

PREDICTORS OF EXERCISE BENEFIT-OBSTACLE PERCEPTION IN TYPE 2 DIABETES PATIENTS DURING THE COVID-19 PROCESS

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Background

Exercise is an important building block in the management of Type 2 diabetes. Perceptions of benefits and barriers related to that behavior may affect individuals' tendency towards protective behaviors such as exercise. In a study, it was revealed that there was a 10% decrease in the rate of physical activity in individuals with type 2 diabetes during the COVID-19 process.

Aim

The purpose was to examine fear of COVID-19 and anxiety of COVID-19 as predictors of Exercise Benefit-Obstacle Perception in Type 2 Diabetes Patients during the COVID 19 process.

Method

The study was conducted in a university hospital. The research sample consisted of 161 patients with Type 2 diabetes. Patient diagnosis form, Exercise Benefits-Barriers Scale, Coronavirus Fear Scale and Coronavirus Anxiety Scale were used as data collection tools. The data were shown as percentage and mean \pm standard deviation, Pearson/Spearman correlation and linear regression analyses were used to examine the relationship between the variables.

Result

In the study, 38.31% of the individuals with Type 2 diabetes said "COVID-19 pandemic" when asked what the biggest obstacle to exercising as a person with diabetes was. In addition, for the perception of total exercise benefit, paying attention to risky situations before doing physical activity ($\beta = -.384$), illiteracy ($\beta = .230$), development of diabetic foot in the last six months. ($\beta = .163$), COVID-19 anxiety ($\beta = .205$) and marital status ($\beta = .138$) were found to be statistically significant predictors ($p < .001$).

Conclusion

At the end of the study, it was found that illiteracy, having a history of diabetic foot development in the last six months, being married and an increase in the level of COVID-19 anxiety increased the perception of exercise benefit in individuals with Type 2 diabetes. On the other hand, it was revealed that when the individuals with Type 2 diabetes paid attention to risky conditions such as hypoglycemia or hyperglycemia before exercise, the perception of exercise benefit decreased. In order to be prepared for infectious diseases such as COVID-19, conducting randomized controlled studies on the factors affecting the exercise benefit perception of patients is recommended.