THE RELATIONSHIP BETWEEN EMOTIONAL AND SPIRITUAL DISTRESS WITH THE OBEDIENCE OF A SURVIVOR IN THE MANAGEMENT OF TYPE 2 DIABETES MELLITUS

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ABSTRACT

Type 2 Diabetes Mellitus is a chronic disease requiring long-term management through medication, dietary regulation, physical activity, and health monitoring. The demands of continuous management can influence the emotional and spiritual well-being of individuals living with the condition, as well as their adherence to the management regimen. This study aimed to analyze the relationship between emotional and spiritual distress and adherence to Type 2 diabetes management. A correlational design with a cross-sectional approach was employed. The independent variables were emotional distress and spiritual distress, while the dependent variable was adherence to Type 2 diabetes management. The sample consisted of 68 individuals with Type 2 diabetes, selected using purposive sampling. Data were collected using the DDS-17, SWBS, and SDSCA questionnaires. Univariate and bivariate analyses were performed using the Spearman Rank test. The results revealed a significant relationship between emotional distress and adherence to Type 2 diabetes management (p-value = 0.001; r_s = -0.509), indicating a moderate, negative correlation. A significant relationship was also found between spiritual distress and adherence to Type 2 diabetes management (p-value = 0.001; r_s = 0.715), indicating a strong, positive correlation. These findings demonstrate a link between emotional and spiritual states and adherence to Type 2 diabetes management. In conclusion, there is a significant relationship between emotional and spiritual distress and adherence to Type 2 diabetes management.

Keywords: Type 2 Diabetes Mellitus, Emotional Distress, Spiritual Distress, Patient Adherence.