

Knowledge Regarding Prevention and Management of Stroke Among Elderly in Selected Communities, Aizawl, Mizoram

Ms. Keavy Rosangzuali¹, Ms. Maria Zosangzuali², Ms. Malsawmpui³, Ms. Miriam Lalmalsawmi⁴,
Prof (Dr.) Ruth Lalhmingthang⁵

^{1,2}*B. Sc Nursing Students, BN College of Nursing, Aizawl, Mizoram.*

^{3,4}*Tutor, BN College of Nursing, Aizawl, Mizoram.*

⁵*Prof cum Principal, BN College of Nursing, Aizawl, Mizoram.*

Abstract—Stroke is a condition caused by blockage or rupture of blood vessels in the brain, leading to loss of oxygen supply to brain cells. It can affect speech, movement, and breathing. The Objectives of the study is to Assess the Level of Knowledge Score on Prevention and Management of Stroke among Elderly and to find out the association between the level of Knowledge Score on Prevention and Management of Stroke among Elderly in Selected Communities with demographic variables. The study adopted a Self - Structured Questionnaire, 100 samples of elderly participants were selected for the study using non-probability purposive sampling technique. Demographic variables and Self-Structured knowledge questionnaire were used to collect data required for the study. The findings of the study reveal that majority of the respondents, 47% were between the age of 60-64 years, 55% were male, in terms of occupational status, 39% were self- employed, regarding educational status, 48% were secondary level, 74% were married, 77% does not have previous knowledge regarding prevention and management of stroke. Analysis showed the there was no significant association between level of knowledge score on prevention and management of stroke with selected demographic variables like age, gender, occupational status, educational qualification and marital status at 0.05 level of significance. It also reveals that there is a significant association between level of knowledge score on prevention and management of stroke with selected demographic variables like previous information. Hence, the research hypothesis was accepted. Thus, the study concludes that the knowledge score regarding prevention and management of stroke among elderly was effective.

Index Terms—Assess, Knowledge, Stroke, Prevention, Management, Elderly.

I. INTRODUCTION

Stroke is a serious medical emergency and one of the leading causes of death and long-term disability worldwide, occurring when blood supply to the brain is interrupted by either blockage or bleeding. It is broadly classified into ischemic stroke and haemorrhagic stroke, with ischemic stroke being the more common type. In India, the burden of stroke is increasing due to factors such as aging, hypertension, diabetes, smoking, obesity, and unhealthy lifestyles. Risk factors are categorized into non-modifiable factors, including age and family history, and modifiable factors, such as hypertension, diabetes, and tobacco use. Early recognition of warning signs through the BEFAST approach is essential for timely treatment and better outcomes.¹

Statement of the problem: A Study to Assess the Knowledge on Prevention and Management of Stroke among Elderly in Selected Communities, Aizawl, Mizoram.

Hypothesis

H₁: There was a significant association between the level of knowledge score on prevention and management of stroke with selected demographic variables.

II. METHODOLOGY

The objectives of the study were to Assess the Level of Knowledge Score on Prevention and Management of Stroke among Elderly and to find out the association

between the level of Knowledge Score on Prevention and Management of Stroke among Elderly in Selected Communities with demographic variables. The research approach chosen for the study was Quantitative Research Approach and Descriptive Research Design was selected. The study was conducted among elderly at community areas of Hualngohmun and Melriat, formal permission was obtained from each participant. A total of 100 elderly residing at community areas of Hualngohmun and

Melriat were selected using non-probability purposive sampling technique. The tools for the data collection includes Demographic variables and Self structured knowledge questionnaire. Knowledge score test was assessed using a self-structured knowledge questionnaire on Prevention and Management of Stroke was shown to the samples. Knowledge Score test was assessed using self-structured knowledge questionnaire.

III. RESULT

Table 1: Frequency and percentage distribution of elderly according to demographic variables

n=100

Demographic Variables	Group	Frequency (f)	Percentage (%)
Age in years	60-64 years	27	27
	65-69 years	47	47
	70-74 years	20	20
	75 above	6	6
Gender	Male	55	55
	Female	45	45
Occupational Status	Govt. Employed	16	16
	Self-employed	39	39
	Private employed	34	34
	Others	11	11
Educational Qualification	Illiterate	2	2
	Primary	24	24
	Secondary	48	48
	Graduate	25	25
	Post Graduate	1	1
Marital Status	Single	13	13
	Married	74	74
	Divorced	6	6
	Widowed	7	7
Information regarding Stroke	Yes	77	77
	No	23	23
Sources of Information	Friends and family	20	20
	Printed materials	13	13
	Social media	23	23
	Healthcare Professionals	13	13
	Internet	8	8

The above table shows that majority 47% were between the age of 60-64 years, 55% were male, in terms of occupational status, 39% were self- employed, regarding educational status, 48% were secondary level, 74% were married, 77% does not have previous knowledge regarding prevention and management of stroke.

Table 2: Association between the level of Knowledge Score on Prevention and Management of Stroke with selected demographic variables.

Demographic variables	Knowledge score			Chi square (x ²)	df	p-value	Inference
	Inadequate	Moderate	Adequate				
Age							
60-64	-	27	27	1.74	6	12.59	NS
65-69	-	47	47				
70-74	-	20	20				
75 above	-	6	6				

Gender							
Male	-	55	55	0.51	2	5.99	NS
Female	-	45	45				
Occupation							
Govt. Employed	-	16	16	4.5	6	12.59	NS
Self-Employed	-	39	39				
Private Employed	-	34	34				
Others	-	11	11				
Educational qualification							
Illiterate	-	2	2	4.69	8	15.51	NS
Primary	-	24	24				
Secondary	-	48	48				
Graduate	-	25	25				
Post-Graduate	-	1	1				
Marital Status							
Single	-	13	13	4.5	6	12.59	NS
Married	-	74	74				
Divorced	-	6	6				
Widowed	-	7	7				
Previous Information							
Yes	-	77	77	17.5	2	5.99	S
No	-	23	23				
Sources of information							
Friends and family	-	5	15	2.9	8	15.51	NS
Printed materials	-	4	9				
Social media	-	3	20				
Healthcare professionals	-	4	9				
Internet	-	3	5				

n=100

S= Significant at 0.05 level of significance

NS= Not significant

Table IV indicates chi-square test showing the association between level of knowledge score on prevention and management of stroke with selected demographic variables. It reveals that there was no significant association between level of knowledge score on prevention and management of stroke with selected demographic variables like age, gender, occupational status, educational qualification and marital status at 0.05 level of significance. It also reveals that there is a significant association between level of knowledge score on prevention and management of stroke with selected demographic variables like previous information. Hence, the research hypothesis was accepted.

IV. CONCLUSION

From the findings of the present study, it can be concluded that self-structured knowledge questionnaire enhances the elderly knowledge regarding the prevention and management of stroke.

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