RESEARCH METHODOLOGY

RESEARCH APPROACH

Mixed approach (Quantitative and Qualitative)

RESEARCH DESIGN

Pre-experimental and Case Study method

RESEARCH SETTING

Selected Hospitals of Rajkot city, Gujarat.

POPULATION

Type-II Diabetes mellitus patents of Selected Hospitals of Rajkot city, Gujarat.

SAMPLE SIZE

Sample size will be 250

SAMPLING TECHNIQUE

Non-probability purposive sampling technique

VARIABLES UNDER STUDY

VARIABLES-

INDEPENDENT VARIABLE- is planned teaching regarding Diabetes Education and Awareness

DEPENDENT VARIABLE-Knowledge and self-care practices regarding Diabetes mellitus

DATA COLLECTION TECHNIQUE AND INSTRUMENTS

The present study aimed at evaluating the effectiveness diabetes education and awareness in terms of knowledge and self-care practices and its impact on life style among patients with Type-II diabetes mellitus. Structured Questionnaires will be used to assess the level of Knowledge and Check list will be used to assess the Self-care practices among patients with
Type-II Diabetes mellitus. Selected cases will be done case studies to know the impact of lifestyle.

**DEVELOPMENT OF TOOL**

Structured questionnaire will be prepared based on the following for assessing the knowledge regarding Diabetes mellitus, Check list will be used to assess the Self-care practices among patients with Type-II Diabetes mellitus, case studies will be done to know the impact of lifestyle.

**DESCRIPTION OF TOOL**

Structured questionnaire on the following will be develop

**Section 1**: Comprised of 08 items on demographic data

**Section 2**: Consists of 30 questions regarding Diabetes mellitus, Care, Management, Life style practices.

**Section 3**: Consists of 20 questions regarding Self-care practices

**Section 4**: Case studies

**RELIABILITY AND VALIDITY**

Reliability will be done by **TEST RETEST METHOD**

Content validity of questionnaire will be done by experts

**PILOT STUDY**

Prior to pilot study administrative permission will be taken from respective authority and informed consent will be taken from the samples. Pilot study will be done among 25 samples from Selected Hospitals of Jamnagar city, Gujarat. Samples will be selected by Non-probability purposive sampling technique.
PLAN FOR DATA COLLECTION

Prior to data collection informed consent will be taken from the sample. And they will be assured that their identity will not be revealed in any case.

PLAN FOR DATA ANALYSIS:

Data will be analyzed by both descriptive (mean, median, frequency, percentage and standard deviation) and inferential statistics (paired ‘t’ test and chi-square test). The data will be presented in form of tables, charts, and graphs.

WORK PLAN

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<thead>
<tr>
<th>SL.NO</th>
<th>TIME PERIOD</th>
<th>ACTIVITY</th>
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<tbody>
<tr>
<td>1</td>
<td>December 2018</td>
<td>Tool preparation</td>
</tr>
<tr>
<td>2</td>
<td>January 2019</td>
<td>Content validity of tools from experts</td>
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<tr>
<td>3</td>
<td>February 2019</td>
<td>Intervention plan and getting official permissions from the settings.</td>
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<tr>
<td>4</td>
<td>February 2019</td>
<td>Pretest Data collection and administration of interventions.</td>
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<td>5</td>
<td>February 2019</td>
<td>Post test Data collection</td>
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<tr>
<td>6</td>
<td>March 2019</td>
<td>Preparation of data for analysis</td>
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<tr>
<td>7</td>
<td>April 2019</td>
<td>Analysis and interpretation of data</td>
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<tr>
<td>8</td>
<td>April 2019</td>
<td>Chapter preparations</td>
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<tr>
<td>9</td>
<td>May 2019</td>
<td>Completion of full thesis</td>
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<tr>
<td>10</td>
<td>June 2019</td>
<td>Send thesis to university or evaluation</td>
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