

**UNIVERSITI TEKNOLOGI MARA (UiTM)**

**EXPLORING THE CHALLENGES IN SELF-  
MANAGEMENT OF DIABETES AMONG  
WORKING ADULTS**

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## ABSTRACT

**Background:** Malaysia is ranked among the top 10 countries for diabetes prevalence in 2010 and 2030. The World Health Organization (WHO) predicted that total population affected will be up to 2.48 million by 2030. It has become imperative to monitor diabetes management for improvement in quality of care

**Objectives:** This study attempted to explore the challenges in self-management of diabetes among working adults.

**Methods:** Data were collected through online phone call and face to face interviews. Semi-structured interviews were conducted and all face-to-face and phone interviews were audio recorded and transcribed verbatim. The transcripts were analyzed using framework analysis.

**Results:** Most of the respondents have problems in managing their diet as the major factor, which can be related with time management, unable to resist food temptation, and refuses to follow physician advices. Lack of blood glucose monitoring and lack of time for physical exercise are among the challenges of diabetic patient.

**Conclusion:** This study shows that many working adults with diabetes face many challenges with regards to diet and lifestyle management. Practical strategies to assist and empower people with diabetes are needed.

## **CHAPTER 1**

### **1.0 INTRODUCTION**

#### **1.1 Background of Study**

Diabetes mellitus is a condition where the body cannot utilise the energy from food (Leslie, Lansang, Coppack, & Kennedy, 2012). The insulin inside the body cannot convert glucose into glycogen to be stored inside adipose tissues (LeRoith, Taylor, & Olefsky, 2004). Statistics shows that the percentage of diabetes patients among adult ranging from 20-79 years old will increase from 6.8% on 2010 to 7.7% in 2030 around the world (Shaw, Sicree, & Zimmet, 2010). Other statistics show that the obesity was higher among the middle age adults, 40-59 years old than the younger adults between age 20-39 years old and the adult over 60 and above (Ogden, Carroll, Kit, & Flegal, 2014). Most of them who suffer from diabetes mellitus have difficulties in managing their problem (Glasgow, Toobert, & Gillette, 2001).

#### **1.2 Problem Statement**

There are huge number of people with diabetes who are in the working class. It is very important to manage the diabetes and it is very good to control early on the start of diagnosis to prevent the development of complications. However, lack of studies have been done in looking into the challenges of this particular people.

### **1.3 Objective**

The objective of this study is:

- i) To explore how patients who are working self-manage their diabetes problem.
- ii) To identify the challenges faced by working adults in self-manage their diabetes problem.

### **1.4 Significance of Study**

The information revealed by the working adults regarding self-management and the challenges faced might be useful to health care professionals for counselling purpose.