

**BARRIERS FOR REGULAR PHYSICAL ACTIVITY AMONG THE TYPE-2
DIABETES PATIENT IN BANGLADESH**

By

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Submitted in Partial Fulfillment of the Requirement for the Degree
M.Sc in Rehabilitation Science

June 2019



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ABSTRACT

Background: Almost 422 lacs people are sufferings from diabetes and every year 1.5 million deaths caused by diabetes (World Health Organization 2016). In Bangladesh diabetes mellitus considered as a serious public health issue (Rahman, et al., 2015). In (2016) Alfaifi, et al. said that type-2 diabetes can be treated with the amalgamation of drugs and healthy living. In (2014) Oyewole, Odusan, Oritogun, and Idowu, states that only T2DM patient perform less physical activity. They spent over than four hours per day of stationary time. In 2005, Lawton, Ahmad, N., Hanna, Douglas, & Hallowell, commented, that South Asian territory peoples engaged in low-grade PA which is the link with vulnerabilities. According to Hossain (2016), physical activity (34.5%) among type-2 diabetes patient in Bangladesh which comparatively very low other than neighboring country.

Objectives: To find out the barriers for regular physical activity among the type-2 diabetes patient in Bangladesh.

Study Method: The study was conducted following the descriptive cross-sectional survey design. Total of 120 data was collected from type-2 diabetes patient following the purposive sampling technique. Data were collected through using face to face interview and guidebook of the patient from two diabetes hospitals in Dhaka, Bangladesh.

Results: Among the total 120 participants 35% and 32.5% perceived lack of guideline for physical activity and low fitness level as the barrier for regular physical activity. Besides this, 38% reported that physical illness hurdles for regular physical activity. Among the environmental barrier mostly reported the inadequate park, sidewalk, Bicycle trail then the location of the park, gym are far away from home. The environment of the park, sidewalk are not supportive act as a barrier for regular physical. In the social and cultural barriers, no companionship (48%) was the most frequently reported barriers. Lack of time (31.7%) and lack of encouragement (31.7%) act as barriers for physical activity. A maximum participant reported that they are motivated and sporty type 45% and regular physical activity is not enjoyable 45.8% they abstain from physical activity because they fell embarrassed 37.5%.

Key Word: Physical Activity, Type-2 Diabetes, Barriers