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**“ Life Style Factors Associated With Elevated Blood Pressure
Among Working Women Of Selected Institutions Of Udupi Taluk: A
Case Control Study.”**

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"ABSTRACT

A research study entitled "Life style factors associated with elevated blood pressure among working women of selected institutions of Udupi Taluk: A case control study" was conducted by Ms Priya Laveena Alva in partial fulfilment of the requirement for the award of Master of Science in Nursing at Manipal College of Nursing, MAHE, Manipal.

The objective of the study was to identify the lifestyle factors that contributed to elevated blood pressure among working women. The conceptual framework for the study was based on Kaoru Ishiwaka fishbone model 1968. A quantitative study with case control design was adopted for the study. The purposive sampling technique was used. The data collection tools used were demographic proforma, semi structured questionnaire on dietary factors, standardized questionnaire on job stress and physical activity.

Content validity was established by giving the tools to five experts. All the required permissions were sought, including the approval from Institutional Ethical Committee before the commencement of the study. The study was conducted during the month of January 2020 in the selected institutions.

Pretesting was done among five faculty and reliability was done among twenty female faculty members from an institution under MAHE. All tools were found reliable. The pilot study was conducted among twelve female faculty members from an institution and was found to be feasible.

Abstract

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The gathered data was coded and summarized in a master data sheet and was analysed using Statistical Package for Social Sciences (SPSS)16.0 version. Both the descriptive and inferential statistics were used to analyse the findings of the study.

Study results found that majority of the cases 45(70.3%) and controls 90(73.2%) were in the age group 30 to 40 years. Most 26 (40.6%) of the cases and 33 (26.8%) of the controls had family history of hypertension. Majority of the cases 60(85.4%) and 105(93.8%) of controls were married women. Most 29 (45.3%) of the cases have low physical activity. The odds of elevated blood pressure among those with poor diet was 2.07 times higher than those with good diet which shows that poor diet (OR=2.07, CI=1.00,4.29) has a significant association with elevated blood pressure. The odds of elevated blood pressure among obese (OR=2.82, CI=1.14,6.99) was 2.82 times higher than those with normal BMI, and this Odds ratio was taken to be statistically significant. High job stress (OR=1.11, CI=0.60,2.06) and physical activity (OR=1.37, CI=0.71,2.64) had no association with blood pressure.

Study concluded that, it is important and necessity to provide information to the community and aware them regarding this modifiable life style factors which lead to the risk of hypertension"