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The effect of life orientation on quality of life in diabetic patients

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Background: Chronic diseases are increasing rapidly around the world. Diabetes is the first one among these diseases. The perspective of diabetic patients affects their quality of life. This study was conducted to investigate the effect of life orientations on quality of life in diabetic patients.

Methods: This study was conducted at Malatya Turgut Ozal Research Hospital between 3rd February 2016 and 5th February 2017. The population of the study consisted of diabetic patients hospitalized in endocrine clinic of Inonu University Turgut Ozal Medical Center. The sample of the study consisted of 100 diabetic patients who were staying in the hospital in the research dates and agreed to participate in the study. Descriptive information form, quality of life form, and life orientation test were used to collect the data. In the process of data collection, the researcher asked the questions and recorded the answers by using face-to-face approach. In data analysis, frequency, percentage, independent samples t-test, ANOVA and correlation analysis were used.

Results: According to the results of the study, it was found that the mean score of life quality and life orientation of diabetic patients was high. The correlation between life orientations and quality of life was determined to be statistically significant. At the same time, factors such as gender, education, employment status, type of diabetes, age of having diabetes, and having other chronic illness are effective on life orientation and quality of life of diabetic patients.

Conclusion: The diabetic patients see life positively, which enhances their quality of life.

Biography

Hilal Yildirim completed her secondary and high school education in Malatya. In 2009. She graduated from the Department of Health Care at the School of Health at Firat University. After working as a nurse in 2009-2011, she worked as a research assistant at Ataturk University in 2012. In 2013 she was appointed as a student at Inonu University Faculty of Health Sciences, graduated from Public Health Nursing Department Master's degree and started his doctoral education in 2015. The Master of Science in Physiology, which began in 2010, is finished in 2016.

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