



Assessment of Attitude Towards ... Salisu, A. & Muhammad, A. (2026)

Assessment of Attitude Towards Diet Treatment among Diabetic Patients in Katsina State, Nigeria

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Abstract

This study assessed the attitude toward the use of diet treatment among diabetic patients in Katsina State. The research design was used for the study is ex-post facto research design. 5229 diabetic patients who are attending the six general hospitals of the three senatorial zones of Katsina state. The sample size for this study was 333 patients which was randomly selected from the list of diabetic patients that contain their phone number and addresses in every hospital visited. A researchers' developed questionnaire was used to collect data for the study. The instrument was validated by three experts in the field of physical and health education. A reliability of 0.60 was obtained using the split-half method. Descriptive statistics of mean and standard deviation was used to answer the research question at the decision mean of 2.50. the result of the study indicated that there was a positive attitude towards the use of diet for the treatment of diabetic patients in Katsina State. It was concluded that the patients in Katsina State have positive attitude towards the use of diet for the treatment of diabetes. It was recommended that the patients in Katsina State should be encouraged to maintain their positive attitude towards the use of diet prescribed by the doctors.

Keywords: Attitudes, Diets, Treatment, Diabetic patients.

Introduction

Diabetes Mellitus (DM) is a chronic metabolic disease that affects people in all countries. The increasing incidence and prevalence globally is often concern. Despite the considerable progressing treatment of diabetes over the years, it is still among the most common causes of morbidity and mortality worldwide. (Eadma, 2021). The prevalence of diabetes worldwide is increasing especially in developing countries of which Nigeria is in the lead. This disease leads to reduced productivity and quality of life of patients, on a global scale, the health care cost is enormous (Wild, 2004). As a result of population growth, poor medication, unhealthy diets, lack of exercise, the prevalence of diabetes is increasing worldwide (Wild and Brandshaw, 2017). In 2010, estimates showed that at least 285 million adults were suffering from diabetes with global prevalence rat of 6.4%. these figures were expected to increase to 439 million and 7.7% respectively by 2030. In 2011, it was estimated that 147 million adults in Africa had diabetes. South Africa had one of the highest numbers of people with diabetes (1.9 million) and about 6.1% of deaths in Africa were attributed to diabetes (Shaw, 2020). According to diabetic prevalence of Africa, it was also estimated that more than 75% people with diabetes will reside in developing countries by 2025. The prevalence of diabetes in South Africa with different population groups, age and sex. Among adults 30 years and older, the estimated prevalence in 2000 was 5.5%. estimate of health care expenditure also showed that in 2011, about 2.8 billion USD was spent on health care due to diabetes. This expenditure was expected to rise by 61% by 2030 (King, 1998). With the increased prevalence of diabetes globally especially in Africa, Nigeria in particular where urbanization and adoption of western lifestyle is increasing, diabetes is becoming problem in Africa including Nigeria. For Africa, the prevalence of type 2 diabetes is projected to increase by 48% from 3.3% in 1995 to 4.9% in 2025 with a corresponding 170% increase in the numbers of adults with diabetes in developing countries from 84 to 227 million (Centre for Disease Control and Prevention, 2011). For Sub-Saharan Africa, there is an expected increase of 18% for the prevalence (from 1.1% to 1.3%) and a corresponding 185% increase in the number, from approximately 3 million to 8 million. (Gwatkin, 2019). The above trend necessitates the study to determine attitude and practice towards the use of diet being a regimen for self-management of type 2 diabetes mellitus. Diabetes mellitus (DM) is a non-communicable disease that is increasingly becoming a significant cause of morbidity, mortality and disability worldwide (International Diabetes Federation 2010). Based on the current trends, over 30 million individuals will have diabetes by the year 2030. Type 2 DM is known to account for 90-95% of cases of diabetes mellitus globally (Annis, 2002). The recent statistics released by the



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world Health Organization (WHO) and the International Diabetes Federation calls for immediate concern. Nurses are faced with challenges of providing high quality evidence-based care to client/patients in traditional as well as new innovative health care settings for both acute and chronic illnesses. Diabetes being a chronic illness requires sound knowledge of self-care by sufferers so that they can contribute meaningfully in the management of their lives. A situation where diabetic patients visit clinics regularly and their blood glucose levels still remain high despite the treatment, they receive is a problem that calls for attention. This is a very common observation in many diabetic patients (Iwueze, 2017). A study conducted by Shrivasta (2018) reported that diabetic self-management education forms an integral component of a comprehensive diabetic care and that assisting patients achieve their optimal levels of glycoemic control calls for the utilization of the right therapy, monitoring and comprehensive education in diabetes self-management. Another study was carried out by Etukundo (2019) and reported practice regarding diabetes mellitus where it was stated that diabetic knowledge among the subjects was poor. Iwueze (2017) reported that available data suggest that diabetes is emerging as a major health problem in the Sub-Saharan Africa, including Nigeria where it is a considerable cause of morbidity and mortality. A prevalence rate of 6.8% was recorded in Port Harcourt with a male preponderance. The national figures range between 1.5% and 7.4% in some urban centers. The burden of premature death from diabetes is similar to that of HIV/AIDS, yet the problem is largely unrecognized. The human and economic toll of diabetes mellitus particularly type 2 diabetes is likely to grow globally in the foreseeable future due to rapid cultural changes, aging population, increasing urbanization, dietary changes, decreased physical activities and other unhealthy lifestyles and kidney failure and blindness. The strongest predisposing factors for diabetes are obesity and a family history of diabetes. Others includes the lifestyle factors such as smoking, moderate alcohol consumptions (Dahiru, 2020). The physical, social and economic burden of diabetes mellitus result mostly from the complications of the disease which occur as a result of either lack of awareness of the disease or poor attitude toward diet treatment among diabetic patients in Katsina State, Nigeria. This study is expected to answer the following questions; What is the attitude toward the use of diet for the treatment among the patients in Katsina State?

Hypothesis

The attitude toward the use of diet treatment among diabetic patients in Katsina State is not significant.

Methodology

The research design used for the study is ex-post facto research design. The researcher selected this design since it is a research design where groups of different ages, gender and occupation are studied at the same time (Olayilola, 2007), stated that ex-post facto design identifies representatives, sample of individuals with characteristics of interest in the different age groups. It is also a research design where the information already exists and cannot be manipulated by researcher. The population of the study is 5229 diabetic patients who are attending the six general hospitals of the three senatorial zones of Katsina State. These are Katsina zone, Jibia, and Katsina general hospitals, Daura zone Daura and Mani general hospitals Funtua zone Funtua and malumfashi general hospital respectively. The sample size for this study was 333 patients which was randomly selected from the list of diabetics' patients that contains their phone numbers and addresses in every hospital visited. During the sampling, the researcher systematically picked every 5th number in the list until the required number were obtained.

Presentation of Results

Research question one: - What is the attitude toward the use diet for the treatment of diabetics among the patients attending general hospitals in Katsina state?

Table 1: Mean scores and standard deviation on the attitudes towards the use of diet for the treatment of diabetics among the patients in Katsina State.

| S/N | Attitude Towards the use of Diet for the Treatments of Diabetes Patients in Katsina State | Mean Deviation | Standard Deviation |
|-----|---|----------------|--------------------|
| 1 | I feel people whose diabetes is treated by just diet do not have to worry about getting many long-term complications | 3.05 | 0.774 |
| 2 | I feel that the diabetic patient who adhere to dietary advice given by dietician would have their conditions less complicated | 3.23 | 0.741 |
| 3 | I like eating lots of sweets/other food rich in carbohydrates | 2.26 | 0.967 |
| 4 | I like eating foods that | 3.03 | 0.842 |
| 5 | I feel good to strictly adhere to dietary recommendation by my doctors | 3.34 | 0.687 |

The findings presented and opinion expressed with the mean scores in the table shows clearly that the subjects attitude towards the use of diet for the treatment of diabetes either exclusively or as a complementary approach. In the table, the aggregate mean score of 2.98 with a standard deviation of 0.420 clearly supported this view. This is further emphasized by the restriction of the respondents from eating lots of sweets or food that are rich in carbohydrate and eating food that make it easy to achieve optimal blood sugar level. The table showed that most subjects as indicated with the mean score strictly adhere to dietary recommendations by their doctors. The subjects have positive attitude towards the use of diet for the treatment of diabetes.

Discussion of Findings

The findings revealed that there was a positive attitude towards the use diet for the treatments of diabetes in Katsina State Nigeria. The findings here are consistent with Schrivasta (2013) who reported that diabetic self-management education forms an integral component of a comprehensive diabetics' care and that assisting patients to achieve their optimal levels of glycoemic control call for the utilization of the right therapy, monitoring and comprehensive education in diabetics-self- management. The findings did not agree with the report of Etunkundo (2013) from a study on patients reported practice regarding diabetes mellitus where it was stated that diabetes knowledge among the patients was poor.

Conclusion

Based on the findings of the study it was concluded that the patients in Katsina Sate have positive attitude towards the use of diet for treatment of diabetes.

Recommendation

Based on the conclusion of the study, it was recommended that the patients in Katsina state should be encouraged to maintain their positive attitude towards the use of diets prescribed to them by their doctors in the hospital.

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