

## Healthy Lifestyle Behaviors and Self-Efficacy: The Effect of Education

Emine Sen<sup>1</sup> and Ahsen Sirin<sup>2</sup>

<sup>1</sup>*Adnan Menderes University Söke School of Health, Nursing Department,  
Söke/Aydın Turkey 09200*

<sup>2</sup>*Zirve University Faculty of Health Sciences, Nursing Department, Gaziantep, Turkey 27000  
E-mail: <sup>1</sup><emine.gercek@gmail.com>, <sup>2</sup><ahsen.sirin@gmail.com>*

**KEYWORDS** Education. Gestational Diabetes. Health Promotion. Self-Efficacy. Social-Cognitive Theory

**ABSTRACT** The aim of study is to examine the effects of education based Social-Cognitive Theory (SCT) and Health Promotion Model (HPM) on health behaviors and self-efficacy levels in women with Gestational Diabetes Mellitus (GDM). The study was a quasi-experimental design and was conducted in the obstetrics service of a university hospital with sixty pregnant women as the sample population. The data was collected using the Health Promotion Lifestyle Profile II (HPLP II) Scale and Self-Efficacy Scale (SES) between 1<sup>st</sup> February and 15<sup>th</sup> October 2010. Chi-square and independent samples t-test were used for the data analysis. It was observed that there was a significant increase in the average scores of the HPLP II Scale for the intervention group between follow-ups. However, it was also noted that there was no significant difference in the average scores of the SES for groups between follow-ups. The results showed that education had a positive effect in terms of adopting healthy lifestyle behaviors by women with GDM.