

Satisfaction With Life And Its Relationship With Social Adjustment: A Sample Of Diabetic Patients In Hebron Governorate

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Abstract

The study aimed to investigate the satisfaction with life and its relationship to social adjustment among a sample of diabetic patients in Hebron Governorate. The study approached the literature as a multi-dimensional phenomenon, which addressed both theoretical and applied research. The significance of this recent study is the first, which dealt with this theme, to the author knowledge, which in turn encourages other researchers to work on further research on this important issue.

To achieve this end, the study adopted the descriptive quantitative research approach using the sampling survey method. The questionnaire is appropriate for the exploratory nature of the research. A 85-item questionnaire was formulated which was divided into three sections as follows: the first had the general information of the participants; while the second dealt with satisfaction with life scale (55-items); and the third section included the social adjustment scale (25-items).

The random stratified method was utilized which comprised of a sample of (121) diabetic patients in Hebron Governorate, Palestine. The sample size was calculated using the sampling web, <http://www.surveysystem.com/sscalc.htm>, sample size calculator, with a margin error of 0.05. The collected data was statistically analyzed using the statistical package for social sciences (SPSS).

The results revealed that diabetic patients experienced a moderate level of satisfaction with life, and a moderate level of social adjustment as well. The mean scores and standard deviation were (M 3.41 SD 0.50; M 3.58 SD 0.62) respectively. The study revealed the determinant effect of satisfaction with life on improving the social adjustment for the diabetic patients in Hebron Governorate. It was found that when satisfaction with life increases, social adjustment increases and vice versa.

These findings confirm the value of satisfaction with life in innovative social adjustment among diabetic patients in Hebron Governorate and recommend the importance of paying attention to ways to prevent infection with the disease, through early examination of those at risk of infection, and the attention to improving their healthy lifestyle in terms of diet by reducing sugars, drinking sufficient

amounts of water, adhering to therapeutic prescriptions, and exercising and recreation, and further research is essential in the area of satisfaction with life and its relationship to social adjustment among diabetic patients in the Palestinian society using the qualitative research design.

Keywords: Satisfaction with life, social adjustment, diabetic patients, Palestine.

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Number of Pages: 205. Number of References: 70. Defense Date: July 01, 2024.

CONFLICTS OF INTEREST

The author declares no conflicts of interest regarding the publication of this paper.

HOW TO CITE THIS PAPER?

Hidmi, B. (2024). Satisfaction With Life And Its Relationship With Social Adjustment: A Sample Of Diabetic Patients In Hebron Governorate. *International Humanities Studies*, 11(1), 52-53.

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