

To Assess the Effectiveness of an Information Booklet on Knowledge Regarding Life Style Modification in Relation to Hypertension among Adults above 40 Years of Age in Selected Areas

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Abstract: *With a drastic transition in the socio-economic and lifestyle scenario, Indians are at a threat to acquire various non-communicable diseases. Indians have been found to fall prey to major cardiovascular diseases at a young age reported to be in late twenties and early thirties, and end up encountering a heart attack and stroke in the 3rd and 4th decades of their life. One of the key risk factors for cardiovascular disease is hypertension or raised blood pressure. The adoption of health lifestyle by all individual is crucial for the primary prevention of high blood pressure and is an indispensable part of the management of those with hypertension.*

This study is conducted "To assess the effectiveness of an information booklet on knowledge regarding life style modification in relation to hypertension among adults above 40 years of age in selected areas.". An evaluator approach with one group pretest post design was adopted for study. Non probability convent sampling technique was used for fifty adults above 40 years of age with the formulated criteria. The tools use were self-structured questioner. In first day Pretest taken and distribution of information booklet on knowledge regarding lifestyle modification in hypertension and on 30th day post test conducted. While comparison of pretest and posttest knowledge scores of adults above 40 years of age in the selected area regarding life style modification in relation to hypertension. Mean, standard deviation and mean score percentage values were compared and 'z' was applied at 5% level of significance. The tabulated value for $n=50-1$ i.e 49 degrees of freedom was 1.96. The calculated 'z' value was much higher than the tabulated value at 5% level of significance which was statistically acceptable level of significance. In addition the calculated 'p' value for overall knowledge regarding life style modification in relation to hypertension was 0.000 which was ideal for any population. Hence it is statistically interpreted that information booklet on knowledge regarding life style modification in relation to hypertension was effective.

Keywords: knowledge, effectiveness of information booklet, hypertension, lifestyle modification