Assessment of knowledge and attitudes of hypertensives regarding aetiology of hypertension

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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