

EFFECTIVENESS OF COGNITIVE BEHAVIOURAL NURSING INTERVENTION ON SELF EFFICACY AMONG PATINETS WITH TYPE-II DIABETES MELLITUS

Kavitha M¹, Aruna S² & Valli G³

¹Research Scholar, MAHER, Meenakshi University, Chennai, Tamil Nadu, India

²Professor, Sri Ramachandra College of Nursing, Chennai, Tamil Nadu, India

³Professor & Head of Department, Meenakshi Ammal Dental College, Chennai, Tamil Nadu, India

ABSTRACT

Introduction

Today the process of disease and mortality has been transformed into the world and communicable disease have been replaced with non-communicable diseases. According to International Diabetes Federation Atlas (IDF) 2015, an estimated 69.2 million Indians are diabetic. Self- efficacy is a prerequisite for behavior and should be considered as an independent part of basic skills.

Methods

Quantitative approach to true experimental research design was used. Samples were patients with type II diabetes mellitus, self efficacy rating scale was used to assess the self-efficacy. Cognitive behavioral Nursing Intervention was given for a period of six months. Self-efficacy was assessed at pretest, 3rd month and sixth month.

Results

98 (93.33%) diabetic patients in the experimental group had low self efficacy in all aspects of diabetic care in the pretest. Whereas 62 (59.05%) had moderate self efficacy in post test-I. Overall self efficacy scores show that 86 (81.91%) of patients with diabetes mellitus had high self efficacy in experimental group during post test-II. the mean self efficacy score in the experimental group was 25.13 in the pre test, mean self efficacy in the control group was 24.68. self- efficacy increased to 48.24 in the experimental group during post test-II and was 25.19 in the control group which is statistically significant at $p=0.0001$. This indicates that the cognitive behavioral nursing intervention administered to the patients in the experimental group had a significant effect in improving the self efficacy

KEYWORDS: Effectiveness, Patients, Diabetes Mellitus, Self Efficacy, Cognitive Behavioral Nursing Intervention

Article History

Received: 03 Apr 2018 / Revised: 13 Apr 2018 / Accepted: 13 Apr 2018
