

Incidences of hypertension in teachers of JNV University, Jodhpur

RAKA SRIVASTAVA AND KARUNA JAIN

ABSTRACT

The present study was undertaken to find out the incidences and causes of hypertension among the teachers of Jai Narain Vyas University, Jodhpur. A total of 100 teachers comprising of 46 hypertensive and 54 non-hypertensive were randomly selected. Data regarding general and specific information was collected through personal interview. Clinical information of hypertensive subjects was obtained on the basis of assessing lipid profile and blood pressure. It had been found that the incidences of hypertension were high in subjects due to family history, food habits, nibbling between the meals, sleep disorders, depression, and also with dissatisfaction due to promotional scales and working conditions.

KEY WORDS : Hypertension, Body mass index, Food habits

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INTRODUCTION

The World Health Organization (WHO) has estimated about 62% cerebrovascular disease and 49% of ischemic heart disease world wide attributable to suboptimal blood pressure levels. High blood pressure estimated 701 million deaths. Overall 26.4% (972 million) of the adult world population was estimated to have hypertension (HTN) in the year 2000, a figure that is projected to increase to 29.2% (1.56 billion) by the 2025. In India, the prevalence of HIN is repeated to increase rapidly in urban areas, the similar trend is spreading gradually to rural areas.

Hypertension has become one of the major causes of disabilities and death in India today. The disease lurks silently in the circulating system and strikes suddenly, afflicts about 60 million Indian. If untreated results in heart attack, stroke and kidney failure or even death. Ironically, of all the known ailments which lead to premature death, hypertension is found to be the earliest form to control the symptoms.

Hypertension sometime coexists with cardio vascular disease (CVD) risk factors, includes obesity, lipid abnormalities, insulin resistance and glucose intolerance. Anti-hypertension therapy has been associated to reduce the incidences about 35% to 40% in stroke incidence, 20% to 25% in myocardial infraction and more than 50% in heart failure in clinical trials. Therefore, management of

hypertension is a critical way of presenting and managing morbidity and mortality from cardio vascular diseases. The present study was committed to find out the incidences and causes of hypertension among the teachers of JNV, University, Jodhpur.

METHODOLOGY

A total sample of hundred teachers within the group of 40 to 50 years were randomly selected for the study, from which 46 were hypertension (range: 140-160 mm Hg/90-105 mm Hg) and 54 were non hypertensive (range: 110-120 mm Hg/75-90 mm Hg). General and specific information was collected using questionnaire with the direct personal interview technique. The information regarding age, sex, age of onset of disease, family history of the disease was obtained through detailed questionnaire. Blood pressure, body mass index and serum cholesterol was examined when the subjects were coming to clinic for their regular checkup. Their dietary information, food habits and activity pattern was also collected.

OBSERVATIONS AND DISCUSSION

The result of the present study revealed of that 46% of the subjects were hypertensive and among these 47.8% were in the age group of below or equal to 50 years, where

Correspondence to:

RAKA SRIVASTAVA, P.G. Department of Home Science, J.N.V. University, JODHPUR (RAJASTHAN) INDIA

Authors' affiliations:

KARUNA JAIN, P.G. Department of Home Science, J.N.V. University, JODHPUR (RAJASTHAN) INDIA