METHODOLOGY

Research Approach:

The Research approach adopted for this study is Quantitative research approach.

Research Design

Experimental factorial design is adopted for the study.

Variables

Independent Variables : Amla Juice and Curry Leaf

Dependent Variables : Diabetes Mellitus

Population

The target population for the study is diabetes patients in selected village at Kanyakumari District
Sample

Diabetes patients who fulfilled the inclusion criteria.

Sample Size

The sample size will be 200 diabetes patients.

Sampling Technique

No probability purposive sampling technique will be adopted for the study.

Criteria for sample selection

a) Inclusion Criteria

Who were diagnosed to have type II diabetes
Patients with regular or irregular treatment.
Whose RBS level of 125 mg/dl and above
Age group 40 years and above.
Both Male and Female
Who could understand and speak Tamil

b) Exclusion Criteria

Who were diagnosed to have type I diabetes
Who had other physical illness or complications
Who refuse to participate in this study

Description of the tool

Section A : Background Factors

Section B : Health Factors

Section C : Observational Chart on Blood Sugar.

Pilot Study

It will be conducted among 20 samples.
WORK PLAN

YEAR I

Identify the research problem
Review of literature for identification of existing knowledge, strengths and gaps in the previous research
Develop a research proposal
Attend PhD coursework, write assignments and complete the coursework
Prepare synopsis and presentations
Year II

Year III
Present synopsis at the doctoral research committee
Data collection, compilation, management and preparing analysis datasets
Data analysis and interpretation of the results
Review of literature for the latest development in the research areas
Prepare and submit the summary of research
Prepare manuscripts and present at national/ international conferences

Complete the thesis writing and submit it for plagiarism
Prepare and appear for pre PhD viva
Modify the thesis and submit the final thesis
Prepare and defend final viva