

## DOES URBANIZATION LEAD TO DIABETES? WITH SPECIAL REFERENCE TO MATARA DISTRICT

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As a result of rapid urbanization, the lifestyle of the people is changing. Imbalanced lifestyle creates more diabetic patients to the society. The main objective of this study is to explore the impact of urbanization on diabetes. Blood sugar levels of patients were considered as the dependable variable, while three indicators of urbanization (bad diet, limited physical activities, and bad mental health) were taken as the independent variables of the study. 370 patients representing Matara district were taken as the sample of the study. Data was collected using questionnaires and was analyzed using correlation and regression analysis. Results showed that, proper food habits and higher level of physical activities had a negative relationship with diabetes. Poor mental health and blood sugar level showed a positive relationship indicating good mental health cause a lower level of blood sugar. It can be concluded that urbanization has a significant impact on diabetes. The main hypothesis which is urbanization leads to diabetes, was verified, and the influence of sub hypotheses were also confirmed. The age group of 45-55 shows more prevalence of diabetes. This research is generating new knowledge and achieved new sight on the prevention of diabetes and making the healthy future generation to the world.

**Keywords:** Diabetes, food habits, mental health, physical fitness, urbanization