

Adolescents with Type 1 Diabetes and their Parent's Perceptions of Motivation, Self-Efficacy and Family Responsibility About Diabetic Self-Care And Diabetic Control

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Background: Type 1 Diabetes Mellitus (T1DM) is insulin dependent and lifelong chronic disease that requires a high level of care. It is the most incident and prevalent illnesses in childhood and adolescence — adolescents with T1DM encounter a significant challenge to keep healthy through adherence to diabetic self-care and diabetic control. The evidence proved that motivation, self-efficacy and family responsibility have a substantial effect on diabetes management. However, there is no such kind of studies conducted in Jordan. Aim: This study aimed to assess perceptions of adolescents with T1DM and their parents of motivation, self-efficacy and family responsibility about diabetic self-care and diabetic control (HbA1c levels). Methods: A cross-sectional, correlational design was used for this study. A purposive sample of 111 adolescents, aged 12–18 years and 102 parents attending the diabetes clinic at the National Center for Diabetes, Endocrinology and Genetics, completed the questionnaire. Statistical analysis, including descriptive statistics, t-test, Pearson correlation coefficient test and multiple linear regressions were used. Results: In this study, adolescents see themselves motivated, have high self-efficacy and see their parents more responsible for their health. Parents see their children motivated, have high self-efficacy and are responsible for diabetes management. Diabetic control (HbA1c) was best predicted by the adolescents' perception of self-efficacy and parents' perception of motivation. Diabetic self-care is best predicted by the adolescents' perception of self-efficacy, adolescents' gender and parents' perception of responsibility. As adolescents get older, they perceived less family responsibility, less diabetic self-care and as parents get older, they perceive more responsibility about their diabetic children. Years since diagnosed with diabetes, was significantly negatively associated with adolescents self-care. There was a significant difference in fathers and mothers perceptions of adolescents confident about self-efficacy, mothers were more likely than fathers to feel confident about their children. There was a statistically significant difference between gender of adolescents and parents' perceptions of motivation; parents feel more confident about their female adolescents than males toward adherence to diabetic self-care. Conclusion: Adolescents' perceptions of self-efficacy, parents' perception of motivation, parents' perception of family responsibility and adolescents' gender were significantly associated with diabetic control and diabetic self-care. Improving self-efficacy, sharing responsibility, family teaching about diabetes and gender-related education may improve diabetes management in adolescents with T1DM.

Biography

Nahla Al Ali is associate professor of community health nursing at Jordan University of Science and Technology, Jordan. Her Ph.D. issued from Queen's University Belfast in Northern Ireland, UK. She received her BS in Nursing and her MSN in Community Health Nursing from Jordan University of Science and Technology. Nahla is currently teaching advanced community courses for graduate students in the Faculty of Nursing at Jordan University of Science and Technology. She is ahead of a committee of the community health licensure exam, Jordanian Nursing Council. She is certified as A HOME CARE NURSE from Case Western Reserve University/ Frances Payne Bolton School of Nursing/Ohio /USA, certified VALIDATION WORKER (Level 1) from The Validation Training Institute/USA and CERTIFIED PROFESSIONAL TRAINER (TTT) from Lead Academy and Jordan University of Science and Technology. Her research interests are health promotion and disease prevention, NCDs, school health issues and adolescent's health. She has published more than 20 papers in reputed journals and one book and chapter in the book. She has been serving as an editorial board member of many reputable journals.

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