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**A study to assess the knowledge on stroke and health seeking  
behaviour among hypertensive patients in selected tertiary care  
hospital, Udupi district, Karnataka.**

DIVYA DAVIS

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## "ABSTRACT

"A study to assess the knowledge on stroke and health seeking behaviour among hypertensive patients in a selected tertiary care hospital, Udupi district, Karnataka" was carried out by Ms Divya Davis in partial fulfilment of the requirement for the degree of Master of Science in Nursing at Manipal College of Nursing, Manipal Academy of Higher Education, Manipal, Karnataka.

The objectives of the study were to assess the knowledge on stroke among hypertensive patients attending Medicine OPD, to assess the health seeking behavior among hypertensive patients, to find the association between the knowledge on stroke and selected socio-demographic variables and to find the association between health seeking behavior and selected socio-demographic variables.

The conceptual framework for the study was based on Irwin Rosenstock's Health Belief Model (HBM), 1966. This study adopted a quantitative approach using descriptive survey design.

Non-probability purposive sampling technique was used to recruit the samples for the study. The tools used for data collection were sociodemographic and clinical proforma, questionnaire on knowledge on stroke and rating scale on health seeking behaviour.

The content validity of the tool was established by submitting it to seven experts and modifications were made as per the suggestions given by the experts. All the tools were pre-tested and reliability was established. The pilot study was

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conducted among 38 participants which revealed the feasibility of the study. The reliability of the tool on knowledge was established by using split half method and found to be reliable with the score of  $r = 0.726$ . The reliability of rating scale on health seeking behavior was established using Cronbach's alpha and found to be reliable with the score of  $\alpha = 0.740$ .

Administrative permission was obtained from the Dean, MCON, Manipal, Institutional Research Committee, MCON, Manipal (IRC 110/2017). Institutional Ethics Committee, KH, Manipal (IEC 812/2017), Medical Superintendent, KH, Manipal, Head of the Department of General Medicine, KH, Manipal and CTRI

registration was done (CTRI NO: CTRI/2018/02/012078). The data was collected from 385 participants. Purpose of the study was explained and Informed Consent was taken from participants who were agreed to participate in the study.

The data gathered were coded and analyzed using SPSS version 16. Data were analyzed statistically by descriptive and inferential statistical methods. The study results revealed that majority 225 (58.4%) of the participants were in the age group of 50 – 70 years, while 19 (4.9%) were above 70 years. Majority of the participants were males 228 (59.2%) and most of the participants 340 (88.3 %) were from rural area. Majority 123 (31.9%) of the participants had studied up to secondary level, 127 (32.9%) of the participants were dependent, housewives and retired. 126 (32.7%) of the participants did not have any income by their own, as they were dependent, while 99 (25.7 %) had an income of 10000 rupees monthly and 125 (32.5 %) had an income up to 20000 rupees monthly.

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Majority 318 (82.6%) of the participants were hypertensive for past 10 years.

Among the participants 79 (20.5%) of them were suffering from diabetes for the past 10 years. Most of them 373 (96.9%) did not have high cholesterol level. Majority of the participants 375 (97.1 %) were not diagnosed with cardiac illness and 10 (2.6 %) participants had history of cardiac illness for the past 10 years.

Majority of the participants 251 (65.2%) did not have family history of hypertension while 18 (4.7%) of them had a positive family history of stroke and 2 (0.5%) of participants were diagnosed with stroke in the past. Majority 338 (87.8%) of the participants were non-smokers and 368 (95.6 %) of them were non-alcoholics. Majority 351 (91.2 %) of the participants were not doing regular exercise. Regarding source of information on stroke, about two third 241 (62.6%) of the participants gained knowledge from various newspaper. 10 (2.6%) were doing yoga to control the blood pressure and one (0.3%) was under Ayurveda treatment to control blood pressure.

Majority 306 (79.5%) of the participants had average knowledge on stroke.

The area wise mean and standard deviation for risk factors are 1.15 and 0.877, for warning signs are 2.84 and 1.302 respectively. Majority 317 (82.3%) of the

participants followed a beneficial health seeking behavior.

There was a significant association between area of residence and knowledge scores of the participants ( $\chi^2=12.086$ ,  $p<.05$ ) and there was no significant association between other selected sociodemographic variables such as age, gender, duration of hypertension, family history of hypertension and stroke. The study results revealed

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that there was a significant association between age and health seeking behaviour ( $\chi^2=6.953$ ,  $p<.05$ ) and there was no significant association between other selected sociodemographic variables such as gender, marital status, area of residence, education, family income, duration of hypertension, family history of hypertension and stroke.

Thus, the study concluded that participants had average knowledge on Stroke and followed a beneficial health seeking behaviour."