

**UNIVERSITI TEKNOLOGI MARA**

**SELF-EFFICACY OF FOOT SELF-CARE  
BEHAVIOUR OF ELDERLY WITH  
DIABETES**

**MAIZATUL NADWA BT MOHD RAZI  
NUR FADILAH BT ABDUL RASHID  
YUS ERINA BT MAHMOOD**

**Project submitted in fulfillment of requirements  
for the degree of**


**Bachelor of Nursing (Hons.)  
Faculty of Health Science**

**JULY 2015**

## AUTHOR'S DECLARATION

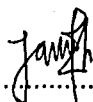
I hereby declare that the work of this thesis was carried out in accordance with the regulations of Universiti Teknologi MARA (UiTM). It is original and is the result of my own work, unless for quotations and citations or acknowledged as referenced work. This topic has not been submitted to any other academic institution or non-academic institution for any other degree or qualification. In the event that my thesis be found to violate the conditions mentioned above, I voluntarily waive the right of conferment of my degree and agree be subjected to the disciplinary rules and regulations of Universiti Teknologi MARA (UiTM).

Name of Student : Maizatul Nadwa Bt Mohd Razi  
Student I.D. No. : 2011494158  
Programme : Bachelor of Nursing (Hons.)  
Faculty : Faculty of Health Sciences  
Thesis : Self-efficacy of Foot Self Care Behaviour of Elderly with Diabetes

Signature of student :  .....

Date : June 2015

Name of Student : Nur Fadilah Bt Abdul Rashid  
Student I.D. No. : 2011604544  
Programme : Bachelor of Nursing (Hons.)  
Faculty : Faculty of Health Sciences  
Thesis : Self-efficacy of Foot Self Care Behaviour of Elderly with Diabetes

Signature of student :  .....

Date : June 2015

## ACKNOWLEDGEMENT

First and foremost the researcher would like to convey the greatest gratitude to Mdm Siti Khuzaimah Binti Ahmad Sharoni as the supervisor for guidance and advices in completing and finishing this research. Thanks also to Dr. Hamzah Fansuri Bin Hassan, the Chairperson of Research Ethics Committee, UiTM Puncak Alam, Miss Norfidah Binti Mohamad, the Head of the Nursing Department, for approval and support to conduct study protocol of the project. Special thanks addressed to all lecturers of Faculty of Health Science from Nursing programme, UiTM Puncak Alam, for good support and encouragement along conducting this research. The researchers also would like to acknowledge Sir Khairil Anuar Bin Md Isa, lecturer of Basic Science programme, and Biostatistics and Research Methodology, UiTM Puncak Alam, for statistical support, and perceptive comments and suggestion during the preparation of the manuscript.

Special thanks to the director of Sungai Buloh Hospital, Dr. Khalid Bin Ibrahim and the director of Kuala Lumpur Hospital Dato' Dr. Zaininah Bt Mohd Zain for giving the approval and permission to conduct this study in the hospital. A big thanks to Head of Department, all Sisters, doctors and staff nurses at Medical ward, Surgical ward, Orthopaedic ward and Diabetic Clinic of Hospital Sungai Buloh and Hospital Kuala Lumpur for giving opportunity to conducts the study and for helping the researchers in the data collection. Never forgotten, the researcher would like to sincere thanks to Co/Sub Investigator at the site, Dr Ridhuan Arshad, Medical Officer of Hospital Kuala Lumpur as a person who assisting in completing the data collection process. Special thanks also to Clinical Research Center (CRC) members for their guidance in completing NMRR approval. Most importantly, the researcher thank to patients and guardians who willingly participated in the study.

Besides, not forgotten a millions love and thanks wish to family members for unlimited financial and moral support in completing this project. Last but not least thanks to all friends from Bachelor of Nursing Programme batch 2011/2012 and to everyone who involve either directly or indirectly for lend a helping hand in completing this project.

## TABLE OF CONTENTS

CONTENT	PAGES
TITLE PAGE	i
AUTHOR'S DECLARATION	ii
ACKNOWLEDGEMENT	iv
TABLE OF CONTENTS	v
LIST OF TABLES	x
LIST OF FIGURES	xi
LIST OF APPENDICES	xii
ABBREVIATION	xiii
ABSTRACT	xiv

### CHAPTER 1 : INTRODUCTION

1.1 Background Information	1
1.2 Problem Statement	2
1.3 Significant of the study	3
1.4 Objectives	
1.4.1 General Objectives	4
1.4.2 Specific Objectives	4
1.4.3 Hypothesis	4
1.5 Definition of terms	5
1.6 Summary	6

## ABSTRACT

**Background :** Diabetes progressively increasing among people older than 55 years old with approximately a half case of all diabetes. One of long term complications is foot problems that greatly be a burdened among elderly with diabetes. Foot self-efficacy and foot self-care behaviour plays an important role in reducing the rate of diabetic foot problems.

**Objectives :** This research aimed to determine the foot self-efficacy level of elderly with diabetes, to determine the foot self-care behaviour of elderly with diabetes and also to examine the association between foot self-efficacy and foot self-care behaviour.

**Method :** Cross sectional study was conducted at Medical Ward, Surgical Ward, Orthopaedic Ward and Diabetic Clinic of selected hospitals for diabetic patients in Hospital Sungai Buloh and Hospital Kuala Lumpur from May to June 2015. The Foot Care Confidence Scale (FCCS) and the Diabetes Foot Self Care Behaviour scale survey instruments were distributed to individuals over 60 years old with diabetes. A total of 152 diabetic patients participated in this study.

**Results :** The overall result of this study indicated that elderly with high level of foot self-efficacy has better foot self-care behaviour. For level of foot self-efficacy the (mean =40.56, SD=9.482) which was moderately low level and for level of foot self-care behaviour (mean=47.37, SD=8.725) indicates moderately high level. There was significantly correlation between foot self-efficacy with foot self-care behavior as  $r=0.629$  and  $p\text{-value}<0.05$ . Thus, this result emphasize that elderly with high level of confident has better foot self-care behavior.

**Conclusion :** The finding shows foot self-efficacy is an important determinant for foot self-care behaviour. The optimal approach to improve foot self-efficacy and increased foot self-care behaviour among elderly with diabetes is by regular screening, appropriate patient education and organizing campaign and awareness in hospital by expertise. Special nursing investigation should be conducted to improve foot self-efficacy and foot self-care behaviour. Besides, self-efficacy can be incorporated in diabetes education of foot self-care behaviour. Patient should be educate about the footwear and pumice stone because this items were high risk in developing foot problem.

**Keywords :** diabetes, elderly, foot self-efficacy, foot self-care behaviour, foot care