

Abstract

People with diabetes often show reluctance regarding adherence to medication and self-management activities they are required to perform. According to psychoanalysts, they deploy denial as defense mechanism. As far as the threat of complications of diabetes is concerned, they repress the anxiety-provoking adherence to medication. The aim of this study was to explore relationship in Ego Defense Mechanism, Medication Adherence and Self-Management of Patients with Type II Diabetes. Purposive non-probability sampling strategy was used for sample recruitment. The sample was consisted of 150 individuals (N=150) with Type II diabetes. Demographic questionnaire was used to get demographics of the participants, Defense Style Questionnaire (DSQ) to rule out defense mechanisms, Medication Adherence Scale (MMAS-8) was used to evaluate level of medication adherence and Diabetic Self-management to measure self-management in the individuals with type II diabetes. The results of Pearson moment correlation demonstrated that mature defense mechanisms are significantly positively correlated with medication adherence and self-management while, Neurotic and immature defense mechanisms are significantly negatively correlated with medication adherence and self-management. Mature defense mechanisms were significant predictors of medication adherence and self-management and medication adherence was significant predictor of self-management. Describing the gender difference, the results of independent sample t-test showed females were high on Neurotic defense mechanism and no difference was found in medication adherence and self-management of the patients with type II diabetes.