

CHAPTER 5

CONCLUSIONS AND RECOMMENDATIONS

This descriptive study proposed to describe the nutritional health promoting behaviors, and to investigate whether perceived benefits of NHPB, perceived barriers of NHPB, social support and possible confounding factors (age, gender, ethnic, education, and income) could predict the nutritional health promoting behaviors. One-hundred thirty patients with type 2 diabetes attending outpatient department of two hospitals in Jakarta, Indonesia, from February to April 2007 were recruited purposively. The subjects were requested to fill one set of questionnaire which consisted of 5 parts: the Demographic and Health Information Form, the Nutritional Behavior Questionnaire, 24-hour Dietary Recall, the Modified Diabetes Social Support Questionnaire, the Perceived Benefits of NHPB Questionnaire, and the Perceived Barriers of NHPB Questionnaire. The data was analyzed by using Statistical Package for the Social Sciences (SPSS, Inc., version 11.5). This chapter presents the topics as follows:

1. Summary of study findings
2. Limitations
3. Implications and recommendations

Summary of study findings

This study was the first study of NHPB among type 2 diabetes in Jakarta. The findings revealed that the subjects' nutritional health promoting behaviors (NHPB) was at a moderate level ($\bar{X} = 55.06$, $SD = 5.6$). Most of the subjects consumed total calorie, fat, and carbohydrate less than requirement, but eat more protein than requirement. Perceived benefits, social support, education, and income were significantly associated with NHPB. In multiple regression model, perceived benefits and social support could explain 4% variance of NHPB when each of them was single variable in the model. However, they together in the same model became non significant predictors.

Limitations

Certain demographic characteristics of subjects in this study, such as: age, education, and income levels, limit the generalizability of the results to type 2 diabetes patients.

A self reporting questionnaire with the Likert scale might not be appropriate for Indonesian samples as they tend to choose middle range choices. Furthermore, the total items on these questionnaires (79 items and 1 form of dietary recall) was quite a lot, so the subjects spent much time in completing the questionnaires. This might have been an impediment in the subjectivity of their responses.

Implications and Recommendations

Nursing practice

A moderate level of NHPB among the subjects suggests the need to improve NHPB of type 2 diabetes patients to a higher level. The behaviors which need to be corrected are: consumption of high calorie foods in moderate amount, skills in serving method, and recognizing the appropriate amounts of calories in food that they should eat.

Moreover, clinical practitioners should be aware of the importance of social support and the perceived benefits of NHPB. They should motivate family or friends to get involve in supporting patients with type 2 diabetes in dietary management to control their blood glucose level. Furthermore, clinical practitioners have to make sure that the patients understand and are aware of the benefits of NHPB, expectedly, it would motivate the patients in performing NHPB consistently. In addition, counseling and health education are essential in maintaining and improving the subjects' NHPB level. They also should continually evaluate the application of dietary management performed by type 2 diabetes patients.

Nursing research

This study presents more knowledge about nutritional health promoting behaviors of type 2 diabetes patients and the influencing factors. Further studies are needed to explore this phenomenon within a greater number of samples and settings in order to obtain more variance of data. Moreover, in order to gain a deeper understanding, more detailed studies should not only rely on quantitative measurements but also include qualitative measurements of NHPB; developing new and appropriate nursing interventions would also be helpful. Furthermore, the instrument of this study needs further deeply exploration and revision in order to enhance its validity to yield more extensive and detailed results.