

Determination of Various Factors Effective in Constipation: A Common Practice

Bilge Ormeci Bas

*Antalya Atatürk State Hospital, Antalya, Turkey
E-mail: bilgeormeci@hotmail.com*

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ABSTRACT The purpose of this study is to conduct applied research through evaluation of individuals with a constipation problem due to various reasons in terms of their socio-demographic characteristics. The research population is from Turkey, while its sample consists of men and women living in different city centers of Marmara, Black Sea, Central Anatolia, Eastern Anatolia, Mediterranean and Southeastern Anatolia regions. The research took approximately 5 months. During the period of this research, (n=2007) men and (n=1853) women participated in the research. The respondents were administered a questionnaire consisting of two sections. The first section includes 32 questions about socio-demographic characteristics of the respondents, while the second section contains 28 questions as a 5-point Likert scale. The SPSS 18 statistical program was used during this study conducted for patients with varying professional, educational, income and socio-demographic features. The data obtained was entered into this program and put to a reliability test. This test resulted in Cronbach's Alpha coefficient of 0.891. This number obtained from the test shows that the measuring device utilized in this research is highly reliable. While different analysis techniques were employed for analyzing the results, the multiple regression, ANOVA, chi-square, factor, hypothesis and variance analyses were applied. Upon analyses and questionnaire, it is seen that many respondents have a problem of constipation and psychological, eating and drinking habits, family, gender and other different factors are effective in terms of constipation problem.