

**KNOWLEDGE OF HYPERTENSION AMONG PUBLIC SCHOOL
TEACHERS OF ITAHARI**

By

Mukesh Kumar Jha

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FACULTY OF EDUCATION
JANTA MULTIPLE CAMPUS
HEALTH AND PHYSICAL EDUCATION DEPARTMENT
ITAHARI, SUNSARI**

2018

DECLARATION

I here by declare that to the best my knowledge this thesis is my original work, and it has not been submitted for the candidature of research to any university, college or educational institution. The subject matter presented in this thesis report is the result of my own work. I have not copied any material from the thesis completed and submitted in the past expect some cited texts.

Date:-

.....

Mukesh k. Jha



Tribhuvan University
JANTA MULTIPLE CAMPUS

Itahari, Sunsari

(Science, Management, Humanities & Education)

Ref. No. :

Date :

RECOMMENDATION LETTER

The thesis is entitled "**Knowledge of hypertension among public school teachers of Itharai**" Submitted by **Mukesh Kumar Jha** in partial fulfillment of requirement for the master's degree in Health education under my supervision. Therefore it is recommended for Viva Voice.

.....

Lec. Sanjiv Kumar Yadav (Supervisor)

Head of Department of Health & Physical Education

Janta Multiple Campus Itahari, Sunsari



Tribhuvan University
JANTA MULTIPLE CAMPUS

Itahari, Sunsari

(Science, Management, Humanities & Education)

Ref. No. :

Date :

APPROVAL SHEET

This thesis entitled "**knowledge of hypertension among public school teachers of Itharai**" submitted by **Mr. Mukesh Kumar Jha** in partial fulfillment for the requirement of the master's degree in Health Education has been approved.

Thesis Evaluation Committee

Lecturer Sanjiv Kumar Yadav (HOD)

Head, Department of Health & Physical Education

Janta Multiple Campus, Itahari, Sunsari

Supervisor (HOD)

Tribhuban University

Manoj Kumar chaudhary, Asst. Lecturer

Asst. Lecturer Department of Health & Physical Education

Janta Multiple Campus, Itahari, Sunsari

(Member)

Tribhuban University

Dr. Prof. Ashok Kumar Jha

S.S.M.Y.M Campus, Siraha

Departement of Health & Physical Education

(External)

Viva Date:

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Mukesh Kumar Jha

MED 2nd Year

ABSTRACT

Hypertension is one of the most common diseases on earth. It represents the single greatest preventable cause of death in humans and ranked third as a cause of disability adjusted life years worldwide. As community based study on hypertension in a developing country like Nepal has been limited, so this study aims to assess the knowledge, prevalence as well as determinants of hypertension among public school teachers.

A cross sectional school based study was carried out one hundred and five public school teachers of Pakkali S.S., Jyopti S.S., Janshayog S.S., Rastriya S.S and Janata S.S. were selected from Itahari sub-metropolitan of eastern Nepal. Proportionate simple random sampling method was used to select respondents. The questionnaire in this study was developed from review of published articles and research reports.

Blood pressure and anthropometric measurements were taken as per world health organization step guidelines. Hypertension was defined as systolic blood pressure of ≥ 140 mmHg and or diastolic blood pressure of ≥ 90 mmHg or use of antihypertensive medications.

The overall mean 66 (62.85%) male and 39 (37.14%) female were teachers population in this study area. According to study area average 40 years above teachers teaching occupation since more than ten years and post graduate were knowledge of hypertension of teachers advice given 85 (80.95%) reduced salty food and 39 (37.14%) visit hospital for checkup every 6 month where prevalence of hypertension was 45 (42.85%) diagnosed hypertension, 43 (40.95%) prevalence of hypertension was undiagnosed in which 17 (16.19%) was hypertension (High blood pressure) diseases only 45 (42.85%) diagnosed hypertension only 17 (16.19%) were parents on treatment and taking medication were only 16 (35.55%) and them had well-blood pressure controlled 16 (35.55%) from 16 patients teachers population under medicine used allopathic more 10 (62.5%), ayurved were 4 (25%) and 2 (12.5%) were used other like a homeopathic medicines and family history of hypertension was 37 (35.23%), tobacco chewing were 9 (8.57%) and age were than 40 years but cigarette smoking was significantly protective for hypertension were 6 (5.71%) of 105 teachers as well as habit for exercise were 80 (76.19%) alcohol consumption 14 (13.33%) and from (105) teachers advice given visit hospital 39 (37.14%) after

disease hypertension. were teachers more than more Hindu religions, 97 (92.38%) were married and 82 (78.09) joined were small family types. The prevalence hypertension among public school teacher was high regardless of higher awareness of diseased condition, those on treatment and with well controlled blood pressure was low-Early detection of hypertension and educational programs regarding healthy diet and life style are vital to reduce the burden of hypertension and related complications.

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ABBREVIATIONS

INGO	International Non-Governmental Organization
NIH	National Institutes of Health
NGO	Non-Governmental Organization
HTN	Hypertension
BP	Blood Pressure
BMI	Body Mass Index
DALYs	Disability-Adjusted-Life-Years
WHO	World Health Organization
GBD	Global Burden of Disease
MM/HG	Millimeters of Mercury
NCD	Non-Communicable Disease
SBP	Systolic Blood Pressure
DBP	Diastolic Blood Pressure
OB	Obesity
AL	Alcohol
CSS	Cross Sectional Study
CVD	Cardiovascular Disease
FTT	Full Time Teachers
NO	Number
PHT	Primary Hypertension
SS	Secondary School