

# “ A STUDY TO ASSESS THE EFFECTIVENESS OF THE HEALTH EDUCATION ON THE MODIFICATION IN DIET AND EXERCISE AMONG HYPERTENSIVE PEOPLE AT SAROJINI NAGAR, LUCKNOW, UP.”

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## **ABSTRACT**

Hypertension is defined as systolic blood pressure value of 130 mm/ hg or more and or diastolic blood pressure more than 80 mm hg.

Hypertension is worldwide risk factor for cardiovascular disease burden and mortality. An estimated 1.28 billion middle income adult age 30 to 79 worldwide have hypertension two third living in low income country.

In some age group the risk of cardiovascular disease doubles for each incremental increase of 20/10 mm hg .

Blood pressure can be managed with drugs as well as non pharmacological measure which consist of exercise, weight, reduction , salt restriction, eating fruit and vegetables etc. Non pharmacological measure play an important role in management of hypertension.

## INTRODUCTION

Hypertension (HTN) is systolic blood pressure (SBP) values of 130mmHg or more and/or diastolic blood pressure (DBP) more than 80 mmHg. Hypertension ranks among the most common chronic medical condition characterized by a persistent elevation in the arterial pressure.

Hypertension is a worldwide risk factor for cardiovascular disease burden and mortality. It is a disease related to risky healthy behaviors, including smoking, poor diet, overweight and obesity, alcohol consumption, physical inactivity and occupational lifestyle. Globally the overall prevalence of raised blood pressure in adult aged 25 and over was around 40% in 2008. The number of people with Hypertension rise from 600 million in 1980 to nearly 1 billion in 2008. The prevalence is significantly higher in geriatric population. Worldwide, raised BP is estimated to cause 75 million death, about 10.8% of the total annual death raised BP is major risk factor for “Coronary heart disease”.

## METHODOLOGY

Experimental one group pre-test and post-test

The study was done to assess the effectiveness of health education on knowledge regarding modification in diet and exercise among hypertensive people of Sarojini Nagar, Lucknow(U.P). The pre experimental one group pre-test and post-test without control group design was used with administered structured questionnaire. The total sample of the study was 60 community people were selected by simple random sampling technique which met the inclusive criteria. The study was based on Ludwing Von Bertalanffy and

J.W. Kenny (1998) “Open system Theory , model its key concept are input, throughout and output and feedback.

Review of literature help the investigator to develop necessary tool. The instrument consist of two parts with socio-demographic variables and structured knowledge questionnaire to asses the effectiveness of

Health education on the knowledge regarding modification in diet and exercise among hypertensive people of Sarojini Nagar, Lucknow(U.P).research design

## RESULT

The study finding revealed that the overall mean and standard deviation of pre-test level of knowledge score was  $11.98 + 1.36$  The paired “t” test value shows that there is significant difference between pre-test and post-test knowledge score ( $t = 30.87$ ) at the level of significance ( $p < 0.05$ )

There is significant association found between demographic variables and age i.e. 6.21, family type i.e. 8.36 and source of information i.e.,9.744 at the level of significance ( $p < 0.05$ ) regarding modification in diet and exercise. There is no significant associatioion found between the demographic variable sex,religion,location, marital status,education and monthly income regarding modification in diet and exercise at the level of significance. ( $p < 0.05$ )

The overall findings of the study depicts that the health education was significantly effective in improving the knowledge regarding modification in diet and exercise among

## DISCUSSION

This chapter deals with the discussion on finding of data analysis with the objectives and stated hypothesis of the study.

### FIRST OBJECTIVE:

To assess the pre-test level of knowledge score.

In this study, pre-test the majority 53 (88.33%) number of participants with inadequate knowledge and 07(11.66%) number of participants have moderate level of knowledge and overall mean score was 3.81.

### SECOND OBJECTIVE:

To assess the effectiveness of Health Education on the knowledge regarding diet and exercise among hypertensive people.

In this study, the mean and standard deviation of pre-test knowledge score was (3.81+1.89). The paired 't' test value shows that there is significant difference between pre-test and post-test knowledge score (t=30.87) at ( $p < 0.05$ ) shows that there is statistical difference between pre-test and post-test level of knowledge regarding modification in diet and exercise.

## CONCLUSION

In this study, there was significant association between socio-demographic variable and age i.e., 16.119, occupation i.e. 8.36 and source of information i.e. 9.744 at the level of significance ( $p < 0.05$ ). There was no significant association between socio-demographic variable and sex, religion, location, marital status, education and monthly income at the level of significance ( $p < 0.05$ ).

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