

Accepted : July, 2010

Assessment of knowledge and attitudes of hypertensives regarding aetiology of hypertension

INDU AND ARCHANA CHAKRAVARTY

ABSTRACT

The present investigation was carried out on 90 hypertensives, who were attending cardiac clinic of BHU Hospital of Varanasi City. The main objectives of the study were to assess prevalent risk factors of hypertension and ranking of knowledge and attitudes of hypertensives. Interview schedule was used for data collection. Findings of the study indicated that 60 per cent of the hypertensive had family history of hypertension. Approximately 11 per cent of the respondents were suffering from acute stress and 55 per cent were suffering from mild stress. A majority (approx. 66%) of the hypertensives, were observed to be physically active and the similar percentage were not addicted of smoking and drinking. Majority of the hypertensives (66%) were vegetarian in food habit. Twenty per cent of the hypertensives did not follow salt restriction and about 33 per cent of the respondents were commonly using saturated fat in their daily diet. Findings depicted that approximately 46 per cent of the hypertensives had inadequate knowledge regarding etiology of hypertension followed by those who did not know at all (about 28%) and by those who were having adequate knowledge (26%) regarding the same. Fifty per cent of the respondents had opinion that stress condition was the major risk factor for hypertension whereas 60 per cent respondent's attitude was that smoking and drinking aggravates high blood pressure.

Key words : Hypertensives, Assessment, Risk factors, Knowledge level, Attitude ranking

INTRODUCTION

The present study was conducted to assess the knowledge and attitudes of hypertensive patients regarding aetiology of hypertension. Hypertension is regarded as one of the serious public health problems in India. The prevalence of hypertension in India has been reported as 50.9 and 69.9 per 1,000 in males and females, respectively in the urban population, and 35.3 and 35.9 per 1,000 in males and females, respectively in rural population.

Hypertension is considered as one of the major risk-factors for most forms of cardio-vascular disease. It is a condition which has its own risk factors. A WHO scientific group has reviewed the risk factor for essential hypertension. These may be classified as:

- Non- modifiable risk factors – age and genetic factors.
- Modifiable risk factors : Obesity, salt intake, saturated fat, alcohol, physical activity, environmental stress and other factors.

Park and Park (1989) stated that only 50% of the hypertensive subjects in the general population of most developed countries were aware of the condition, only 50% of those were aware of the problem being treated and only about 50% of those treated were considered adequately treated. If this was the situation in countries with highly developed medical services, in developing countries, the number treated could be for less.

The 'World Hypertension League' (1989) reported that obesity control has a definite potential for the prevention of hypertension.

The League has reported that salt restriction generally results in an additional decrease in blood pressure in the presence of most antihypertensive drugs. It was also observed that weight loss caused salt sensitive individuals to become less salt sensitive.

There is a positive correlation between physical activity and blood pressure. The world Hypertension League (1991) has presented the view that regular