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The effect of problem solving and coping-with-stress education given with creative drama based on human caring model on empowerment of the adolescents with type 1 diabetes mellitus

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Statement of the Problem: This study was conducted to determine effect of problem solving, coping-with-stress education given with creative drama based on Human Caring Model (HCM) on empowerment adolescents with Type 1 Diabetes Mellitus (T1DM)

Methodology & Theoretical Orientation: Study is mixed pattern in randomized controlled experimental-phenomenological design. 34 adolescents with T1DM monitored in pediatric endocrinology policlinics university hospital were carried out. Data were collected with Adolescent Information Form, Scales of Perceived Stress, Problem Solving, Beck Hopelessness, Physiological Results Evaluation Forms in zero, third and sixth months. Drama method provides using many healing processes and methods in HCM, was performed in 8 sessions during education. The sessions covered reasons-symptoms-consequences, coping strategies stress, problem solving, some of problems face with. In quantitative analysis; descriptive statistics, Shapiro-Wilk, parametric-non-parametric tests were employed. Qualitative data, drama sessions were transcribed with permission of camera images by using content analysis method.

Findings: The views were taken into two categories as lower-upper level requirements. Themes have been established under categories. In the study, it was determined perceived stress, problem solving, hopelessness scores, HbA1c didn't differ between intervention-control groups. According to qualitative data, education helped adolescents realize methods that they can use or cannot use for coping with stress and problem solving, see that they aren't alone and unique, other people have similar problems-thoughts, feel themselves well and relaxed. Also, it was determined care moment, interpersonal care relationship in HCM have been established, healing processes for learning-teaching, self-confidence, defining feelings, sensations, making healing environment, help to requirements have been used.

Conclusion & Significance: Human Caring Model and creative drama may be used in determining problems adolescents with T1DM face during disease management and in psycho-social fields, in forwarding care and providing social support.

Biography

Nevin Uslu has completed her master's degree and doctorate in Erciyes University Pediatric Nursing Department. She conducts researches adolescents with Type 1 Diabetes Mellitus and obese in child endocrinology. She is interested in child psychology. She has also handle with abuse/violence, stress management, problem solving and hope in her researches. She is currently pursuing as an assistant professor in Mehmet Akif Ersoy University.

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