

# Assess the Prevalence and Identify the Risk Factors of Hypertension among Adults Residency in a Selected Rural Community, Kanchipuram District, Tamil Nadu, India

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## Abstract

A study to assess the prevalence and the risk factors of hypertension among adults residing in a selected rural community, Kanchipuram District, Tamil Nadu. The objectives were to assess the prevalence of hypertension among adults and to find out the association between the selected demographic variables and the risk factors for hypertension. A Sample of 30 adults who fulfilled the inclusion criteria were selected for the study. An extensive review of literature and guidance by experts formed the foundation to the development of the study. The data collection tool was validated & reliability was established. The data collection for the study was done. The collect data was tabulated and analyzed. The prevalence of rate of hypertension was 30. In that, 20% were males and 10% were Females. The association between the demographic variables like Obesity, Excessive salt intake, Alcoholism, Smoking, Physical Inactivity was related with the risk factors for hypertension among adults. It showed that there was a significant difference between the risk factor with a Age-28.2, Education-22.14, Family status-14.44 and there was no significant difference the risk factors with Sex-8.59, Dietary Pattern-9.89 at the P value <0.05 level of significant.

**Keywords:** Assess, Hypertension, Adult, Prevalence, Risk Factor.

## Introduction

*“One way to get hypertension is to go mountain climbing over Mole hills”*  
—Earl Wilson

According to WHO (2013) Hypertension is an important public health problem in both economically developed and developing nations. Hypertension was defined as a systolic BP equal to or above 140 mmHg and/or diastolic BP equal to or above 90 mmHg<sup>1</sup>. JNC

VII has proposed another definition of hypertension. According to JNC VII, hypertension was defined as systolic BP level of  $\geq 140$  mmHg and diastolic BP of  $\geq 90$  mmHg. The JNC VII defined normal BP as a systolic BP < 120 mmHg and diastolic BP < 80mmHg. The area between systolic BP of 120-139 mmHg and diastolic BP of 80-89 mmHg is defined as “prehypertension”<sup>2</sup>.

They suggested prevalence rate for hypertension in Indian to be 29-45% in men and women 25-38%. previously identified risk factors for hypertension in Indians include higher body mass index, abdominal obesity, greater age, greater alcohol consumption sedentary lifestyle and stress<sup>3</sup>. Hypertension is one of the leading risk factor for cardiovascular disease and the prevalence of hypertension has been increasing all over the world<sup>4</sup>. We also report the prevalence of other cardiovascular disease risk factors, such as Obesity, Cholesterol, Triglycerides and HbA1c and their association of blood pressure<sup>5</sup>.

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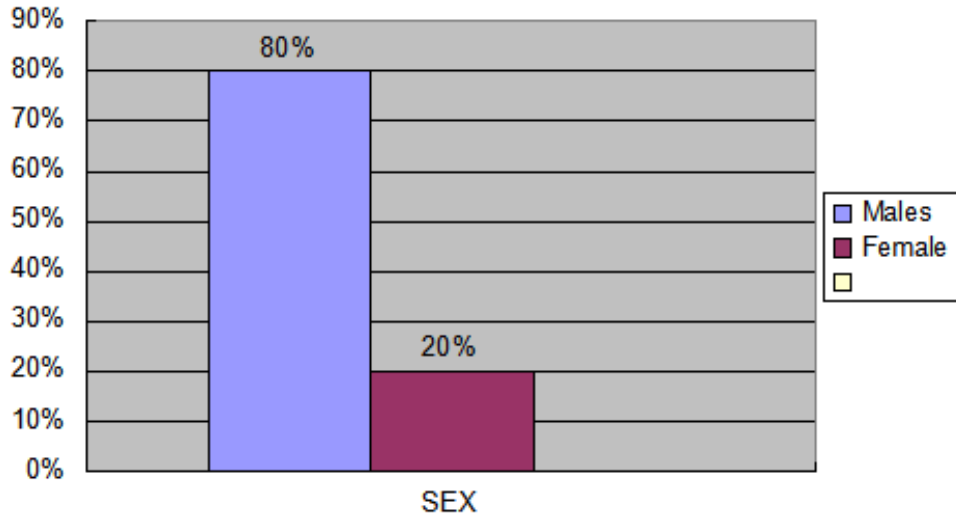
### Methodology

A Descriptive research approach with Non experimental descriptive design. The Study conducted in Community area in Kanchipuram District, Tamil Nadu. The target population is adult’s age of 25-65 years. The accessible population in the present study will be adults

who are suffering from Hypertension in a selected area in Kanchipuram District Tamil Nadu. Non Probability-purposive sampling technique will be adopted for this study. Adults who have age above 25-65 years who full fill the inclusion criteria.

### Results

**Section-A:** To assess the prevalence of hypertension among adults.



**Section-B:** To find out association between the selected demographic variables such as Age, Sex, Education, Dietary Pattern, Family Status and the risk factors for hypertension.

The study revealed that to assess the prevalence of hypertension among adults. 30% was the prevalence of hypertension 20% was Males. 10% was Females. The study findings revealed that the study was to find out the association of demographic variables such as Age, Sex, Education, Dietary pattern, Family Status & Risk factors among adults, The finding shows that the  $\chi^2$  value of Age is 28.2 The finding shows that the  $\chi^2$  value of Sex is 8.59. The finding shows that the  $\chi^2$  value of Educational Status is 22.14 The finding shows that the  $\chi^2$  value of Family Status is 14.44. The finding shows that the  $\chi^2$  value of Dietary Pattern is 9.89. The study revealed that there was significant association of demographic variables such as Age, Sex, Education, Dietary pattern, Family Status of Risk factors among adults. The p value is less than  $\chi^2$  value 0.05 which makes the significant. The p value is More than  $\chi^2$  value 0.05 which makes the Non significant.

### Discussion

We have conducted a research topic on A study to assess the prevalence and the risk factors of hypertension among adults residing in a selected rural community, Kanchipuram District, Tamil Nadu. The total population in the rural community is 50. The prevalence of rate of hypertension is 30. In that 80% male and 20% Female. The association between the demographic variables such as Age, Sex, Education, Dietary pattern, Family Status was related with the risk factors for hypertension among adults. It is showed there is significant difference between the risk factor with Age-28.2, Education 22.14, Family status-14.44 and there is No significant difference between the risk factor with Sex 8.59, Dietary pattern 9.89 at the P value <0.05 level of significant.

**Summary:** This chapter has dealt with the analysis and interpretation of the collected data from the the prevalence and the risk factors of hypertension among adults . The collected data was tabulated and analyzed using descriptive and inferential statistics. Statistics diagrams like, conical graph, pie chart were used to represent the important data of the study.

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**Ethical Consideration:** Chettinad Academy of Research and Education, Institution Human Ethics Committee

**Conflict of Interest:** Nil

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