

**KNOWLEDGE AND EFFECT OF HYPERTENSION DURING
PREGNANCY AMONG CHILD BEARING WOMEN**

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DECLARATION

I hereby declare that this thesis has not been submitted for candidature of any another university degree.

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RECOMMENDATION LETTER

This thesis entailed "**Knowledge and Effect of Hypertension during Pregnancy among Child Bearing Women**" submitted by **Rojina Parajuli** in partial fulfilment of requirement for the Master's Degree in Health education is under my supervision. Therefore it is recommended for viva voice.

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ABSTRACT

Hypertensive disorder during pregnancy can affect about 10 percent of all pregnant women around the world. It is a major pregnancy complication that can affect both mother and baby. All people, especially women have rights to understand, as well as to enjoy their pregnancy and bear and rear healthy children. The study entitles “Knowledge and Effects of Hypertension during Pregnancy among Childbearing Women.” The purpose of this study was to examine the knowledge of hypertension its causes, effects and ways of its prevention among childbearing women in Haldibari Rural Municipality-1 Goldhap Jhapa district by lottery method within five wards. This study was based on descriptive research design, using quantitative data. The respondents for survey were in total 867 childbearing women and 130 were selected by simple random sampling method and face to face questioner is the main tools for collecting data.

The result showed that among all the respondents 96 percent were heard about hypertension but 80 percent do not know the actual measurement of hypertension. Similarly 85 percent heard about hypertension during pregnancy but only 29 percent respondents had correct knowledge on it. Majority of 69 percent said stress is the main cause of hypertension it means that people still are not clear on the cause of various factors to increase blood pressure. Same as 68 percent respondents said same factor considered to increase blood pressure during pregnancy. Majority of 90 percent had correct concept to check blood pressure during pregnancy and 67.7 respondents said correct period of time to visit doctors during pregnancy. Among 130 respondents 21 percent have correct knowledge on the risk condition of hypertension during pregnancy. 52.30 percent respondent have correct knowledge on the effect of hypertension during pregnancy it means, still 13 percent respondents need information about it. Majority of 47.69 percent respondents said premature delivery is the effect of hypertension during pregnancy in mother and only 23.84 percent respondents have knowledge of effects in baby still 76.15 percent respondents need knowledge on the effect of hypertension in baby during pregnancy. To control hypertension during pregnancy all respondents had correct knowledge but only 27 percent respondents were concern with their health they do exercise regularly. Among 130 respondents 31 percent suffer from hypertension during pregnancy and 60 percent

of 40 hypertensive women are seen curable and 7 percent are seen sever complication of hypertension during pregnancy.

In conclusion, it clearly shows that the response of respondent knowledge on cause effect and prevention of hypertension during pregnancy is not satisfactory. So that, compulsory training program should conducted to health service provider in the rural area of the country. Mass Media should be encouraged to organize various awareness program, formal and non formal education about hypertension during pregnancy should be launched among the people in the rural area of the country. Various health awareness programs, campaign, free treatment should be organized. Government should strengthen the hypertension care network established from top to down level. Others features of health service should be made flexible to draw the attention towards government health service. Knowledge of women about various aspect of hypertension during pregnant its effects cause and ways of its managements. its symptoms effects on mother and baby is in adequate. Therefore, they must exposed to full information on this issue by trained health service provider Everyone should encouraged to do physical exercise and yoga etc.

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ABBREVIATION

BP	:	Blood Pressure
DPHO	:	District Public Health Office
FGD	:	Focus Group Discussion
HBP	:	High Blood Pressure
INGOs	:	International Non-Governmental Organization
IVF	:	In Vitro Fertilization
JMC	:	Janta Multiple Campus
KAP	:	Knowledge Attitude and Practice
MDG	:	Millennium Development Goal
NGOs	:	Non-Governmental Organization
T.U.	:	Tribhuvan University
UNICEF	:	United Nations children Fund
WHO	:	World Health Organization