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A study on impact of diabetics with special Reference to erode district

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Abstract

Although physical activity (PA) is a key element in the prevention and management of diabetes, many with this chronic disease do not become or remain regularly active. High-quality studies establishing the importance of exercise and fitness in diabetes were lacking until recently, but it is now well established that participation in regular PA improves blood glucose control and can prevent or delay diabetes, along with positively affecting lipids, blood pressure, and quality of life. Structured interventions combining PA and modest weight loss have been shown to diabetes. Most benefits of PA on diabetes management are realized through acute and chronic improvements in insulin action, accomplished with both aerobic and resistance training. The benefits of physical training are discussed, along with recommendations for varying activities, PA-associated blood glucose management, diabetes prevention, gestational diabetes mellitus, and safe and effective practices for PA with diabetes-related complications. So the researcher focuses on the diabetes with reference to erode district.

Key words – Diabetes, Awareness.

INTRODUCTION

Diabetes mellitus (DM), commonly referred to as **diabetes**, is a group of metabolic diseases in which there are high blood sugar levels over a prolonged period. Symptoms of high blood sugar include frequent urination, increased thirst, and increased hunger. If left untreated, diabetes can cause many complications. Acute complications include diabetic ketoacidosis and coma. Serious long-term complications include cardiovascular disease, stroke, chronic kidney failure, foot ulcers, and damage to the eyes. Diabetes is due to either the pancreas not producing enough insulin or the cells of the body not responding properly to the insulin produced. There are three main types of diabetes mellitus: Type 1 DM results from the pancreas's failure to

produce enough insulin. This form was previously referred to as "insulin-dependent diabetes mellitus" (IDDM) or "juvenile diabetes". The cause is unknown. Type 2 DM begins with insulin resistance, a condition in which cells fail to respond to insulin properly. As the disease progresses a lack of insulin may also develop. This form was previously referred to as "non insulin-dependent diabetes mellitus" (NIDDM) or "adult-onset diabetes". The primary cause is excessive body weight and not enough exercise. Gestational diabetes, is the third main form and occurs when pregnant women without a previous history of diabetes develop high blood-sugar levels. Prevention and treatment involve a healthy diet, physical exercise, maintaining a normal body weight, and avoiding use of tobacco. Control of blood pressure and maintaining proper foot care are important for people with the disease. Type 1 DM must be managed with insulin injections. Type 2 DM may be treated with medications with or without insulin. Insulin and some oral medications can cause low blood sugar. Weight loss surgery in those with obesity is sometimes an effective measure in those with type 2 DM. Gestational diabetes usually resolves after the birth of the baby.

PROPOSED MODELING

- To identify the awareness level of respondents towards the diabetes
- To identify the problems faced by the respondents due to the diabetes
- To suggest the health tips to relieve from the diabetes.

RESEARCH METHODOLOGY

- The study is descriptive in nature because it is used to find out the facts and figures.
- Sampling Size: 100.

- Convenient Sampling is used in this study.
- Both primary and secondary data is incorporated in the study.

PERCENTAGE ANALYSIS

S.No	Awareness	Respondents	Percentage
1	Male	58	58
2	Female	42	42

Interpretation:

The above table shows that 58% of the respondents are aware of diabetes, 42% of the respondents are not aware the diabetes.

CAUSES OF DIABETIES

S.No	Causes	Percentage
1	FOOD HABITS	32
2	HEREDITARY	13
3	HIGH STRESS	20
4	HIGH BLOOD PRESSURE	26
5	SKIN PROBLEMS	9

Interpretation:

The above table shows that 32% of diabetes are due to food habits, 13% of the diabetes are due to hereditary, 20% of diabetes are due to high stress, 26% of the diabetes are due to high blood pressure, 9% of the diabetes are due to skin problems.

PROBLEMS FACED BY THE RESPONDENTS DUE TO DIABETES

S.NO	PROBLEMS	MEAN SCORE	TOTAL SCORE	RANK
1	Heart Disease	550	4328	3
2	Eye Complications	562	1686	8
3	Kidney Complication	548	3836	4
4	Nerve Damage	564	564	10
5	Food Problems	529	5290	1
6	Skin Problems	536	2232	7
7	Dental Problems	541	2750	6
8	Urological Problems	558	4824	2
9	High Stress	549	3204	5

10	Work Life Imbalance	563	1126	9
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INTERPERTATION:

It is revealed that “Food problem” is ranked as no.1 with a total score of 5290. “Urological problem” is ranked as no.2 with a total score of 4824. “Heart disease” is ranked as No.3 with a total score of 4328. “Kidney complication” is ranked as No.4 with a total score of 3836. “High Stress” is ranked as No.5 with a total score of 3204. “Dental problem” is ranked as No.6 with a total score of 2750. “Skin problem”, “Eye complication”, “work life imbalance” and “Nerve Damage” was ranked as no. 7, 8,9 and 10th problems.

CONCLUSION

A structured wellness model based upon a nutritional profile that actually addresses the root causes of Type 2 diabetes, at least 90% of pre-diabetics can prevent the onset of diabetes. Also, at least 75% of diabetics can achieve sustained lower blood glucose levels. This model also prevents the onset of diabetes as demonstrated by the pre-diabetic clients who used the model and never developed full-blown diabetes. The study can be useful for the further researches.

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