



Lifestyle And Diabetes Mellitus Development Among Inhabitants Of Port Harcourt Metropolis

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ABSTRACT

This study investigated lifestyle and diabetes mellitus development among inhabitants of Port Harcourt Metropolis. The descriptive cross-sectional survey design was adopted for the study. The sample size for this study was 390. Data was collected using a structured questionnaire and analyzed using descriptive statistics such as frequencies, percentages and Chi-square test was used for testing the hypothesis at 0.05 level of significance. The result revealed that 11.8% of the respondents agreed that they smoke, 68.2% agreed that they consume alcohol, 80% agreed that they check their blood sugar, 31.8% agreed that they exercise while 68.2% eat more protein and 31.8% eat carbohydrate more. The finding of the study showed a significant relationship between lifestyle (X^2 -value = 129.102; df = 1; $p < 0.05$) and diabetes mellitus development among inhabitants of Port Harcourt Metropolis. It was concluded lifestyle is a contributory factor of development of diabetes mellitus. Hence, there is need for enlightenment campaigns for knowledge and development of positive lifestyles that will aid the prevention of developing diabetes mellitus.

Keywords: diabetes, diabetes mellitus, lifestyle

INTRODUCTION

The adverse effects of diabetes mellitus in Nigeria and the world at large cannot be overemphasized. The researcher decided to undertake this research on the perceived health effects associated with diabetes mellitus, due to the substantial premature morbidity and mortality caused by this chronic disease (DM). Families and affected individuals have suffered several complications, such as frustration, financial constraints, divorce, and erectile dysfunction and several organ dysfunction, amputations etc (WHO, 2014). Without intervention, these complications can lead to death. Women and children are not spared by the pain caused by this disease, especially during gestation. Some women have no option but to deliver through cesarean section, which could lead to complications such as excess bleeding etc (International Diabetes Federation, 2015). Some women develop type 2 diabetes even after given birth throughout their life due to development of gestational diabetes, some return to having normal blood sugar level after given birth (Toony et al., 2018; Abdulrahman & Omar, 2013). The babies can suffer complications such as nervous complications and been over-weight. Diabetes mellitus has become a house hold name in Nigeria, and Port Harcourt metropolis is not excluded, a timely intervention by means such as this inquiry, is needed to help reduce this house hold menace as quickly as possible especially when it comes to the use of preventive measures. Hence, this study investigated lifestyle and diabetes mellitus development among inhabitants of Port Harcourt Metropolis.

METHODOLOGY

The research approach adopted a cross sectional descriptive research design. The study was carried out in Port Harcourt Metropolis. The population of study comprised of residents living in Port Harcourt metropolis, especially those within the age bracket of 20-55. A sample size of 390 was used

for the study. A structured questionnaire was adopted for the study. Data collected were coded and analyzed and analyzed using descriptive percentages (%) while hypothesis was analyzed using inferential statistics of chi-square at 0.05 alpha of significance.

Table 1: Lifestyle and diabetes mellitus

Variables	Frequency (F)	Percentage (%)
Do you smoke		
Yes	46	11.8
No	344	88.2
Total	390	100.0
Do you consume alcohol		
Yes	266	68.2
No	124	31.8
Total	390	100.0
Do you check your blood sugar		
Yes	312	80
No	78	20
Total	390	100.0
Do you exercise		
Yes	124	31.8
No	266	68.2
Total	390	100.0
What class of food do you eat more		
Carbohydrate	124	31.8
Protein	266	68.2
Total	360	100.0

Table 1 revealed lifestyle and diabetes mellitus. It revealed 11.8% agreed that they smoke, 68.2% agreed that they consume alcohol, 80% agreed that they check their blood sugar, 31.8% agreed that they exercise while 68.2% eat more protein and 31.8% eat carbohydrate more.

Table 2: Chi-square test showing significant relationship between lifestyle and diabetes mellitus development among inhabitants of Port Harcourt Metropolis

lifestyle	Diabetes check		Total	Df	X ² -value	p-value	Decision
	Yes F(%)	No F(%)					
Good	233(99.5)	2(0.85)	234(100)	1	129.102	.000	Rejected
Poor	81(51.9)	75(48.1)	156(100)				
Total	312(80.0)	78(20.0)	390(100)				

*Significant. p<0.05.

Table 2 shows the chi-square test of significant relationship between lifestyle and diabetes mellitus development among inhabitants of Port Harcourt Metropolis. The result showed that there is a significant relationship between lifestyle and diabetes mellitus development among inhabitants of Port Harcourt Metropolis (X²-value = 129.102; df = 1; p<0.05). Thus, the null hypothesis which states that there is no significant relationship between lifestyle and diabetes mellitus development among inhabitants of Port Harcourt Metropolis was rejected.

DISCUSSION

The finding of the study showed a significant relationship between lifestyle and diabetes mellitus development among inhabitants of Port Harcourt Metropolis (X²-value = 129.102; df = 1; p<0.05) indicating that personal lifestyle can actually serve as a contributing factor of diabetes mellitus among individuals. The finding of the study corroborates that of Bhavadharini et al. (2017) and Neda et al. (2018) whose study found out that the way individuals live their lives can actually contribute to the development of diabetes mellitus. The finding of Asmanaw et al. (2015) also correspond the finding of the present study as it reported a significant relationship between lifestyle and diabetes mellitus

development. The findings of Lakshmi et al. (2018) and Horath et al. (2010) also confirms the finding of the present study as it relates daily lifestyle to the development of diabetes. This he noted through regular exercises and regular glucose test. This is to mean that individuals who live a healthy lifestyle can actually prevent the development of diabetes mellitus compared to those who do not. However, the findings of Gillani et al. (2018), Balaji and Seshiah (2011) and Ehilieh et al. (2011) report a relationship between socioeconomic status and diabetes mellitus development. Hence, this might be linked to the fact that wealth contributes to good nutrition and proper feeding hence the ability to eat foods that will not serve as risk for the development of diabetes including assess for periodic medical checkup and treatment.

CONCLUSION

Based on the findings of the study, it was concluded lifestyle is a contributory factor of development of diabetes mellitus. Hence, there is need for enlightenment campaigns for knowledge and development of positive lifestyles that will aid the prevention of developing diabetes mellitus.

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