

ABSTRACT

Type 2 Diabetes: The Journey of an Adolescent Student

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This case study explored the school experiences of a 17-year-old male Form 3 student living with Type 2 diabetes, at a secondary school in Antigua and Barbuda. It also examined the role of family support in the management of the disease. Data were collected through unstructured interviews and analysed using thematic analysis. For each of the two research questions examined—school experiences and family support—four themes emerged: School Experiences – support, concern shown, learning to cope, and motivation through physical activities; Family support – care, mixed emotions, knowledgeable family, and understanding of the student’s condition. It was found that, overall, the school negatively impacted the student’s experiences; it had a negative effect on the student’s diet while, at the same time, it encouraged his participation in school sports. It was found that the subject options did not provide the necessary exposure to the areas that would be of greater benefit to the student. However, the family’s understanding of the student’s illness and their support generally resulted in proper management of his condition.

Keywords: Case studies; Diabetes; Health needs; Educational experience; Secondary school students; Antigua and Barbuda