

Research Paper :

A study on socio-economic status of hypertensive patients

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ABSTRACT

The present study aimed to assess the relationship between socio-economic variables and hypertension for which cardiac clinic of Banaras Hindu University, Hospital of Varanasi was selected as the locale of the study. The investigation was made for 90 hypertensive patients, which were selected by stratified random sampling method. Data were collected by interview-cum-questionnaire method. Findings of the study revealed that majority of the patients lie in the age range of 40 to 60 years. Sex wise comparison of the data indicated that prevalence of hypertension was greater among males (70%) than that of females (30%). Approximately, 98 per cent of the hypertensive were from Hindu religion and only 2 per cent belonged to Muslim religion. Findings led to conclude that majority of hypertensive belonged to joint families (66.66%) and middle (53.33%) and high (26.66%) income group families than that of nuclear (33.33%) and low income (20%) group families, respectively. Literacy status of the study subjects was satisfactory (80%). Findings also indicate greater prevalence of hypertension among moderate workers (40%) and sedentary workers (33.33%).

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Key words : Hypertension, Literacy status, Economic status, Nature of job

Hypertension is regarded as one of the serious public health problems in India. It is regarded as the 'Silent killer'. It is diagnosed when the diastolic pressure is consistently 90 mmHg or more, or the systolic pressure exceeds 140 mmHg. Diastolic pressure of 90 to 104 mmHg is classified as mild hypertension, readings of 105 of 114 mmHg indicate moderate hypertension and those of 115 mmHg or more, severe hypertension. "Borderline" hypertension (diastolic blood pressure 90-94 mmHg) accounts for about half of mild hypertensive patients (Bakhrui, 1995). 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 cardiovascular disease. It is a condition which has its own risk factors. Risk factors for essential hypertension include age, genetic factors, obesity, salt-intake, saturated fat, alcohol, physical inactivity, environmental stress and others. According to Park and Park (1989) hypertension is an "ice-berg" disease. They 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 aware of the problem were 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 would be far less. The

present study was under taken with keeping in view the following objectives : to assess the prevalence of hypertension among respondents on the basis of their age and sex and to identify relationship between socio-economic variables and hypertension.

METHODOLOGY

The present study was conducted on hypertensive patients attending Cardiac Clinic of Banaras Hindu University, Hospital of Varanasi City. The investigation was made for 90 hypertensive, which were selected by stratified random sampling method. Data were collected by interview-cum-questionnaire method.

FINDINGS AND DISCUSSION

Findings of the study Table 1 clearly reveal that prevalence of hypertension was maximum in the age-range of 40 to 69 years. Table 1 also depicts that major victims of hypertension were male (70%) than that of female (30%).

Findings presented in Table 2 depict that majorities of the hypertensives belonged to Hindu religion (97.77%) and a negligible percentage belonged to Muslim religion (2.22%). Among the study sample, around 67 and 33 per cent subjects belonged to joint and nuclear families, respectively, whereas 20 per cent hypertensive had family members upto 6 and a majority (80%) of them had family members than 6. A majority of the hypertensive belonged to middle income group followed by high (26.66%) and low (20%) income groups. On an average, 80 per cent literacy

Table 1 : Age-wise and sex-wise distribution of hypertensive patients

Sr. No.	Age-groups (years)	Male	Female	Total
1.	30-39	5 (5.55)	1 (1.11)	6 (6.66)
2.	40-49	20 (22.22)	10 (11.11)	30 (33.33)
3.	50-59	16 (17.77)	8 (8.88)	24 (26.66)
4.	60-69	14 (15.55)	4 (4.44)	18 (20.00)
5.	70-79	3 (3.33)	3 (3.33)	6 (6.66)
6.	80-89	5 (5.55)	1 (1.11)	6 (6.66)
	Total	63 (70)	27 (30)	90

Figures in parentheses indicate percentages

Table 2 : Sex-wise Distribution of Respondents on the basis of socio-economic variables

Sr. No.	Age-groups (years)	Male	Female	Total
1.	Religion			
	Hindu	61 (67.77)	27 (30.00)	88 (97.77)
	Muslim	2 (2.22)	-	2 (2.22)
2.	Type of family			
	Nuclear	24 (26.66)	6 (6.66)	30 (33.33)
	Joint	39 (43.33)	21 (23.33)	60 (66.66)
3.	Family size			
	Upto 6	14 (15.55)	4 (4.44)	18 (20.00)
	Above 6	19 (54.44)	23 (25.55)	72 (80.00)
4.	Literacy status			
	Illiterate	8 (8.88)	10 (11.11)	18 (20.00)
	Primary	8 (8.88)	7 (7.77)	15 (16.66)
	Secondary	3 (3.33)	3 (3.33)	6 (6.66)
	Sr. Secondary	11 (12.22)	4 (4.44)	15 (16.66)
	Grade and above	33 (36.66)	3 (3.33)	36 (40.00)
5.	Economic status			
	High income group	18 (20.00)	6 (6.66)	24 (26.66)
	Middle income group	33 (36.66)	15 (16.66)	48 (53.33)
	Low income group	12 (13.33)	6 (6.66)	18 (20.00)
6.	Nature of jobs			
	Heavy	18 (20.00)	6 (6.66)	24 (26.66)
	Moderate	18 (20.00)	18 (20.00)	36 (40.00)
	Sedentary	27 (30.00)	3 (3.33)	30 (33.33)

rate was observed among the study sample. Nature of jobs performed by hypertensive patients were moderate, sedentary and heavier, accounted as 36, 30 and 24 per cent, respectively. Findings led to conclude that prevalence of hypertension was less among heavy workers than that of moderate and sedentary workers.

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