Research Article

A Descriptive Study To Assess The Factors Influencing Hypertension Among The People Residing In Thirubuvanai Area, At Puducherry

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Abstract

The present study was conducted to assess the factors influencing Hypertension among people residing in Thirubuvanai at Puducherry. The study was Descriptive research design. A total of 50 participants who met the inclusion criteria were selected from the Thirubuvanai area at Puducherry by using random sample technique. The chi – square test revealed that there was a significant association between selected demographic variables and the overall *P<0.05 significant, ** -p<0.001& ***-P<0.001Highly significant.

Introduction

” Hypertension (HTN or HT), also known as high blood pressure (HBP), is a long term medical condition in which the blood pressure in the arteries is persistently elevated. High blood pressure usually does not cause symptoms. Long term high blood pressure, however, is a major risk factor for coronary artery disease, stroke, heart failure, peripheral vascular disease, vision loss, and chronic kidney disease.

Need For The Study

At International Level: High blood pressure (BP) is ranked as the third most important risk factor for attributable burden of disease in south Asia (2010) . Hypertension (HTN) exerts a substantial public health burden on cardiovascular health status and healthcare systems in India . HTN is directly responsible for 57% of all stroke deaths and 24% of all coronary heart disease (CHD) deaths in India. The WHO rates HTN as one of the most important causes of premature death worldwide.

At National Level: High blood pressure (BP) is a major public health problem in India and its prevalence is rapidly increasing among both urban and rural populations.1, 2 In fact, hypertension is the most prevalent chronic disease in India. The prevalence of hypertension ranges from 20-40% in urban adults and 12-17% among rural adults. The number of people with hypertension is projected to increase from 118 million in 2000 to 214 million in 2025, with nearly equal numbers of men and women.

At State Level: Several community-based studies are available in India regarding prevalence of hypertension. In Pondicherry, the Department of Preventive and Social Medicine (PSM) in the Urban Field Practice area of Jawaharlal Institute of Post graduate Medical Education and Research (JIPMER) over the last decade have done the following studies on Blood Pressure Distribution and Prevalence of Hypertension so far, among adults.

Statement Of The Problem

A Descriptive Study To Assess The Factors Influencing Hypertension Among The People Residing In Thirubuvanai Area, At Puducherry.

Objectives:

To assess the factors influencing hypertension among the people residing in Thirubuvanai area.
To associate the factors influencing hypertension among the people residing in Thirubuvanai area with demographic variables.

Hypothesis:

H1: There will be a significant difference in factors influencing Hypertension among people residing in Thirubuvanai area at Puducherry.
H2: There will be a significant association among residing people with their selected demographic variables.

Meterials And Methods

The present study was conducted to assess the Factors influencing Hypertension . The study design was Descriptive research design. A total of 50 participants who met the inclusion criteria were selected by using random sample technique. The researcher first introduced himself to the participants and developed a rapport communication with them. After the selection of samples the data was collected with the prepared tools.

Description Of The Tool:

Part I:

Consists of tool to collect the demographic variable which includes age, gender, educational status, religion, occupation, marital status, family income, address basic knowledge regarding quality care.

Part II:

Consists of checklist on factors influencing on hypertension clients residing in Thirubuvanai area, Puducherry. It consists of 20 questions. All questions had only 1 correct answer, awarded as one score for each correct answer. 0 score for wrong answer. It consists of checklist including factors influencing . Follow up of factors influencing total possible maximum score for all items were 20 which was converted into percentage.

TABLE 2: Frequency and percentage wise distribution of level of factors influencing.

Finding reveal that out of 50 client the highest percentage 45(90%) had influenced moderate factors, 5(10%) had influenced sever factors in their study.

TABLE 3: Frequency and percentage wise distribution of association between factors influencing hypertension with their selected demographic variables.

The chi – square test revealed that there is statistically significant association between selected demographic variables such as educational status and income. Statistically not significant association between selected demographic variables such as age, sex, religion, occupation, marital status, type of family, residing, health status.

Discussion

The study was conducted to evaluate factors influencing Hypertension among people residing in Thirubuvanai area at Puducherry.

The total number of sample collected were 50, a descriptive study was conducted to assess the factors influencing on hypertension. The demographic variable is age in years, sex, religion, educational status, occupation, income, marital status, type of family, residing, health status.

The study shows that there was significant association the factors influencing and demographic variables such as educational status, and income.

The first objective is to assess the level of stress among depression patients.

Table 2 reveals that in pre-test about 3 (10%) had normal level of depression, 25 (83.3%) had mild level of the depression, 2 (6.7%) had moderate level of the depression.Table 8 revealed that pre-test about 11 (36.7%) had moderate level, 18 (36.7%) had severe level and 1 (3.3%) had extremely severe stress level. It is revealed that increased in stress level on depression patients.

J Body Mov Ther(2010) Functional fitness improvements after a worksite-based yoga initiative. This study explored the benefits of yoga on functional fitness, flexibility, and perceived stress. A quasi-experimental design was used to measure benefits of yoga in sample of firefighters from a major metropolitan fire department. Yoga classes were conducted on-shift, in the fire stations over the period of 6 weeks. Paired t-tests revealed significant improvements in the Functional Movement Screen, a seven item test that measure functional ftness. Improvement were also noted in trunk flexibility and perceived stress.

The second objective is to correlate the effectiveness of pre-test and post-test of the savasana among depression patients.

Table 4 shows that in pre-test mean value 24.97 standard deviation 3.96 level of depression. In post-test mean value 17.37, standard deviation 3.59 level of depression . In pre test mean value was 26.47% with the standard deviation of 3.95% total mean percentage was 63%. In post-test mean value was 16.13% with the standard deviation of 3.28% total mean percentage was 38% for stress.

J Aging Phys (2011) Does yoga engender fitness in older adults? A critical review. Interest in yoga is growing, especially among older adults. This review critically summarizes the current literature to investigate whether physical fitness and function benefits are engendered through the practice of yoga in older adults. However, more evidence is needed to determine its effectiveness as

an alternative exercise to promote fitness in older adults. Further investigation into yoga as an exercise activity for older adults is warranted.

The third objective is to associate the effectiveness of post-test with their selected demographic variables.
Table 6 shows that in post-test there was statistically significant association between the demographic variable of sex.
PrevCardiol (2001)Effects of Hatha Yoga Practice on the Health-Related Aspects of Physical Fitness.Each yoga session consisted of 10 minutes of pranayamas (breath-control exercise), 15 minutes of dynamic warm-up exercise, 50 minutes of asanas (yoga postures), and 10 minutes of supine relaxation in savasana (corpse pose). The subjects were evaluated before and after the 8 weeks training program. These findings indicates that regular hatha yoga practice can elicit improvements in the health-related aspects of physical fitness.

Hypothesis Tested:
Table 4 revealed that there was a significant difference in pre and post-test level of stress and depression is the overall 't' value (9.58) at $p < 0.0001$ ($p < 0.05$) level. Thus the investigator rejected the null hypothesis by stating that there were was statistically significant association between the savasana and reduction of stress and depression in post-test.

Summary And Conclusion

The present study was conducted to assess the depression level of depression patient in FLSH at puducherry. The study was true experimental research design with one group pre-test and post-test design. A total of 30 patients who met the inclusion criteria were selected from the FLSH at puducherry by using convenient sample technique. The researcher first introduced himself to the patients and developed a rapport communication with them. After the selection of samples the data was collected with the prepared tools.

Conclusion

Part I:
Demographic variables consisting of age, sex, religion, education, place of living, family monthly income, dietary pattern, occupation, number of siblings, family type.
Part II:

Assessment of knowledge was done by using standard hamiltons multiple choic questionnaire. It conist of 17 multiple choice question and total score was 53.

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