

Prevalence of Hypertension and Related Life Style Practices Among School Teachers in Hyderabad Telangana

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Abstract- Introduction: High blood pressure is a major public health problem in India and its prevalence is rapidly increasing among both urban and rural population. In fact, Hypertension is the most prevalent chronic disease in India. This present study was aimed to estimate of Hypertension and Life style Practices of government study participants at Hyderabad, Telangana.

Method: A Total of 264 subjects were selected by Stratified random sampling Technique. The data were collected by using demographic characteristics and self-reported questionnaire to assess the life style practices followed by blood pressure monitoring.

Results: The results revealed that 106 (40.15%) of study participant had Normal Hypertension, 103 (39.01%) of study participant had Pre- Hypertension, 40 (15.16%) of study participant had Stage-I Hypertension and 15 (5.68%) of study participant had Stage-II Hypertension respectively. there is a significant association between the Hypertension and Life Style Practices such as Leisure Time activities and do you have stress at your work place. there is significant association between the Hypertension with selected demographic variables such as Age, Educational Qualification, Marital Status, Family income per month and Teaching Experience.

Conclusion: “The Prevalence of hypertension and related to life style practices among the school teachers”. there is a significant association between the Hypertension and Life Style Practices such as Leisure Time activities and do you have stress at your work place. there is significant association between the Hypertension with selected demographic variables such as Age, Educational Qualification, Marital Status, Family income per month and Teaching Experience. The study results stated that prevention and life style

modifications can decreases the hypertension related morbidity and mortality.

Key Word- Prevalence, Hypertension, Life style practices.

INTRODUCTION

Hypertension is a silent killer, because people who have it are often symptom free or unaware of the disease. Once identified, elevated BP should be monitored at regular intervals because it is a lifelong disease. But being an asymptomatic disorder prior to the onset of cardiovascular complications, it is associated with a high degree of unawareness among its potential victims. Management of Hypertension requires life-long medication with some lifestyle modifications.

Hypertension is the most important risk factor for cardiovascular morbidity and mortality¹. Hypertension (HTN), one of the most important non-communicable diseases (NCDs) is the leading cause of premature deaths among adults throughout the world. High blood pressure is a major public health problem in India and its prevalence is rapidly increasing among both urban and rural populations. In fact, hypertension is the most prevalent chronic disease in India.

NEED FOR STUDY

Teachers play a vital role in learning process of the students that are very essential to build a prosperous nation. The present study is aiming to determine the

prevalence of Hypertension and its life style practices among school teachers of urban area so that they can be aware regarding early detection, proper treatment and adequate control of Hypertension.

Teaching is a challenging but very rewarding profession; teachers are the backbone of the entire system of education. School teacher face tremendous stress during teaching and handling school children continuously for long time which may contribute to the development of hypertension.

OBJECTIVES

1. To Estimate the prevalence of hypertension and lifestyle practices among school teachers.
2. To Determine association between Hypertension and Life style practices among school teachers.
3. To Determine association between Hypertension with selected demographic variables. to estimate the nutritional status of elderly with Diabetes Mellitus

RESEARCH HYPOTHESIS

H1: There is significant association between Hypertension and Life Style practices among the school Teachers.

H2: There is significant association between hypertension with selected demographic variables.

DELIMITATIONS

- ✓ All the school teachers from selected schools of Hyderabad aged between 25- 60 years.
- ✓ Agreeing to participate in study.

REVIEW OF LITERATURE

R. GOMATHY, MS. ABIRAMI.N AND MR. DHIVAN.M (2018) conducted a study to Estimate the prevalence of hypertension and lifestyle practices of 100 Government teachers at Bahour, Puducherry which were selected through convenient sampling technique. Data was collected through interview method and measurement of BP was done. The study results showed that 33% had normal level of blood pressure, 45% of study participants had prehypertension, 20% had stage I hypertension whereas 2% had stage II hypertension respectively.

The study results stated that prevention and life style modifications can decrease the hypertension related morbidity and mortality. The prevalence of HTN was higher among the study participants. The study concluded that level of blood pressure was significant with gender, income and lifestyle practices were significant with family history of hypertension and spending leisure time activity. Building awareness by promoting healthy life style and behaviors for prevention and control of hypertension should be given importance among teachers.

RESEARCH METHODOLOGY

Research approach:

The approach used for the present study was Quantitative research approach. Quantitative research approach was found to be suitable to estimate the “Prevalence of Hypertension and Related Life Style Practices Among School Teachers in Hyderabad Telangana.”

Research Design:

The research design selected for the present study is on Cross- Sectional Design.

Settings of the study:

The study was conducted at the selected Telangana Social Welfare Residencial Boys High school at Shaikpet, Jasmine High School at Sri Ram Nagar, ZPHS High School at Madhapur, Narayana High School at Madhapur, Govt. High School at Vijayanagar colony, Brilliant Grammar High School at Habsiguda, Government High School at Malakpet and St. Xavier’s High School at Hyderabad.

Population

Target Population:

The target population is what researcher aims to study and to whom the study findings will be generalized. In this study target population was all the school teachers aged between 25 -60 years and are working in Hyderabad.

Accessible population:

All the School teachers aged between 25 -60 years and working at selected schools in Hyderabad.

Sampling size:

The sample size was 264 School Teachers

Sample Size Calculation By using the formula: $n = z^2pq/d^2$

- The Prevalence of Hypertension in school teachers residing in urban area 22 % Acceptable limit of Precision as 5%
 - Z value of 1.96 (95%)
 - The expected sample size was 264
- Considering non response rate @10 % the sample size thought to be 290

Sampling techniques:

Stratified Random Sampling, A structured Interview Questionnaire has been designed used for collecting data.

Description of the Tool

It was three sections: The structured interview questionnaire schedule has 3 sections. The details all as follows.

Part A: It consists of demographic variables such as age, gender, religion, educational background, teaching experience, family monthly income, marital status, sources of getting health information and family history of hypertension.

Part B: Measurements such as:

- Body weight, Height, BMI, Waist circumference, Blood Pressure.

TABLE NO-1 Hypertension is classified as:

| CATEGORY | SYSTOLIC (MMHG) | DIASTOLIC 9MMHG) |
|-----------------------|-----------------|------------------|
| Normal | <120 | <80 |
| Pre- Hypertension | 130-139 | 85-89 |
| Stage-I Hypertension | 140-149 | 90-99 |
| Stage-II Hypertension | >160 | >100 |

-Joint National Committee (JNC 8) Guidelines

Part C: Life Style Practices:

- 1). Diet: 2). Exercises 3). Stress Reliving Pattern 4). Leisure Time Activities 5). Sleep Pattern. 6). Harmful Habits.

Data Collection Procedure

The study was conducted for 2 weeks from 03/ 07/ 2023 to 15/07/2023.

among 264 School teachers in selected urban areas and rural area (Social Welfare Residential Boys High school at Shaikpet, Jasmine High School at Sri Ram Nagar, ZPHS High School at Madhapur, Narayana High School at Madhapur, Govt. High School at Vijayanagar colony, Brilliant Grammar High School

at Habsiguda, Government High School at Malakpet Hyderabad, St. Xavier’s High School Malakpet Hyderabad, Telangana.

Plan for Data Analysis

The data collected was to be analyzed by means of descriptive statistics, and inferential statistics.

The above table-2 shows that regard to age in years the most of sample 98 (37.1%) belongs to 41-50 years, 86 (32.6%) of sample belongs to 31-40 years, 44 (16.7%) of sample belongs to 51 years and above and 36 (13.6%) sample are less than 30years.

TABLE NO -2 Frequency and Percentage Distribution of school teachers According to Teaching Experience.

n=264

| S.No | Teaching Experience. | Frequency | Percentage |
|------|------------------------|-----------|------------|
| 1 | Up to 5 years or equal | 54 | 20.5% |
| 2 | 6-10 years | 29 | 11% |
| 3 | 11-15 years | 97 | 36.7% |
| 4 | 16 years and above | 84 | 31.8% |
| | Total | 264 | 100% |

The above table reveals that teaching experience, most of them 97 (36.7%) of teaching experience are from age group of 11-15 years, 84 (31.8%) of teaching experience are from 16years and above, 54 (20.5%) of teaching experience of up to 5 years or equal and 29 (11.0%) of teaching experience are from 6-10years.

PART-B:Assessment of Hypertension among school teachers

TABLE NO -3 Frequency and Percentage Distribution of School Teachers According to Measurement of Hypertension

n=264

| S. NO | Measurement of Hypertension | Frequency | Percentage |
|-------|-----------------------------|-----------|------------|
| 1 | Normal Hypertension | 106 | 40.15% |
| 2 | Pre- Hypertension | 103 | 39.1% |
| 3 | Stage-I Hypertension | 40 | 15.1% |
| 4 | Stage-II Hypertension | 15 | 5.68% |
| | Total | 264 | 100% |

The above table reveals that measurement of blood pressure 106 (40.15%) had normal hypertension, 103 (39.01%) teachers had pre- hypertension, 40 (15.16%) teachers had stage1 hypertension and 15 (5.68%) teachers had stage2 hypertension.

TABLE NO -4 Frequency and Percentage Distribution of School Teachers According to BMI (Body mass index)

n=264

| S. NO | BMI (Body mass index) | Frequency | Percentage |
|-------|------------------------------|-----------|------------|
| 1 | Under weight (below18.5) | 8 | 3.03% |
| 2 | Normal weight (18.5-24.9) | 106 | 40.17% |
| 3 | Pre- Obesity (25.0-29.9) | 109 | 41.30% |
| 4 | Obesity Class-I (30.0-34.9) | 30 | 11.36% |
| 5 | Obesity Class-II (35.0-39.9) | 10 | 3.78% |
| 6 | Obesity Class-III (Above-40) | 1 | 0.36% |
| | Total | 264 | 100% |

The above table shows that BMI 109 (41.30%) teachers had normal weight, 106 (40.17%) teachers had pre- obesity, 30 (11.36%) teachers had class-I obesity and 10 (3.78%) teachers had class-II obesity, 8 (3.03%) teachers had under-weight and 1 (0.36%) teacher had class-III obesity.

PART-C: Assessment of Life style practices among school teachers.

TABLE NO -5 Frequency and Percentage Distribution of School Teachers According to Salt Restricted Diet

n=264

| S. NO | Salt Restricted Diet | Frequency | Percentage |
|-------|----------------------|-----------|------------|
| 1 | Yes | 76 | 28.8% |
| 2 | No | 188 | 71.2% |
| | Total | 264 | 100% |

It is clear from the above table that to salt restricted diet, 188 (71.2%) teachers are following salt restricted diet and 76 (28.8%) teachers are not following salt restricted diet.

TABLE NO -6 Frequency and Percentage Distribution of School Teachers According to Consuming Coffee/Tea.

n=264

| S. NO | ConsumingCoffee/Tea | Frequency | Percentage |
|-------|-------------------------|-----------|------------|
| 1 | Once a day/ twice a day | 64 | 24.29% |
| 2 | More than two times | 199 | 75.4% |
| 3 | Occasionally in a week | 1 | 0.4% |
| 4 | None of the above | 0 | 0.0% |
| | Total | 264 | 100% |

The above the table shows that consuming coffee/ tea, most of the sample 199 (75.4%) consuming coffee/ tea more than two times in a day, 64 (24.4%) of samples consuming coffee/ tea once a day and 1 (0.4%) of samples consuming coffee / tea occasionally in a week.

TABLE NO -7 Frequency and Percentage Distribution of School Teachers According to Leisure Time Activities.

n=264

| S. NO | Leisure Time Activities | Frequency | Percentage |
|-------|-----------------------------------|-----------|------------|
| 1 | Watching T.V/ Mobile | 15 | 5.7% |
| 2 | Doing Yoga/ Meditation | 26 | 9.8% |
| 3 | Involving home related activities | 26 | 9.8% |
| 4 | Sleeping and taking rest | 197 | 74.7% |
| | Total | 264 | 100% |

Regard to leisure time activities, 197 (74.7%) teachers are sleeping and taking rest during their leisure time, 26 (9.8%) teachers are watching T.V/ using mobile during their leisure time, 26 (9.8%) teachers are involved in home related activities during their leisure time, and 15 (5.7%) teachers are doing yoga/ meditation during their leisure time.

TABLE NO -8 Frequency and Percentage Distribution of School Teachers According to Duration of Sleep.

n=264

| S. NO | Duration of Sleep | Frequency | Percentage |
|-------|-------------------|-----------|------------|
| 1 | Belove 3 hours | 40 | 15.2% |
| 2 | 4-6 hours | 95 | 36% |
| 3 | 7-9 hours | 96 | 36.4% |
| 4 | Above 10 hours | 33 | 12.4% |
| | Total | 264 | 100% |

The above table debits that sleep pattern 96 (36.4%) teachers sleep for 7-9 hours, 95 (36 %) teachers sleep for 4-6 hours, 40 (15.2%) teachers sleep for less than 3 hours, and 33 (12.4%) teachers sleep above 10 hours.

TABLE NO -9 Frequency and Percentage Distribution of School Teachers According to Do You Feel Stress at Your Work place.

n=264

| S. NO | Do You Feel Stress at Your Work place. | Frequency | Percentage |
|-------|--|-----------|------------|
| 1 | Yes | 170 | 65% |
| 2 | No | 94 | 35% |
| | Total | 264 | 100% |

Above table shows that Do you feel stress at your workplace, 170 (65%) of teachers feel stress at their work place and 94 (35%) of the teachers don't feel stress at their work place.

SECTION II: To Determine association between Hypertension and Life style practices among school teachers.

There is a significant association between the Hypertension and Life Style Practices such as Leisure Time activities and do you have stress at your work place

SECTION III: Association between Hypertension with selected demographic variables.

There is significant association between the Hypertension with selected demographic variables such as Age, Educational Qualification, Marital Status, Family income per month and Teaching Experience.

DISCUSSION

MAJOR FINDINGS OF THE STUDY

H1: There is a significant association between Hypertension and Life Style practices among the school Teachers:

PART-A Distribution of Sample characteristics according to demographic variables:

With respect to age in years 37.1% of teachers belongs to 41-50 years, 32.6% of teachers belong to 31-40 years, 16.7% of teachers belong to 51 years and above and 13.6% teachers less than 30 years respectively.

Regarding gender the percentage distribution, was females contributed 65.2% and 34.8% were males.

With respect to Religion 80.3% belongs to Hindu, 10.2% belongs to Christian, 8.3% belongs to Muslim, 1.1% of teachers belongs to other Religion.

Regarding to educational qualification 61.7% teachers belongs to post- graduates, 18.2% teachers were graduated, 10.6% teachers have done their ph. D, 8.3% teachers were with Diploma in teaching education and 1.1% teachers have done M.Phil.

With Respect to marriage 85.5% samples were married, 9.8% were unmarried, 2.7% of sample were widows, 1.5% of sample were divorced and 0.8% of samples were separated.

With regard to schools 50% of samples are from government schools and 50% of samples are from private schools with respect to type of family 56.8% of the samples are from nuclear family, 42% of the samples are from joint family, 1.1% of the samples were from extended family percentage distribution.

with regard to monthly income according to family income for a month, 56.8% of samples earn Rs. 30,001 and above, 23.5% of samples earn between Rs. 20,001 to Rs.30,000, 16.7% of samples earn between Rs. 10,001 to Rs. 20,000 and 3.0% of samples earn less than Rs. 10,000 or equal.

PART-B: Assessment of Hypertension among school teachers.

With regard to assessment of hypertension 40% had Normal Hypertension, 34% teachers had Pre-Hypertension, 15% teachers had Stage I Hypertension and 10% teachers had stage II hypertension.

With regard to Abdominal obesity 70.5% teachers had Abdominal obesity, and 29.5% had normal obesity. That 41.3% teachers had Normal Weight, 40.2% teachers had Pre- Obesity, 11.4% teachers had class-I obesity and 3.8% teachers had class-II obesity, 3.0% teachers had underweight and 0.4% teachers had Class-III obesity

PART-C: Assessment of Life style practices among school teachers.

With regard to Salt restricted diet 71.2% teachers are following and 28.8% teachers are not following salt restricted diet.

Salt restricted diet with regard to diet 79.9% teachers take non-Vegetarian diet and 20.1% teachers take vegetarian diet.

With regard to frequency of nonvegetarian in a week 43.9% teachers take non vegetarian Twice in a week, 28.0% teachers take non vegetarian More than three times in a week, 21.2% teachers take non vegetarian once in a week and 6.8% teachers are none of the above.

With regard to consuming deep-fried food 58.7% of teachers consuming deep fried food Two Times in a week, 29.9% of teachers consuming deep fried food Once in a week, 9.5% of teachers consuming deep fried food Thrice in a week and 1.9% of teachers consuming deep fried food More than three times in a week.

H2: There is a significant association between hypertension with selected demographic variables:

There is a significant association between the Hypertension and Life Style Practices such as Leisure Time activities and do you have stress at your work place

The Hypothesis H1 “There is a significant association between Hypertension and Life Style practices was accepted” (<0.05)

There is significant association between the Hypertension with selected demographic variables such as Age, Educational Qualification, Marital Status, Family income per month and Teaching Experience.

The Hypothesis H2 “There is a significant association between hypertension with selected demographic variables was accepted” (<0.05)

CONCLUSION

“The Prevalence of hypertension and related to life style practices among the school teachers”. and there is a significant association between the Hypertension and Life Style Practices such as Leisure Time activities and do you have stress at your work place. there is significant association between the Hypertension with selected demographic variables

such as Age, Educational Qualification, Marital Status, Family income per month and Teaching Experience. The study results stated that prevention and life style modifications can decrease the hypertension related morbidity and mortality.

SUMMARY

The study gave a new learning experience for the investigator. All-over experience of conducting the study was satisfying and enriching. The respondents were very much satisfied. The investigator found it satisfying in conducting this study and helped spread awareness about hypertension and life style practices. The result of the present study shows that there was a significant association between the hypertension and life style practices and there was a significant association between the hypertension with selected demographic variables.

IMPLICATIONS OF THE STUDY

The Findings of The Study Has Implicated in The Field of Nursing of Nursing Practice, Nursing Education Administration and Nursing Research.

NURSING PRACTICE

The school teachers are exposed to the study. This is revealed by the present study, including facts of prevalence of hypertension and life style practices. The findings of the study can help the nurses in the community health to practice teaching program.

NURSING ADMINISTRATION

Nursing administration also can influence the quality of women in selected community area by supervising the plan of action to be done. The findings of the study can be used by nursing administration to improve the knowledge related to hypertension and life style practices, the preventive measures protocols have to be set up for the school teachers in community area regarding the hypertension and life style practices.

NURSING EDUCATION

Continuing nursing education is very important among staff nurses to upgrade their knowledge in relation to

day-to-day changes in the health care system. It helps in improving their knowledge and skills as well as efficiency in client care.

NURSING RESEARCH

The purpose of research is to generate knowledge so as to improve the practice in terms of cost and effectiveness. Evidence-based nursing will gain higher scope in community settings. Thus, this study has provided the basic information which can be used for further research so as to improve the quality of care giving.

LIMITATIONS

This study limited to:

- The study limited to government and private schools in Hyderabad Telangana.
- The study is limited to 264 School teachers only.

RECOMMENDATIONS

Based on the findings of the study the following recommendations are put forward for further study:

- A similar study can be done conducted with large sample size in different states.
- A structured teaching programme can be conducted to create awareness among the school teachers regarding prevalence of hypertension and life style modifications.

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