



**A STUDY TO ASSESS THE KNOWLEDGE AND PRACTICES ON CONTROL MEASURES OF HYPERTENSION AMONG THE PRACTICES ON CONTROL MEASURES OF HYPERTENSION AMONG THE ADULTS IN SELECTED AREA OF MADHUGIRI IN A VIEW TO DEVELOP A SELF INSTRUCTIONAL MODULE**

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**ABSTRACT:**

**Introduction:** Hypertension is a condition in which the blood pressure extends on the wall of the blood vessels is consistently higher than the normal. This becomes significant because placing too much pressure on the walls of the blood vessels could damage the wall of the blood vessels. Hypertension and cardiovascular disease are growing contributors to global disease burdens.

**Material and Method:** This study was conducted in madhugiri. Study comprised of Sample size of total 80 adults. Convenient sampling technique is use for the select 80 adults both male and female age between to 60 years. The research design was use Non-experimental, Descriptive Survey Design.

**Result:** The linear correlation between overall knowledge and practice was  $r = 0.933$  which was statistically significant at 0.01 level. It confirm that adult's knowledge and practice were statistically related ie. higher the knowledge better would be the practice.

**Conclusion-** It is concluded that the level of knowledge regarding control measures of hypertension among adults of madhugiri was inadequate. Therefore the knowledge of the adult's male and female age between to 60 years can be further improved by providing a self instructional module.

**Keyword:** Blood pressure, knowledge, Practice, Prevention, Control Measures

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## INTRODUCTION

Normal blood pressure of systolic blood pressure of less than 120 mm of hg and diastolic pressure of less than 80 mm of hg. If the systolic blood pressure is greater than 140 mm of hg or diastolic pressure is greater than 90 mm of hg than this condition is referred as hypertension. If the person is suffering with hypertension, it could be damaging the blood vessels each time the heart beats. Hypertension also makes the heart to work harder than usual and could result in a stroke or cardiac arrest. Hypertension is a major cause of heart failure, stroke, kidney failure and other vascular condition .once it is developed it s a life time condition and about 20 % of population develops hypertension. Lack of physical activity, alcoholism, bad habits like sedentary life style smoking, eating high cholesterol, risk of the hypertension in the young age. The need is that people must modify their life style and use natural things such as meditation, yoga, and other control measures to prevent the extensive effects of hypertension on the body.

## MATERIAL AND METHOD

A The research design was use Non-experimental, Descriptive Survey Design to assess the level of knowledge and practice regarding control measures of hypertension among adults in madhugiri town..The conceptual framework selected for the study was Health Belief Model by Becker. The tool selected for this study was structured questionnaire and practice questionnaire among adults in madhugiri town

**RESULT: The structured knowledge questionnaire Consist of two sections.**

**Part I-:** In the first section seeking information on demographic background of the adults i.e. age, gender, educational status, occupation ,family income, place of living food allergies, pets in house ,types of pets, source of information and smoking.

**Part II-:** This section is the second part of self structured questionnaire which contain of two sections.

**Section A-;** Consist of 30 question assessing knowledge about hypertension.

**Section B-:** A checklist comprising of closed ended dichotomous questions to assess the practice on central measure of hypertension



**Correlation of knowledge and practice of adult on control measures of hypertension.**

**Table 1. Correlation between knowledge and practice of adult**

S.N O.	Subjects	Max. Possible Score	Correlation coefficient r	P-value
1.	Knowledge	30	0.933	Sig. 0.01
2.	Practice	25		

**Table 1** confirm that adult's knowledge and practice were statically related i.e. higher the knowledge better would be the practice. Outcome of the correlation analysis, which has been attempted to determine between knowledge and practice. The liner correlation between overall knowledge and practice was  $r = 0.933$ , which was statistically significant 0.01 level.

**Part I-:** Information based on demographic background of the adults i.e. age, gender, educational status, occupation ,family income, place of living source of information.

**Table 2.1 Abstract of chi-square test results**

**Association between socio-demographic characteristics knowledge of adults.**

S.N O.	characteristics	chi-square value	D F	P-value	Results
1.	Age	1.71	3	0.05	significant
2.	Gender	3.52	1	0.05	significant
3.	Educational Status	11.8	3	0.008	HS
4.	Occupation	10.39	3	0.015	significant
5.	Family income	2.97	3	0.39	
6.	Marital status	4.5	1	0.03	significant
7.	Area of living	1.7	1	0.19	NS
8.	Food habits	0.21	1	0.65	NS
9.	Hospitalization due to hypertension	10.49	3	0.015	significant
10.	Sources Information	7.77	3	0.20	NS



**Table 2.2 Association between socio-demographic characteristics and Practice of adults.**

S.N O.	characteristics	chi-square value	D F	P-value	Results
1.	Age	10.56	3	0.01	significant
2.	Gender	1.74	1	0.018	significant
3.	Educational Status	9.14	3	0.02	HS
4.	Occupation	3.1	3	0.37	significant
5.	Family income	9.95	3	0.018	
6.	Marital status	4.29	1	0.03	significant
7.	Area of living	0.49	1	0.48	NS
8.	Food habits	0.49	1	0.49	NS
9.	Hospitalization due to hypertension	11.48	3	0.009	significant
10.	Sources Information	2.28	3	0.92	NS

➤ **HS- Highly Significant at 5% level (P>0.05)**

**DISCUSSION:** The findings of the study are discussed under the following categories. The discussion is based on demographic variables of the subjects, objectives; hypothesis, related literature and conceptual frame work of the study and findings are discussed by comparing the findings of studies already undertaken in this area.

**CONCLUSION:** A self instructional module on meaning, cause, sign and symptoms and management, prevention and control of hypertension is developed and administered to adults who are aimed to provide knowledge to the adults on identification and avoiding trigger factors, monitoring and regular use of medication and enabling the adults to lead normal active lives without having hypertension.

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➤ **NS- Not significant at 5% level (P>0.05)**



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