DOMESTIC AND FAMILIAL ISSUES LEADING TOWARDS DIABETES MELLITIUS TYPE – II IN RAWALPINDI

Fareeha Sarwar
MPhil Scholar, Department of Anthropology,
Pir Mehr Ali Shah, Arid Agriculture University, Rawalpindi.
Fareehasarwar628@gmail.com

Shagufta Hamid Ali
Lecturer, Department of Anthropology,
Pir Mehr Ali Shah, Arid Agriculture University, Rawalpindi.
shagufta.ali@uaar.edu.pk

Abid Ghafoor Chaudhry
Associate Professor, Department of Anthropology,
Pir Mehr Ali Shah, Arid Agriculture University, Rawalpindi.
abidge@uaar.edu.pk

ABSTRACT
Domestic sphere or domesticity indicates the house, a place where a person can live privately with family. Family is a main unit of a house as well as fundamental institution of society. Families of different or same ethnic groups combine to form a society. Family is considered as a composition of individuals having relationship of marriage, adaption, partnership or friends. The behavior of the family members with each other imparts a great impact on a person's health. When any of the family members receive stress from the family or from any member of family then they can get chronic disease like diabetes type 2. Descriptive methodology has been used for the collection of data including methods of in-depth interview. It is concluded that behavior of family members with each other is responsible for the cure of diseases and good as well as bad health of a person.

Keywords: Domestic sphere, Familial issues, Diabetes mellitus type II.

INTRODUCTION
Domestic sphere is private or a separate sphere which separates a person’s domestic world from outside or social world. A domestic sphere includes families, friends which are the privacy corner of an individual. A feel comfortable in this zone and can trust on these people and can share his/her privacy to some extent with these people. But due to some reasons when a person get stress from this zone or from these people he or she become in stress and stress can leads to a chronic disease one of them is Diabetes type 2. ‘Studies reveal that not only depression but also the daily general emotional stress and anxiety which leads to the sleeping problems, anger of a person and hostility are also involved in increasing the risk of diabetes type 2’ (Pouwer, Kupper, & Adriaanse, 2010).

Domestic sphere involves a place called home. Home is a most protective place for a person, and it mostly belongs to a woman. Home is called the private sphere. In a home the women train her children to serve them for nation. Home is a place where a person can do all the private stuff. ‘In the mid-nineteenth-century home is domestic ideal in the women’s press and it is the most precious place. It stays away a person from military and political ups and downs’ (Newman, 2008).

Family is a group of a people where its members can share their private and personal things. The reaction of family over that thing matter a lot. A person feels the behavior of its family more than that of its outer social circle. That is why the behavior of a family matters a lot for health of its members. Worst behavior or tensed environment of family can lead to chronic diseases like Diabetes type 2. ‘The behavior of family has both positive and negative effects on the health of a person, that effects can be due to the interference of family in a person life or the responsibility of only one person to facilitate the whole family. The negative effect can lead toward Diabetes type 2’ (Chelsa, et al., 2004).
A person who has disease already then, that person need more social support because that person become sensitive after having any chronic disease and the basic social support is given by the family to every person either diseased or healthy. ‘From most of the theories of health behavior change it is come to know that social support is one of the components of treatment for Diabetes type 2. By all that family members are considered as a source for the social support for a person especially for Diabetes type 2’ (Mayberry & Osborn, 2012).

From the medical anthropology concept of disease diabetes type 2 is chronic disease as in this disease the distribution of chemical hormone insulin is disturbed. Its symptoms are not shown earlier it is diagnosed by the physician through some laboratory tests and this condition forces the person to adopt the sick role to get self-care and also from the society. ‘Diabetes type 2 is chronic disease. By lowering the level of insulin, it disturbs the insulin resistance in the blood. Which is a hormone excreted by the pancreas. It requires self-management, intensive and sustainable self-care also by the surrounding people’ (Weaver, 2018).

Diabetes type 2 is a disease which brings changes in the body it affects heart, kidney, and weakens bones, and also produces numbness on fingers and much other destruction in the body. It has many causes one of them is stress from the surroundings which can bring negative changing like depression, anxiety, anger etc. These changes then bring the interpersonal or social relationship far away. Patient become over sensitive. These all are the conditions of illness of diabetes type 2 patient. ‘Following are the characteristics which can define the ill stage of a person: Changes in bodily functions and their appearance, Changes in behavioral abilities to interpersonal or social relationships, Usual sensory experiences or unpleasant symptoms and experiences of excessive and disturbing emotional states’ (Brody, Helman, & Twaddle, 2009).

When a patient has the condition of sickness the sick role has been adopted by that patient. In this sick role there are expectations regarding the behavior of a sick patient. These expectations may be not working, sick leave from school or office and laziness, feeling fatigue and tiredness all the time etc. When the patient having sick role also seek health care from any health care person is called patient role. ‘Sick role is a concept in which there are cultural, social, interpersonal expectations and responsibilities from the person having disease or in state of illness. Sick role become more specialized when the sick person seeks to the physician, designated healer or any health care person and this specialized form is called patient role’ (Parson, 2009).

Stress is seen as the major cause of any disease.by taking stress the internal metabolism gets disturbed. Diabetes type 2 has a great link with stress because stress elevates the blood sugar level. Stress is not only because of tension it is also because of disturbed night sleep. To get the treatment of any diabetes type 2 first a patient has to finish or control the stress. ‘With stress it is very difficult to control the blood sugar level. The stress can be controlled by some relaxing techniques like yoga, tai chi, massage and soothing music. Incomplete or disturbed sleep of night also creates stress. Incomplete sleep means sleep of less than 6 hours create glucose tolerance which leads towards diabetes type 2. Night sleep of complete 6 hours has been cooperated in the treatment of diabetes type 2’ (Shaheen, 2017).

**REVIEW OF LITERATURE**

Medical anthropology as a sub field of applied anthropology has interrelated the biological and cultural aspects of human health to explain the impact of culture on health and diseases. "Medical anthropology deals with the collective study of biological and cultural aspects about human to explain the influence of culture on human health and disease. Cultural factors engage symbols with biology in a minds-body dynamics manifested in traditional healing practices, psychosomatic illness and many other ways by which beliefs effect the health" (Winkelman, 2009).

The topic of the study is "Domestic and familial issues leading towards diabetes mellitus type – II". The topic of study had been purely related to medical anthropology. The topic discuses briefly on the concepts of, domestic sphere and familial issues and their influence on diabetes type 2 in different aspects.

This is a common type of diabetes, happened when the body does not use insulin properly for the control of sugar level in the blood. The body starts resisting insulin. It is majorly caused by stress, lifestyle, food etc.it has no permanent treatment only medicines had been seen used to control the level of sugar in blood. The disease in which body do not uses enough amount of insulin to control blood
sugar is known as type 2 diabetes. It is usually starts in adults but can be happened in younger people. Its risk factor includes lifestyle changes and family related risk factors. It can only be managed by healthy diet and regular exercise but especially with medication' (Diabetes Australia, 2015).

The basic place for domestic sphere is known as household. It is a place to live permanent lives with the family members and share its feelings, meals and lifestyle. It is also known as the place where the society begins. It is an institution to learn the social behavior, to build personality and also about the process of production and consumption. ‘Economically household can be described as a basic domestic unit to learn about the production and consumption and in classical anthropology the term household traditionally can be defined as a place having the collection of people being living and eating together' (Roberts, 1991).

The basic unit of household is family. Family is a group of people having a common ancestor of all descendants 'Family is considered as a functional unit of society. It had been seen that family is often the main point of study in social sciences. Family is a group of people living in a household, having economic, social emotional senses for each other. They work for the development and wellbeing of each other. These people united by marriage, blood, adoption or a consensual union, having communication and mostly obligation with each other either living together or far away' (Sharma, 2013).

It had been seen that familial issues create stress, and this stress results in many chronic diseases like diabetes type 2. Stress is one of the major causes of diabetes type 2. In wellbeing and a prediabetes stress play major in the onset of diabetes type 2. 'It had been seen by number of researches that stress from family or from workplace play great role in the onset of diabetes type 2. It had been suggested that having negative stressful experiences in life, high family chaos and behavioral problems play role in the onset of diabetes type 2' (Lloyd, Smith, & Weinger, 2005).

After the onset of diabetes type 2 it had been seen that stress is become more threatening for a diabetic type 2 patient. During stress the sugar level of a diabetic type 2 patient rises, and it is dangerous for health of a patient. Medically it can be explained as 'it had been seen that stress is one of the major reasons in the elevation of blood sugar level. When a person had a stress, its body reacts towards that stress which is known as fight or flight response. In this, adrenaline and cortisol had been released in the blood stream which elevates the respiratory rate. It forces the blood in the muscles and limbs to allow a person to fight. But in a type 2 diabetic patient glucose cannot be broken down to produce energy because the body does not release glucose by the firing of nerve cells which causes the glucose level in the blood to increase in diabetic patient' (Sullivan, 2016).

MATERIALS AND METHOD
The researcher has provided the detail of locale and methodology and methods which are on the basis of anthropological research method. The researcher used descriptive technique for the research. Detail of key informant and rapport establishment also provided by the researcher. The tools used for the study were in-depth interview, socioeconomic survey and life histories; their detail is also mentioned by the researcher.

It had been seen through any researches that methodology has been considered as a particular procedure or a set of procedure that involves the methods rules and postulates which can be applied by a discipline. In an anthropological field it has been considered as the analysis of the principles or procedures of inquiry in an anthropological field. In this study the methodology used by the researcher was descriptive methodology.

Descriptive methodology had been seen as the statistical study that can be used to identify the patterns or trends of a particular situation, but do not involve the casual linkages between its different elements. 'Descriptive research design can be defined as a scientific method that consist of observation and which describes the behavior of its subject without any influence. This method has been used by anthropologists' psychologists and many other social scientists which observe their subject without affecting its nature' (Shuttleworth, 2019).

In this research the researcher has use purposive sampling. It is the type of non-probability sampling which is 'the technique in which all the individuals do not have an equal chance of being selected' (Explorable, 2009). 'Purposive sampling is also known as judgmental, selective or subjective. It is a type of non-probability. In this a technique in which the sample from the population has to be chosen on the basis of researcher's own judgment. In this technique the researcher has complete
knowledge about the purpose of study' (Foley, 2019). In this study the researcher first selects the diabetic patient in the field then those who have type 2 diabetes then those who were above 35 years of age. It had been seen that because of two field of research. Researcher has selected 50 type 2 diabetes patients of age above 35 years from each field by this technique.

RESULTS AND DISCUSSION
It has been seen that family has been considered as a group of people living together having some relationships with each other in a household. To define a word family, it has many different concepts due to its structure and its function in a society. A few concepts consider family as a household unit share by the collection of individuals which has been living together. Some concept says family is a fundamental social unit which is composed by parents and their children sharing common ancestors. Some define family as a biological kinship system while other say it as a collection of individuals having relationship of marriage, adoption, partnership or friendship' (Encyclopedia, 2016).

There are many types of family based on the way people prefer to live. But every system has a great effect on an individual and indirectly on the whole society. 'Family system has a great impact on every life aspect of an individual, but the main focus is on their moral development, so then they can differentiate between good and bad behaviors' (Ali, Farooq, & Idris, 2016). Family is considered as a fundamental unit of society. The family has some functions as a unit of society and also in relation to its member. "Until very recently it had been seen that in the post-modern most culture, family life which was naturally made by the marriage between one man and one woman was considered as a fundamental unit of society, on both natural and divine level. In this culture the family had been considered prior to the State or Government being a fundamental unit of society. As such, the State must not absorb the individual or the family, because the family has rights apart from what the state gives it" (Arntz, 2016).

It had been seen that family is an institution where a person can share all its grief and happiness with the family members. Electronic media has played a great part in making and separating the families indirectly the societies especially in eastern countries. 'Still now TV is considered as most popular means of communication, which is the part of electronic media and that has a great impact on every aspect of an individual, but the main focus is on their moral development, so then they can differentiate between good and bad behaviors' (Ali, Farooq, & Idris, 2016). When a person receive stress due to misbehavior, trust breaking or any other traumatic condition from any family member then a person can take stress which can leads towards the unhealthy conditions or any chronic disease like diabetes type 2. 'It had been found through many research stress causes the cortisol hormone to release which directly affects the activity of pancreas and restrict the insulin. There had been many stressors were found by the scientists that can contribute to increasing the risk of diabetes type 2. They include stressful life or traumatic events, general emotional stress, anger and hostility, work stress and distressed sleep'.

Some of the familial issues were reported by the researcher from diabetic type 2 patients that had been considered as a cause of stress which can leads towards diabetes type 2.

Point of Mental Satisfaction
It had been seen that every human being need satisfaction for the peace of mind. There had been some points in a daily routine or sometimes a person makes some condition for the peace of mind to get satisfaction. 'Generally, it had been seen that satisfaction depends on the individual's internal or external environment, behavior and nature. Satisfaction wholly concerned with mind than the material world. Satisfaction for the peace of mind can be defined as conditions or people by which an individual get happiness, contentment and optimism. It can be the happiness of fulfilment of desires or feeling pleasure due to some good reason. It can also be said that satisfaction is the positive of every negative' (Wolmen, 1973).

Some points of mental satisfaction which were reported by the researcher from the diabetes type 2 patients are mentioned below. 'It had been seen that satisfaction in life is important for the physical and mental health of an individual. It brings longevity, and other outcomes in an individual life which had been considered positive in nature' (Beutell, 2006).

Family Prosperity and Comfort at Home
It had been seen through the in-depth-interview from the sample that some diabetes type 2 patients were those who get satisfaction with their family prosperity and comfort at home. One old age patient
who was above 60 years said that "although sometimes I feel dizzy due to old age but when my children spend time to me, talk to me and they have a happy life then I feel satisfied".

Some diabetes type 2 patients said that they get satisfaction when their family or their children live happily and prosperity, they have no tensions in their lives and spend time with us. There were some patients who said that if there had been peace at their homes, no tension at home and everything stayed normal at home than they were satisfied. There was one old male diabetic type 2 patient who said that "I am a labor worker; I get satisfied when there is no tension at home and also when I get stressed, I don't attend my telephone. I get satisfied".

For the control of diabetes type 2 and of any other disease it had been necessary to have satisfaction and peace of mind and for some patients it depends upon family functioning. 'It had been considered that family functioning is one of the possible factors of satisfaction and quality of life for some diabetes type 2 patients. Satisfaction, happiness and health can be positively achieved by making improvements in the level of family as well as by the improvements in the levels of attachment and changeability. In other words, it can be said that those individuals who had been living in midrange or balanced family functioning types can be more satisfied with life and happier compared to person living in extremely or moderately dysfunctional families' (Botha, 2013).

It had been noted that satisfaction for the peace of mind is necessary to maintain good health. Diabetes type 2 is a chronic disease and in this disease, it is necessary to control the sugar level for good health. For majority patients, family plays a great part in the control and treatment of every disease. From the above it had been noted that there were majority of diabetes type 2 patients who were very much concern about their families and their satisfaction for the peace of mind and good health is very much related to their family satisfaction.

**Good Environment**

It had been noted from the research that there was very less diabetic type 2 who get satisfaction from good environment. Good environment like silence, the place which has some natural views is essential for health and there were some environmental factors also considered as a risk factor for diabetes type 2, so it seems good to spend time in good environment. There were some patients who get satisfaction from external environment, and some get satisfaction from internal or home environment. Some patients go outside of their home either to their neighborhood or to their friends for change of environment so then they get satisfaction.

There were some patients who said that they spend time outside of their house in a natural and pleasant environment either in morning after Fajar prayer or any time in a day in parks or at the roof of the house in silence or if they live in villages so in their fields or anywhere for their mind satisfaction. They said that by spending time in nature impart a good effect on their health and they had a good day.

It had been seen that the environment that is close to nature, has peace and silence, without any pollution had been considered as the good environment. 'It had been seen that the environment consists of clear air, greenery, public parks, urban parks, river, mountains had been considered as a good environment' (Dhollon, 2016). From the research it had been seen that there were many patients who get satisfaction from a change in the environment either by going to neighborhood or at any other place and get interaction with other people have gossips by this thing they release their tension and get satisfied. Environmental anthropology describes this condition well, as 'Environmental anthropology is the branch of anthropology which describes the relationship between culture and environment. In this branch environmental anthropologists were seeming to be interested in describing the human relations with the environmental factors in cultural development' (Heatherington, 2016).

From the above results it has been seen that environment has a link with diabetes type 2. Unfavorable environmental factors were considered as a risk factor for diabetes type 2, to spend time in good, pleasant or favorable environment impart a good effect on health and also give satisfaction to mind. 'It had been seen that some pollutions have an adverse effect on health like noise pollution effect sleep and mental wellbeing of an individual. There were further other social environmental factors like behavioral factors which increase the risk of diabetes type 2. To avoid all these factors if a diabetic type 2 patient spend time in a green space, open space has walkable destinations and spend time in public places can encourage physical activity and social interactions which may proof for the lowering the risk and control of diabetes type 2'.

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Religious Satisfaction

From the In-depth interview of diabetes type 2 patients, it had been seen that there were some patients who get satisfaction from the prayer Namaz and by the recitation of Holy Quran. Patients said that when they recite Holy Quran and say their Namaz they feel relax and satisfied and get spirituality from Namaz and Quran recitation. They said that they get power to get ride from their state of depression, grief and sorrow.

There were some patients who said that they get satisfaction when they do recitation and also if there were no tension at their home. An old age male diabetes type 2 patient said that he daily recites Quran for two to three hour he said that he belongs to Jamat-e-Islami and he used to go for the preaching of Islam this make him satisfied. There was one female diabetes type 2 who said that she was much tensed about her husband's attitude. She has domestic violence at her home. She said that after all this when she said her Namaz and do recitation of Holy Quran she feels satisfied. Another female diabetic type 2 patient said that when she gets tensed, she starts recitation of Durood Sharif and she get relax and feel satisfied.

People who were close to religion or spirituality get satisfaction from the closeness to their religion. It has been seen that only the Muslim respondents have said that they get satisfaction from their religious practices. It has also been mentioned in the Holy Quran. In Holy Quran Allah has said that: "The satisfaction of the heart is in the remembrance of Allah". It has been that religion has a relationship with life satisfaction in a positive way. 'Through many researches it has been noted that release of depression, perceived first-rate of life and life satisfaction were undoubtedly associated with measures of religiosity' (Koster, Kate, & Waal, 2016).

It has been analyzed from above discussion that religion has a positive effect on life satisfaction for the people who had faith on their religion. 'Knowledge about different religions of world as well the individual own religion seems important for the development of interfaith harmony' (Habibb, Dad, & Idris, 2016). It had been noted that the patients who had faith on their religion and were close to it get satisfaction by the recitation of Holy Quran or Durood Sharif and also by saying their Namaz. For some patients if there is no tension at their home than they feel satisfied from recitation and Namaz.

Satisfaction through Money

It had been noted in the research that there were very less patients who said that they get satisfaction from money. They said that if they have money, they were independent and can buy anything of their need and choice. People migrate from their villages to the urban areas for the improvement of their socio-economic status better and to make good life standards. 'In developing countries like Pakistan poverty is the major issue for migration, mostly people migrate just for getting higher socio-economic status' (Haider, Shah, & Jehan, 2016). According to them money make them satisfied and happy. Some patients said that money make them satisfied because from they can easily get their treatment and medications. A female diabetes type 2 patient said that her husband no work to earn she work as a maid at different houses to earn money so when she had she fulfill all her expenses this thing makes her satisfied.

It had been seen that when there is a disease first of all a patient think about its treatment and for the treatment of some chronic diseases like diabetes type 2 there had been enough money to afford the treatment for the control of sugar level. The treatment can be either by injecting insulin or by medicines. This thing give satisfaction to the patient of any chronic disease like diabetes type 2 that they can get their treatment easily because of money. 'It had been noted through many researches that money becomes the cause of happiness and satisfaction for some people because it can help them to fix their problems of life which make them stressed out unsatisfied' (Leary, 2016).

It had been analyzed from the above discussion that the treatment of chronic diseases is expansive because these are the lifelong diseases, and their treatments runs throughout the life for some patients money had been considered as the point of their satisfaction because from money they can get their treatment easily and can fulfil their expanses easily.

Satisfaction through Sleeping

It had been noted from the research that there were very few respondents who get satisfaction by sleeping one female diabetes type 2 patient said that she usually had no tension and no stress but due to tiredness she feels disturbed so when she sleeps at night for complete seven hours, she feels satisfied in the next morning. Other patients said that their whole day stress and tension release when
they get their complete sleep at night of six to seven hours. Some patients also get satisfaction after taking nap. Some patients said that if they have no tension about their family and they complete sleep then they feel satisfied.

It had been seen that by sleeping an individual relax his mind and all the extra thoughts and memories get washed. Complete and undisturbed sleep is necessary for better physical and mental health. "It had been noted through many researches that sleep is one of the most important part of life it may be because sleep is considered as an important factor for satisfaction and good health. Undisturbed sleep of at least seven hours brings the next day blood glucose level in range, less insulin, gives more energy, better mood and less hunger" (Brown, 2016).

It had been analyzed from the above discussion that complete sleep of at least seven hours had been considered better for both mental and physical health. By sleeping a human mind get relief from all the extra or wasteful memories which give satisfaction to mind. For a diabetes type 2 patient complete and undisturbed sleep proof good for health, controls sugar level and make them satisfied.

**Satisfaction through Medicines**

It had been noted through the research that there were few diabetes type 2 patients who take tablets for satisfaction. Most of these patients belong to urban areas and they have different types of depression and for the relief of that tension patients take anti depression tablets which make them satisfied. Some patients said that they have no satisfaction they take depression medicines for relax. Some patients said that they cannot sleep because of tension, and they take depression medicine for relax and sleep.

With the increase of modern era and urbanization depression also increases. Depression is also a cause of many diseases. Depression is beyond ethnicity. "High rates of depressive symptoms were observed across ethnic groups. Those seeking depression treatments reported satisfaction with a variety of depression treatment modalities. Increased depression screening and treatment may be beneficial for ethnically diverse patients with and diabetes type 2" (Groot, Wagner, Pinkerman, & Hockman, 2006).

From all of the above discussion it had been analyzed that with the passage of time tension and depression are increasing and it also increasing dissatisfaction. For the relief of tension people take steps for satisfaction if nothing works than people take depression medicine. Diabetes type 2 is a chronic disease and the patient become more sensitive after having a chronic lifelong disease. Diabetes type 2 patients also have many other tensions so for the relief of tensions doctor recommend depression medicines.

**No Satisfaction**

There were few diabetes type 2 patients who had no satisfaction. They said that they have much tension economic tensions as well as from their families. There was a 53-year-old female diabetic type 2 patient who said that she had an ovarian problem and she had continuous bleeding sometimes that bleeding stops but mostly it happens. She said that she has taken many medicines including steroids for the treatment, but she had no cure. Doctors do not perform operation of ovaries because they said that she is so weak they cannot operate it. This continuous bleeding and pain make me unsatisfied.

Some patients who work either they were male or female they said that they get themselves busy in their work and if they had no work or had high sugar level than they get tensed. There were an old diabetes type 2 patients who was a labor man he had stress about my daughter they were elder and had not married yet. Some patients said that their children had left them, and they live separately. They do not support them in anyway. This condition makes them tensed.

It had been seen that in this modern era with the increase in the facilities tensions are also increased, some people find ways to get rid of their tension, but some cannot and hence they had no satisfaction it may include some people of low socio-economic status or some old age people. Having lifetime chronic diseases like diabetes type 2 is itself a big tension. The major tensions of lifetime diseases are their treatment. 'It had been seen that the people who were diagnosed of diabetes type 2 had increased risk of depression and disturbed mental health. Problems created in treatment due to many reasons like having financial issues cause depression and no satisfaction' (Freudenberg, Klitzman, & Saegert, 2009).

It had been analyzed from the above discussion that in different ages there were different stages of tension some people lessen their tension through different ways and get satisfied but some
people do not get satisfaction and in this way, they get depression.

**Behavior of family members with a diabetes type 2 patient**

Family plays a great role in the care, healing and treatment of any disease. Through family care the patient feel less stressed about the disease. Family support also help in the patient self-care and management about the disease. 'Family care may include emotional and economic support, safe and healthy food, care had been taken in such an intentional way to ensure the strict follow of treatment and lessen the depression and stress of the patient due to the disease like diabetes type 2. The glucose level can also be controlled when the food is cooked by the family member and also by the management of diabetes type 2 through family members' (Ahmad & Yasmeen, 2016).

This heading involves five questions of an in-depth interview about the behavior of family members with the patients. It includes the care of family members, behavior of spouse, behavior of children, familial issues behind the fights at home (if any) and behavior of in-laws. The responses of the respondents are mentioned below in a thematic way.

**Cooperative and Supportive Behavior of Family with Diabetes Type 2 Patients**

Most of the diabetes type 2 patient said that their whole family which include their children their spouse and their in-laws take care of them. They said that they had safe and healthy food due to their family care, they said that they support them in their treatment, and no one misbehave with them no one tease them with their behavior. They said that routine fights had been considered as the part of life on very small issues which can be sort out. They said that if they have fights then that sometime due to their children or some financial issue but mostly people do not fight at their home. They said that their children had been well settled and are very cooperative with them, so they have no tension about them. So, spouse attitude was also cooperative and supportive with them.

There was a female type 2 diabetes patient who said that "my children and my husband take much care of me. My husband's attitude is very cooperative with me throughout the life. My daughter-in-law looks after me. She makes my food according to my diabetic diet prescribed by the physician. Behavior of all my family members is good with me. They try not to give any tension to me. I sometimes have a fight with my husband on financial issues and that is of few minutes."

By the support and cooperation of family any disease can be controlled and managed. Mostly individual do not take their self-care they depend on their family members or want social support. The family can support and take care of the diabetic patient in their family by 'cooking food for diabetic type 2 patient according to their diabetes type2 plan, by reminding or giving medicines to the diabetes type 2 patient, by checking or reminding them to check their blood glucose level, by thinking about their needs and concerns, by having a positive attitude towards the diabetes of a diabetic type 2 patient, being cooperative with them and also by sharing their responsibility of diabetes type2 management' (Bennich, Roder, & Kondradsen, 2016).

From all of the above discussion it had been analyzed that every individual need support and cooperation of the people who are close to it. Family members are the first people to whom a person seeks for help and support in an hour of need. When a person is suffering from a disease, he needs both financial and emotional support and cooperation especially from the family. Family care matters a lot in the cure and control of any disease. Chronic diseases like diabetes type 2 needs management and control which cannot be done completely by the patient it needs family support and cooperation.

**Non-Cooperative and Non-Supportive family behavior with patients of diabetes type 2**

There were some diabetes type 2 patients' mostly female patients who said that they take care of themselves, but they also need familial support in the financial and emotional support. 'In Pakistan many housewives suffer from the emotional and psychological violence in their daily routine. This thing made them mentally unsatisfied and psychologically disturbed' (Zainab, Jadoon, & Nawaz, 2016). The female said that they have to cook their food by themselves. There were very less female diabetic type 2 patients who cook their food according to diabetic diet mostly do not follow diabetic diet plan, but they were supported by their children and husband for their medication.

Among these patients some male patients also said that they take their care by their own selves because they had to bring their medicines by themselves and most of the male patients were the head of their house, so they do not obey if someone gives them food according to their diabetic plan. They do not follow their diabetic plan. But besides food and medication attitude also matters in the cure of any disease.

From the patients discussed above one male 62 years diabetes type 2 patients said that his
family and his wife specially look after him, but their attitudes were not good with him. He said that his wife does whatever she wants she do not listen to him. He said that his grandchildren some of them were grown up now do misbehave with him. He said that all of the family members tease him on their place. They do all that work which I dislike. He said that his son had a heart surgery he is not earning yet, he has to afford all those expensive. But the behavior of my in-laws was good with me; he said that they gave me their daughter that is enough for me.

These patients both males and females complain about the bad attitude of their spouse with them or misbehavior of children or strict attitude of their in-laws. These results are discussed below.

**Non-Cooperative and Non-Supportive Behavior of Spouse**
There were many patients who said that their family members care for them, but the attitude of their spouse was not well with them some patients were divorced, some were living separately. The old age patients above 57 years said that their children support them and take care of them but complain about their spouse attitude. There were some people also who widow was, but they said that when their partner was alive, they were not good with them in attitude.

There was a male diabetes type 2 patient of age 62 said that her wife does her all work gave him food on time and her two daughters-in-law were more cooperative with him than his wife they take more care of him do all his work, but he said that his wife attitude was not good with him. He said that his wife does not obey him she does what she wants do not obey him. He said that she does all that work which he dislikes. He also tensed about her daughter because her marriage was not proof good, and his wife had done that marriage. He said that he was not satisfied from her wife attitude. He said that she never supports me.

When an individual had a disease, it needs social support both financially and emotionally. In a relationship a patient needs special support of its partner. 'In a marital relationship conflicts and stresses also created between partners. From the researches it had been found that in a relationship those diabetes type 2 patients who had their partner support were managing their diabetes in a better way. The quality relationship with the intimate partner had a great effect on the health of a patient and its diabetic control' (Trief, 2006).

**Non-Cooperative and Non-Supportive Behavior of Children**
There were many diabetes type 2 patients who had no support from their children. Most of them include those patients who were divorced, widowed or old age above 56 years old. These patients said that their children do not spend time with them, do not meet them. They said that they misbehave with them and do not support them financially if they are earning. These patients were much tensed about their children attitude towards them.

Among these patients there were a female diabetes type 2 patient who said that her husband in his life support her and was very cooperative with her but after his death due to some property issues her in-laws take hold on that house. She lives in a rent house. Her son misbehaves with him very much he even he does not allow her to live in the house. She eats food from her neighbors. She gets treatment by some financial support of doctor.

From all above discussion it had been analyzed that family support is necessary for the cure of any disease. A patient in every disease seeks support and cooperation of those people who are close to it. The family members also have to cooperate with the patient emotionally and financially so then the get control over the disease. Bad attitude of any member of the family creates stress to diabetes type 2 patients which can cause high glucose level in the body.

**Relationship of Members in House and Family Structure with Diabetes Type 2**
In a socio-economic survey form it had been seen through correlation technique that the relationship between two variables members in house and family structure is significant as shown in the table below. 'It had been seen that the family having more family members and have joint systems with high level of general lifestyles were considered to be more towards the risk of diabetes type 2' (Helgeson, Becker, Escobar, & Siminerio, 2012).
Table No. 1: Correlation of members in house and family structure

<table>
<thead>
<tr>
<th>Correlations</th>
<th>Members in Household</th>
<th>Family structure</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Pearson Correlation</td>
<td>- .223**</td>
</tr>
<tr>
<td></td>
<td>Sig. (2-tailed)</td>
<td>.007</td>
</tr>
<tr>
<td></td>
<td>N</td>
<td>143</td>
</tr>
<tr>
<td>Family structure</td>
<td>Pearson Correlation</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>Sig. (2-tailed)</td>
<td>.007</td>
</tr>
<tr>
<td></td>
<td>N</td>
<td>143</td>
</tr>
</tbody>
</table>

**. Correlation is significant at the 0.01 level (2-tailed).

Relationship of Gender and Marital Status with Diabetes Type 2

From the socio-economic survey the relationship between two variables gender and marital status was found by the correlation technique which is significant. It had been seen that some people either male or female had stress after their marriages, and they got diabetes type 2 or some get diabetes after being widowed. 'Relationship between marital status and diabetes type 2 seems to be controversial. It had been seen that among man being widowed increases the risk of diabetes type 2 and lower in females due to some lifestyle factors while there was a lower risk of diabetes type 2 in males and higher in females after marriage' (Ramezankhani, 2019).

Table No. 2: Correlation between gender and marital status

<table>
<thead>
<tr>
<th>Correlations</th>
<th>Gender</th>
<th>Marital status</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Pearson Correlation</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>Sig. (2-tailed)</td>
<td>.000</td>
</tr>
<tr>
<td></td>
<td>N</td>
<td>143</td>
</tr>
<tr>
<td>Marital status</td>
<td>Pearson Correlation</td>
<td>.461**</td>
</tr>
<tr>
<td></td>
<td>Sig. (2-tailed)</td>
<td>.000</td>
</tr>
<tr>
<td></td>
<td>N</td>
<td>143</td>
</tr>
</tbody>
</table>

**. Correlation is significant at the 0.01 level (2-tailed).

CONCLUSION

The research topic belongs to the field of medical anthropology. Medical anthropology is the branch of anthropology which deals with the study of biological and cultural aspects of human being. It also explains the impact of culture on the human health. It also deals with the treatment of diseases in the cultural perspective and the beliefs which have effect on the human health.

Domestic sphere had been considered as a private sphere or a separate sphere in which an individual lives a private life and get separated from outer world. In a private sphere an individual can perform all of its private activities of production, reproduction, development and growth of relations and personality. For an individual having family a private sphere is considered as place of relax environment where one can live privately with the family. Sometime there had been issues in a family of an individual or with an individual itself in a domestic sphere creates stress which later becomes the cause of diabetes type 2.

REFERENCES


