questions to assess the samples' levels of knowledge and attitude, which included a pre and post test measure regarding lifestyle modification. Purposive sampling was used to select 100 samples. To test the study hypotheses, descriptive statistics and inferential statistics were used to analyse the data.

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### **Results**

The effectiveness of awareness programme on lifestyle modification was determined by comparing Pre and Post test results. The study's findings revealed that the pre-test mean value was 16.1, and the post-test mean value was 25.9 after the health promotion programme. For knowledge levels, the mean difference was 9.8. The calculated t value ( $t=7.3$ ) was greater than the table value. This demonstrates that awareness programme was effective in increasing knowledge about lifestyle modification among diabetic patients. The chi-square value of posttest levels of knowledge about the effectiveness of awareness programme among diabetic patients reveals age, gender, religion, educational status, occupation, and residence area, sources of information are significant, whereas demographic variables such as marital status, monthly income in INR, type of family, type of food, any family history of diabetes mellitus, and previous knowledge are not.

The pre-test mean value was 21, and the post-test mean value was 39 after the health promotion programme. The average level of attitude was 16.

The computed t value ( $t=7.2$ ) was greater than the table value. This demonstrates that awareness programmes effective in improving levels of attitude toward lifestyle modification among diabetic patients. Age, gender, religion, marital status, educational status, occupation, Monthly income in INR, type of family, residential area, type of food, any family history of diabetes mellitus, previous knowledge, and sources of information are not associated with post test levels of knowledge about the effectiveness of health promotion programmes among patients with diabetes mellitus.

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### **Conclusion**

The majority of patients who participated in the awareness programme improved their knowledge of lifestyle modification. According to the study

findings, there was a significant increase in diabetes knowledge among patients. The majority of patients who participated in the awareness programme improved their attitudes toward lifestyle changes. According to the study findings, there was a significant increase in the levels of attitude among diabetes patients. The study's findings were consistent with the review of literature supports. The findings could be applied to patients with type 2 diabetes.

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