Parental perceptions on the self-care behaviour of adolescents with T1DM within the Sri Lankan socio-cultural context: Qualitative approach

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【Introduction】

Type 1 Diabetes Mellitus. (T1 DM) is a chronic metabolic disease with long term psychological and behavioural implications. Self-care behaviour is the cornerstone of adapting to the condition. The living socio-cultural context directly influences the self-care behaviour of adolescents with T1 DM. None of the available studies has discussed this area in the adolescents with T1 DM in Sri Lanka.   The aim of the study was to explore the self-care behaviour of adolescents with T1DM within the Sri Lankan socio-cultural context.

【Method】

The ethnographic qualitative approach was accomplished, and Medeleine Leininger's Sunrise Enabler was considered the theoretical underpinning of the qualitative approach. Parents of adolescents with Type 1 Diabetes Mellitus were the target group.   Parents in Sinhala ethnic group were included, and parents who presented with psychiatric illness were excluded from the study.

The purposive sampling technique was utilized to explore data from information-rich participants. Twenty parents were interviewed (nineteen mothers and one father).   Data were collected using a semi-structured interview guide, observation method and continuing field notes. Several home visits were done as the preferred schedule of the participants. The researcher spent adequate time to build a friendly relationship with the whole family and data collection was continued gradually within the natural setting by respecting ethical principles.   Interviews were conducted using pretested semi-structured interview guide and two voice recorders were used to record the data during the interviews to assure the safety and accuracy of the data. The interview data were transcribed immediately after the interviews. The transcribed data were analyzed by following Miles, Herbaman and Saldana's .thematic analytical method and NVIVO 8 software was used to facilitate data management. Triangulation of data collection and member

checking procedure were utilize to ensure Ethical approval was granted from the University of Peradeniya. Sri Lanka.

【Results】

Twenty parents expressed their perceptions on self-care behaviour of the adolescents with T1 DM.   "Parental perceptions involve the autonomy of adolescents; "Family dynamics have affected self-care behaviour"; "Self-care behaviour exposed to cultural beliefs and practices";   "The social stigma on diabetes interferes with self-care Behaviour", "Food control is associated with socio-cultural concepts and practices"   were the identified core themes. Try to avoid the social recognition of the child as "not being a normal person" , "uncertain future due to cultural norms towards diabetes" , "experience of traditional methods of treatment and remedies" were the highlighted subthemes.

【Discussion】

The strong bond between parents and children resulted in negative influence on developing of self-care capabilities among the children due to parents trying to complete all the activities on behalf of the child. Further, behaving to avoid social stigma affected to self-care behaviour negatively. Health care providers should be considered the socio-cultural influence on the self-care of adolescents with diabetes.