

A Cross Sectional Study to Assess the Prevalence and Associated Risk Factors of Hypertension among the People Residing into the Selected Urban Areas of Buldana City

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Abstract: Background: Now a days due to globalization and also about the advancement of technologies and also because of stress at workplaces and at home most of the people suffers from hypertension, so it is also considered to be a major health concern because maximum people suffers with hypertension and its prevalence is increasing day by day and for this diet and other risk factors are also that much responsible so each and every individual has to take proper precaution about the health so that the prevalence and risk of hypertension can be reduced. Hypertension is defined as the pressure exerted by the blood laterally on the walls of arteries, when it goes beyond 120 mmhg systolic and 80 mmhg diastolic then the individual is considered to be a hypertension, and hypertension is a case where once it becomes a disease it will be permanent for the lifetime for the specific individual. So with this study we will focus on the prevalence of hypertension and also would like to find out the various risk factors which are prone for getting hypertension. Objectives: - 1. To assess the prevalence and associated risk factors of hypertension among the patients. 2. To estimate the awareness about the prevalence and risk factors of hypertension. 3. To associate the knowledge score with selected demographic variable. Assumptions: It is assumed that hypertensive patients are not well aware about the related risk factors so as to get hypertension because of that. Material and Method: In this cross sectional study multistage sampling technique was used to collect the data, the samples residing into the selected urban areas were selected for the study. From the total population selected samples by using random sampling is being taken for the study by taking total 100 samples those who fulfill the inclusion and exclusion criteria. For this study a structured questionnaire were prepared on prevalence and risk factors of hypertension to collect the data by having the multiple choice questions by taking into the considerations of demographic samples and prevalence and risk factors of hypertension. Result and discussion: Total 100 samples were assessed by interview technique by using multistage sampling technique the result shows that the samples residing into the selected urban areas of buldana city those who were having hypertension are assessed the results depicts that the prevalence of hypertension is nearly high among those peoples because as compared to others it observes that 47% people were suffering from hypertension measuring systolic blood pressure 125 mmhg and diastolic blood pressure 87 mmhg% and also observes that the associated risk factors for these people are as follows, obesity, tobacco chewing, alcohol consumption, obesity, lack of exercises. Out of those only 53% were aware about their hypertensive status and taking regular treatment and also precaution and rest 47% were not well aware about the precaution and also having associated risk factors. Conclusion: After completion of above cross sectional study on prevalence and risk factors of hypertension it observes that the people residing into the urban areas of buldana city were having near about 47% of prevalence of hypertension and all were having the cause with associated risk factors and hence it concludes that urban people having associated risk factors like tobacco chewing, alcohol consumption, cigarette smoking, obesity, lack of exercises, change in dietary pattern are responsible for causation of hypertension.

Keywords: prevalence, risk factors, hypertension, urban area

1. Introduction

Hypertension is a high blood pressure that abnormally occurs in the walls of the artery due to various factors, globally hypertension is considered to be a major health concern because majority of the people are suffering from hypertension and day by day the incidence and prevalence of the hypertension is also increasing because hypertension is responsible for causation of various major problem in individuals life it is also called a silent killer once the people land up with the problem it will be permanent for him and has to suffers a lot. There are several risk factors which are responsible for causation of hypertension these are as a routine like tobacco chewing, smoking, obesity, alcohol consumption, lack of exercises, change in dietary pattern these are the routine things among various individuals but these are responsible for causation of hypertension and also associated complications, so it is really a need to rule out the various routine risk factors which are routinely encountered

by various individual so the prevalence of hypertension can be reduced to certain extent.

2. Research Problem Statement

“A cross sectional study to assess the prevalence and associated risk factors of hypertension among the people residing into the selected urban areas of buldana city.”

Objectives

- 1) To assess the prevalence and associated risk factors of hypertension among the patients.
- 2) To estimate the awareness about the prevalence and risk factors of hypertension.
- 3) To associate the knowledge score with selected demographic variable

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Assumptions

It is assumed that hypertensive patients are not well aware about the related risk factors so as to get hypertension because of that.

3. Methodology

This is important topic which explains about the material and method used for the study for the sake of data collection and analysis. In this cross sectional study multistage sampling technique was used to collect the data, the samples residing into the selected urban areas were selected for the study. From the total population selected samples by using random sampling is being taken for the study by taking total 100 samples those who fulfils the inclusion and exclusion criteria. For this study a structured questionnaire were prepared on prevalence and risk factors of hypertension to collect the data by having the multiple choice questions by taking into the considerations of demographic samples and also anthropometric samples.

4. Result and Discussion

Total 100 samples were assessed by interview technique by using multistage sampling technique the result shows that the samples residing into the selected urban areas of buldana city those who were having hypertension are assessed the results depicts that the prevalence of hypertension is nearly high among those peoples because as compared to others it observes that 47% people were suffering from hypertension measuring systolic blood pressure 125 mmhg and diastolic blood pressure 87 mmhg% and also observes that the associated risk factors for these people are as follows, obesity, tobacco chewing, alcohol consumption, obesity, lack of exercises. Out of those only 53% were aware about their hypertensive status and taking regular treatment and also precaution and rest 47% were not well aware about the precaution and also having associated risk factors.

5. Conclusion

After completion of above cross sectional study on prevalence and risk factors of hypertension it observes that the people residing into the urban areas of buldana city were having near about 47% of prevalence of hypertension and all were having the cause with associated risk factors and hence it concludes that urban people having associated risk factors like tobacco chewing, alcohol consumption, cigarette smoking, obesity, lack of exercises, change in dietary pattern are responsible for causation of hypertension.

6. Recommendations

On the basis of various findings of the study the following recommendations can be made :-

- 1) A similar study can be conducted by taking large no. of samples to generalize the findings.
- 2) A similar study can be conducted for other factors and also in the other demographic areas
- 3) A similar study can be conducted for the different locations to make the generalization.

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