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## A STUDY ON SUBJECTIVE WELL BEING AMONG DIABETICS AND NON DIABETICS

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### Abstract:

*In this study an attempt has been made to study subjective wellbeing among diabetics and non diabetics. Subjective well being instrument has been used for this purpose. This tool was administered to 160 diabetics and 160 non diabetics from Pathanamthitta district in Kerala. The sample mainly consisted of working people. The result of the analysis reveals that subjective well being seems to have no significant effect on both diabetics and non diabetics. Whereas non diabetic workers who are doing exercise and non diabetic workers who are not doing exercise differ in their subjective well being.*

### INTRODUCTION

Diabetes is a chronic non commutable metabolic syndrome which may affect the entire day to day activities of an individual. Physical symptoms are given much attention to by ignoring the psychological part of it. There comes the considerable role of clinical psychologist to make valuable contributions to diabetic management, providing assessment, treatment and conducting research and evaluation as well as teaching other health professionals and patients. Psychologist offers stress management and relaxation training, weight management interventions, and management of eating disorder and sexual dysfunction. Psychologist are better placed to apply their psychology to the task of improving diabetes management while at the same time protecting, and even improving, the psychological well-being and quality of life of people with diabetes. It is understood that subjective wellbeing causes better health and longevity. Here an attempt is made to study the influence of subjective well being on diabetics and non diabetics.

### DIABETES

Diabetes mellitus is a syndrome characterized by chronic hyperglycemia and disturbance of carbohydrate, fat and protein metabolism associated with absolute or relative deficiency in insulin secretion or insulin action. Insulin allows glucose to enter body cells to convert it into energy. Insulin is also needed to synthesis protein and store fats. In uncontrolled diabetes, glucose (sugar) and lipids (fats) remain in the blood stream and with, damage the vital organs and contribute to heart disease (Kumar and Clark, 1994)

### SUBJECTIVE WELL BEING

Subjective well-being (SWB) is defined as 'a person's cognitive and affective evaluations of his or her life' as stated by Diener, Lucas, and Oishi, (2002). The cognitive element refers to what one thinks about his or her life satisfaction in global terms (life as a whole) and in domain terms (in specific areas of life such

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as work, relationships, etc.) The affective element refers to emotions, moods and feelings. Affect is considered positive when the emotions, moods and feelings experienced are pleasant (e.g. joy, elation, affection etc.) Affect is deemed negative, though, when the emotions, moods and feelings experienced are unpleasant (e.g. guilt, anger, shame etc.)

**OBJECTIVES**

The study has the following objectives  
 To find out the subjective well being among diabetic and non diabetic workers.  
 To find out whether diabetic workers who are doing exercise differ in their subjective well being from diabetic workers who are not doing exercise.  
 To find out whether non diabetic workers who are doing exercise differ in their subjective well being from non diabetic workers who are not doing exercise.

**HYPOTHESES**

There is significant difference between diabetic and non diabetic workers in their subjective well being.  
 Diabetic workers who are doing exercise and diabetic workers who are not doing exercise differ in their subjective well being.  
 Non diabetic workers who are doing exercise and non diabetic workers who are not doing exercise differ in their subjective well being.

**METHOD**

The investigator adopted normative survey method .It involves describing, recording, analyzing and interpreting the data which are all directed towards a better understanding of the present study.

**Sample**

The study consisted of 320 samples that are 160 diabetics and 160 Non diabetics working in various institutions, which were collected from Pathanamthitta district, Kerala. Diabetics and Non diabetics were selected by using simple random sampling technique.

**Tool**

The successful outcome of research mainly depends upon the proper selection of the research tool so the researcher used subjective well being inventory by Suhany,B.T& Sananda raj H ( 2002) modified version of Sell& Nagpal .The scale had both positive items(1-15)and negative items(16-25). The cumulative scores of all items give the persons total subjective well being. The split- half reliability of the test was found to be .70. The concurrent validity was found to be .11.The above indices indicate that the inventory would yield reliable and valid measures.

**RESULTS AND DISCUSSION**

**Table-1 Showing mean, SD, standard error and t values of diabetics and non diabetics in relation to their subjective well being.**

Variable	group	N	Mean	SD	Std. Error Mean	t	Sig level
Subjective well being total	Diabetics	160	52.200	6.149	.486	1.189	N.S
	Non diabetics	160	51.394	5.978	.473		

From the above table the t value was found to be 1.189. It is concluded that there is no significant difference between the diabetic and non diabetic workers in their subjective well being. Hence the alternative hypothesis is not accepted.

**Table-2 Showing mean, SD, standard error and t values of diabetic workers who are doing exercise and diabetic workers who are not doing exercise in relation to subjective well being.**

Variable	Group	N	Mean	SD	t	Sig. level
Subjective well being	Exercise	66	53.136	6.469	1.622	N.S
	Non exercise	94	51.543	5.860		

From table-2 the 't' value was found to be 1.622 which is lower than the table value. It shows that diabetic workers who are doing exercise and diabetic workers who are not doing exercise do not differ in their subjective well being. Hence the alternative hypothesis is not accepted.

**Table-3 Showing mean, SD, standard error and t values of non diabetic workers who are doing exercise and non diabetic workers who are not doing exercise in relation to subjective well being.**

Variable	Group	N	Mean	S.D	t	Sig. level
Subjective well being	Exercise	50	53.740	5.724	3.461	0.01
	Non exercise	110	50.327	5.807		

From table-3 the 't' value for subjective well being seems to show significance at 0.01 level. It shows that non diabetic workers who are doing exercise and non diabetic workers who are not doing exercise differ in their subjective well being. Hence the alternative hypothesis is accepted.

**CONCLUSION**

The present study indicates that diabetics and non diabetics did not differ in their subjective well being. Whereas non diabetic workers who are doing exercise and non diabetic workers who are not doing exercise differed in their subjective well being.

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