



Self- Rating Scale to Measure Possibility of Occurrence of Cardio-Vascular Diseases

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ABSTRACT : Cardio-vascular disease appears to be the most common cause of disability and death in many parts of world. Scientific evidences today support the concept that cardio-vascular diseases have their roots in our daily diets. In recent years researchers have focused attention on dietary aspects of the above disease. Hence, present study was undertaken with an objective to develop self rating scale for measure possibility of occurrence of cardio-vascular diseases. For present investigation methodology follows as collection of statements, editing and pre selection of items, selection of items, item analysis, testing the validity and reliability of scale etc. As the scale was found to be reliable and valid, the developed scale serves as a scientific tool for the measurement of possibility of occurrence of cardio-vascular diseases.

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Risk factors of cardio-vascular diseases, Dietary fibre intake, Salty food items, Satisfaction scale

Cardio-vascular diseases have no geographical and racial boundaries. They occur throughout the world, in all races and in all strata of society, though variations between sexes, age and socio-economic status do exist. They are life threatening and are responsible for the majority of deaths in many countries. Since they are often fatal, biomedical research all over the world is directed towards prevention of heart diseases at an early stage (Ghafoorunissa and Krishnaswami, 1994)

Chadha *et al.* (1990) shows coronary artery disease and hypertension have emerged as the most important cause of premature disability and death all over the world. Genetic susceptibility (heredity) and being a male, makes one more prone to develop this disease in middle age. It is also known that coronary artery disease is an unavoidable effect of socio-economic development. It is, therefore, important to concentrate on factors which can reduce the risk of developing heart disease. Result of several large scale studies shows that certain strategies based on dietary modifications, if implemented,

can decrease the morbidity associated with diseases of heart and blood vessels and bring about a regression (decrease) of the pathological process.

Heart disease and stroke evoke fear in everyone of us as they catch you napping all of a sudden. The cause physical/mental trauma or premature sudden death. Recent findings suggest that these diseases are steadily increasing in India and may become a major public health problem by the turn of the century. Though we have the best medical and surgical treatment, it is undoubtedly ideal to prevent this disease. This is particularly important because of the exorbitant cost of treatment (Krishnaswami *et al.*, 1989).

Dash *et al.* (1986) studied that proper diet is the key to good health and vigour. Diet nutrition are synonymous with health. It provides the necessary nutrient which give energy, promote growth and sustain the metabolic functions and repair processes that are essential for the life. The preventive role of corrective nutrition is an ever-evolving process. Inadequate and improper diet is not only

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