

**A STUDY OF PREVALENCE AND SELF CARE PRACTICES  
ON HYPERTENSION AMONG ADULTS IN POKHARA,  
KASKI, NEPAL**

A Dissertation Submitted to Tribhuvan University Department of  
Anthropology Prithvi Narayan Campus in the Partial  
Fulfillment of the Requirement for the  
Master's Degree in Anthropology

By

Gyanendra Sunar

Exam Roll No.: 53/068

Symbol No. : 480434

TU Regd. No.: 6-1-48-548-2000

Tribhuvan University  
Faculty of Humanities and Social Sciences  
Department of Anthropology  
Prithvi Narayan Campus  
Pokhara, Nepal  
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त्रिभुवन विश्वविद्यालय  
TRIBHUVAN UNIVERSITY

पृथ्वीनारायण क्याम्पस  
**PRITHVI NARAYAN CAMPUS**  
Department of Anthropology

पत्र संख्या :  
Ref No.

भीमकाली पाटन, पोखरा, नेपाल  
Bhimkali Patan, Pokhara, Nepal

**LETTER OF RECOMMENDATION**

This is to certify that **Mr. Gayanendra Sunar** has completed this Dissertation entitled, “A Study of Prevalence and Self Care Practices on Hypertension among Adults in Pokhara, Kaski, Nepal” under my supervision. This is an original work. I, therefore recommend this dissertation for final approval and acceptance.

Date: 2076/05/08

\_\_\_\_\_  
Janardan Thapa  
Supervisor  
Department of Anthropology  
Prithvi Narayan Campus  
Pokhara, Nepal



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TRIBHUVAN UNIVERSITY

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## LETTER OF ACCEPTANCE

This thesis entitled, “A Study of Prevalence and Self Care Practices on Hypertension among Adults in Pokhara, Kaski, Nepal” Submitted to the department of Anthropology: Prithivi Narayan Campus by **Gyanendra Sunar** has been approved by the undersigned member of the dissertation Evaluation committee.

### Dissertation Evaluation Committee:

Janardan Thapa

Dissertation Supervisor

\_\_\_\_\_

Mr. Amrit Kumar Bhandari

External Examiner

\_\_\_\_\_

Mr. Janardan Thapa

Head of the Department

\_\_\_\_\_

Date: 2076-

B.S.

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**Date:** 2076-05-08 B.S.

Gyanendra Sunar

## ABSTRACT

As an economic low-income country, Nepal is experiencing cardiovascular diseases as an emerging health problem. However, studies are lacking on the self-care practices of hypertension diseases in urban communities. Where the socio-demographical transition is in progress. Therefore, this study aimed to identify the prevalence and self-care practices of respondents on the hypertension disease in Pokhara-27, Nepal.

Study design and setting this was a community-based, Description study carried out in Pokhara metropolitan-27 from June 2019 to August 2019. Study site represents one of the rapidly urbanizing places near second city (Pokhara) of Nepal. Study population, sample size and sampling strategy study respondents included adult (>25 years), of any sex and residing as a permanent resident. Sample size was 384. This study conveniently selected 384 respondents. Altogether, 384 adults from to 25 to 60 years of age were selected conveniently. Data were collected through modified WHO STEPS questionnaire for non-communicable disease (NCD) risk factors survey and analyzed in SPSS software.

Mean age of the respondents was 41 years. Majority of them were male (n = 248; 64.6%), (43%) represented Brahman and Chetri were 16.4%. Cardiovascular disease risk factors included smoking (32.8%), alcohol consumption (21.4%), insufficient fruit and vegetables intake (%), insufficient physical activity (66.9%), and hypertension (22.1%), They were significantly associated with different socio-demographic characteristics: smoking with gender, age groups and education level; alcohol consumption was with gender, age groups, ethnicity and occupation; insufficient physical activity with gender, age groups and occupation; hypertension with gender, age groups, ethnicity, education level and occupation.

A description study was among 384 adults in the Pokhara valley of Kaski district. The study period was from June to August 2019. The level of knowledge and level of practice on hypertension is still very low in people. Result shows that the level of knowledge is significantly associated with the level of practice. People having good knowledge show good practice in their daily life. The level of knowledge and practice among adults is very poor. So, health Programme and BCC should be conducted for increasing awareness and for improving behavior of adults.

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## **LIST OF ABBREVIATIONS**

BCC	Behavior Change Communication
BMI	Body mass index
CVD	Cardiovascular disease
FCTC	Framework Convention on Tobacco Control
HDL	High density lipoprotein
HTN	Hypertension
IEC	Information Education Communication
KAP	Knowledge Attitude Practice
LDL	Low density lipoprotein
MS	Micro-soft
NCD	Non communicable disease
SEAR	South East Asia Region
SPSS	Statistical package for social science