

Spiritual Persuasion and Self-management Behavior among Adults with Type 2 Diabetes in West Indonesia

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Abstract: Compliance among diabetes patients in Indonesia was found to be poor. Too many diabetes patients receive inadequate support to enable them to achieve optimal control of their illness. Majority of diabetes education intervention in Indonesia have been focusing on the physician's consultation with medical explanations on complications as approach. The SAKINAH education intervention is concerned with combining Islam's health principles and diabetes education to persuade many Indonesian Muslims with type 2 diabetes to sustain control over their illness-related conditions and complications aside from gaining knowledge, awareness and skills on self-management. The overall purpose of this study is to determine the effects of the spiritual component of SAKINAH on the self-management behavior of adults with type 2 diabetes.

This study employs the quasi experiment pretest and posttest control group design to determine the effects of SAKINAH on the practice of self-management behaviors among the study group. Change on the criteria of the self-management behaviors and on health status changes. The Summary of Diabetes Self-care Activities measure (SDSCA); Physiological measures (fasting blood glucose, body weight, and blood pressure) are used to measure changes in behaviors and physical measures. Data were collected from 91 participants 50.6% from the study group and 48.3% from the control group. There was no significant difference in the beginning of the SAKINAH intervention in the practice of diabetes self-management of diet, exercise, medication, foot care and smoking in the social support scores and in the values of fasting blood sugar, blood pressures and body weight. Environmental factors have no significant effect on the distribution of practiced behaviors and physical measures at pretest. The study result support that there is significant difference between groups at posttest in the practice of self-management and physiological measures. There is significant difference between pretest and posttest in study group in the practice of diet, exercise, glucose testing, and foot care; and in the measures of FBS, and systole blood pressure with $p < 0.05$. The result of this study suggests that social structural health determinant need to be considered in structuring the objectives and strategizing approach of the diabetes education intervention.

Keywords: Diabetics education, diet and weight, exercise, medication, smoking, blood pressure

