

Abstract

OBJECTIVE: The purpose of this study is to better understand the effects of culture and social structures on Bengali adults with type 2 diabetes mellitus in managing their health condition and treatment regimens.

DESIGN/SAMPLE: This is a qualitative study that utilized a convenient sample of adults who are immigrants to the U.S. In this study, researchers recruited 6 Bengali adults with type 2 diabetes and from New York City. Participant recruitment occurred using the snowball approach, starts off with family acquaintance.

MEASURES: Guided by the Sunrise Model from Madeline Leininger's Theory of Cultural Diversity and Universality, researchers asked participants 7 categories semi-structured questions. The principal investigator, who also speaks the same language as the participants, audio recorded the interviews, translated and then transcribed interviews. Themes developed through content analysis using the NVivo 9 software and they were categorized using the Sunrise model.

RESULTS: Several themes emerged from each of the categories, such as different meaning of diabetes and fear of consequences of diabetes in Bengali adults. Religious factors that influenced participants included strong belief that Allah (God) is in control of everything, such as giving and curing diseases. Researchers also learned that many of the participants do not check their blood glucose regularly. There are also differences in family support for male and female. In addition, participants explained the difficulties they had communicating in English. However, they did not perceive this as a barrier because they feel supported by their family. The perception of physical activity and diets differed from what the participants actually have daily. Participants also described different barriers of physical activity they had.

CONCLUSIONS: The findings of the research study can help nurses and other health care

professionals to provide culturally congruent care to immigrant Bengali adults with type 2 diabetes.