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### **Subjective theory in the research of adolescents with diabetes experience**

**Adolescence** is the period of life between childhood and adulthood, which lasts from the beginning of physical appearance development till the social status of independent adult is reached. (Mayers, 2000). As Mr. R.Rubin states (2001) **diabetes** is not one condition but several. All people with diabetes have one thing in common – too much sugar or glucose in their blood. Their blood glucose levels are higher than normal for one or two reasons: either they do not produce enough insulin – the hormone that allows glucose to move from the blood into cells where it is need and/or they do not use the insulin they do produce effectively their tissues are less sensitive to insulin. According Hart and colleagues (2003) the patients with type 1 diabetes have a lifelong chronic and serious disease and will develop several micro and macro vascular complications which will have a daily impact on their physical and psychological functioning.

As U. Flick (2006) states the term subjective theory refers to the fact that interviewees have a complex stock of knowledge about the topic of study.

Sometimes only a reassuring explanation is required to appease us and to help us to resume or rebuild an unbroken relation with the body and thus with the world. The power of explanation is quite amazing (Van Manen, 1998).

The aim of research - to disclose adolescent's living with diabetes experience in coping with challenges stipulated by disease in relation to the family, friends and health care providers.

Research questions:

1. How do adolescents perceive subjective challenges stipulated by illness?
2. How do adolescents cope with challenges?
3. What kind of support would be useful for adolescents?

The semi-structured interviews were chosen as the most suitable to describe experience. Words and stories make suffering real and objectify it. What people may define as fleeting and unreal none becomes fixed and real. A story locks experience in time and catches it in social space and meaning, - states Charmaz. (2002).

According to the inter – aggregate - hypothesis, the structure between the elements of subjective theory corresponding to difficulty and coping way shows elements which are argumentative connected in that way, that it is seen that difficulty and coping way may be clearly separated. Also, according the intra – aggregate – hypothesis, the within structure of subjective theory shows elements, which are argumentative connected in a coherent way. This means that the relationships express in the majority counterparts

5 themes emerged from theory, researches data and personal experience. Sampling criteria were: age from 16 till 18 years, disease duration more than 5 years, parent's and adolescent's consent, participation in summer school – camp.

At the moment 27 interviews are done. There is a lot of written material to analyze. At the first look adolescents with diabetes experience some challenges in relations with friends, family, teachers, etc. it seems participant's coping patterns are quite similar but different in the amount of significant adolescents give to each element.

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