

The Effect of Group Interaction on Self- esteem of Elderly Females with Diabetic Mellitus

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Abstract:

Introduction: The adverse effects of diabetes on health-related quality of life (HRQoL) are described in a growing body of literature. This study aimed to evaluate the effect of group interaction on self-esteem of elderly females with diabetic mellitus, 2014. Method & Material: In this interventional study, 60 old females aged 60-74 years were chosen among the members of primary health care center, and they were asked to sign the informed consent form and complete the demographic and self-esteem questionnaire. Then, the experimental group was divided into 3 subgroups (10 in each) and 8 group interaction sessions were held weekly for each subgroup. Finally, the subjects filled the self-esteem questionnaires before and 2 months after the intervention. The results were analyzed by SPSS version 16. The data were examined using percent, mean and standard deviation and independent t-test.

Result:

In the present study, there was no significant difference between two experimental and control groups before the treatment in self-esteem scores. But after the treatment, self-esteem average scores of studied unit indicated a significant statistical difference in experimental group. In other words, the training sessions improved the score of self-esteem in the experimental group

Conclusion:

The 8 week training classes significantly improved the self-esteem score of the elderly females with diabetic mellitus (type 2). Thus, it is concluded that the individuals with diabetic mellitus can be significantly improved following teaching from interaction in group. Vol 65, No. 6; Jun 2015 181 Jokull Journal

Key word:

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