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## **A study on knowledge regarding yoga and naturopathy among patients with hypertension in Narayana medical college hospital Nellore**

**V Rupa Saritha Reddy, Dadamrevathi and Dr. Arumugam Indira**

### **Abstract**

The Study aims are to assess the knowledge regarding yoga and naturopathy among patients with hypertension and to identify the relationship between the knowledge level and socio demographic variables of patients with hypertension. The quantitative research approach and descriptive research design was adopted for the study. The study was conducted in Narayana medical college hospital. 60 hypertensive patients were selected by using Non Probability Convenience Sampling Technique. Semi structured Questionnaire method was used for collecting the information from samples. Data analysis done by using descriptive and inferential statistics. The results revealed that 1(1.7%) had adequate knowledge, 19(31.7%) had moderately knowledge and 40(66.7%) had inadequate knowledge regarding yoga and naturopathy among patients for hypertension. The study concluded that majority of respondents 40 had inadequate knowledge regarding yoga and naturopathy. There was significant association between the level of knowledge and with their selected socio demographic variables like source of information and previous knowledge and practice of yoga regarding yoga and naturopathy among patients with hypertension.

**Keywords:** Knowledge, hypertension, patients, hypertensive patients, yoga, naturopathy

### **Introduction**

Hypertension is one of the most common disorders in the world. It is sometimes called as 'Silent killer' because people who have it are symptom free. This disease continues to be the leading cause of morbidity and mortality after coronary artery disease. Hypertension is defined as a systolic blood pressure greater than 140mm of hg and diastolic blood pressure 90 mm of hg. Prolonged blood pressure elevation eventually damages the blood vessels throughout the body, especially heart, kidney, brain and eyes.

The factors which come under non modifiable factors are family history. Any person with a family history of hypertension several genes may interact with each other and enact to cause the blood pressure to elevate overtime. The incidence of hypertension increases with age. The main factor is obesity, increases of fat in waist, abdomen is associated with subsequent development of hypertension, worldwide there is an estimated 600 million people who are affected by hypertension, 50 million of them are Americans which mean that out of 5 people one of them is hypertensive. A rise in either systolic or diastolic pressure is associated with an increased mortality rate. The symptoms include headache, palpitations, tingling, numbness, dizziness, blurred vision and epistaxis hypertension is more common in men and in black race. High risk factors are sodium intake exercise and weight control. Some interventions can be done as mentioned like Life style modification like exercises, smoking cessation, alcohol restriction, and relaxation techniques.

Hypertension is determined when the average of two or more diastolic blood pressure readings or at least two separate visits 1 week apart is 90 mm Hg or average of multiple systolic blood pressure readings over several visits is 140 mm Hg or higher. Hypertension impairs many aspects of life that is essential like is social, occupational and quality of life stressors. If hypertension left elevated it may be a silent factors and cause many deaths attributed to stroke or heart failure. Some interventions are life style modifications like weight reduction, sodium restriction, dietary management, exercise, smoking, cessation, alcohol restriction, caffeine restriction and relaxation techniques such as yoga, bio feedback, psychotherapy and naturopathy etc.

A team of researchers conducted a study to assess the efficiency of mind body therapies in the treatment of hypertension. The main outcome measures include change in systolic and diastolic blood pressure in pre and post intervention period.

According to national institute of health and national library of medicine (2008), among total population 21% of people were suffering from hypertension in Andhra Pradesh and in Nellore it is 28%.

Based on previous literature review and clinical experience, the investigators felt the need to assess the knowledge on yoga and naturopathy among patients for hypertension in NMCH, Nellore.

**Problem statement**

A study on knowledge regarding yoga and naturopathy among patients with hypertension in Narayana Medical College Hospital Nellore.

**Objectives of the study**

- To assess the level of knowledge on yoga and naturopathy among patients with hypertension.
- To determine the association between the level of knowledge regarding yoga and naturopathy and the socio demographic variables of patients with hypertension

**Methodology**

**Research Approach:** Quantitative Research Approach

**Research Design:** Descriptive Research Design

**Setting:** Narayana Medical College and Hospital, Nellore.

**Population:** All The patients who are having hypertension and admitted in Narayana Medical College and Hospital, Nellore.

**Sample:** The hypertensive patients who are admitted in Narayana Medical College and Hospital, Nellore.

**Sample Size:** 60 hypertensive patients admitted in Narayana Medical college Hospital, Nellore.

**Sampling Technique:** Non Probability Convenience Sampling Technique.

• **Criteria For Sample Selection**

• **Inclusion Criteria**

- Hypertensive Patients Who Are
  1. Willing to participate in the study.
  2. Who know Telugu or English.

• **Exclusion Criteria**

Hypertension patients who are:

1. Patients with Confusion, disorientation.

**Method of Data Collection**

The tool used for the study consists of two parts which is described as below.

Part-I: Deals with socio demographic variables such as age, sex, religion, education, qualification, marital status, income, area of living, use of relaxation techniques, dietary pattern, type of family and personal habits.

Part-II: Deals with semi structured questionnaire. The tool consists of 30 items, each correct response will be scored with one mark. The total possible score is 30.

**Scoring Interpretation**

Inadequate	1-10	<50%
Moderately adequate	11-20	51-75%
Adequate knowledge	21-30	76-100%

**Data Collection Procedure**

Data was collected by obtaining formal written permission from ethical committee, medical and nursing superintendent of NMCH, Nellore. After obtaining consent from patients, data collection was done by using questionnaire method to assess the knowledge regarding yoga and naturopathy among patients for hypertension. It took 20 minutes to complete the questionnaire by each patient..

**Plan for Data Analysis**

The data collection will be analyzed in items of objectives of study by using descriptive and inferential statistics. The plan for data analysis are as follows.

Descriptive statistics	Frequency, percentage, mean and standard deviation was used to assess knowledge regarding yoga and naturopathy among patients for hypertension in NMCH Nellore.
Inferential statistics	Chi-square was used to associate the knowledge among patients for hypertension with their selected socio demographic variables.

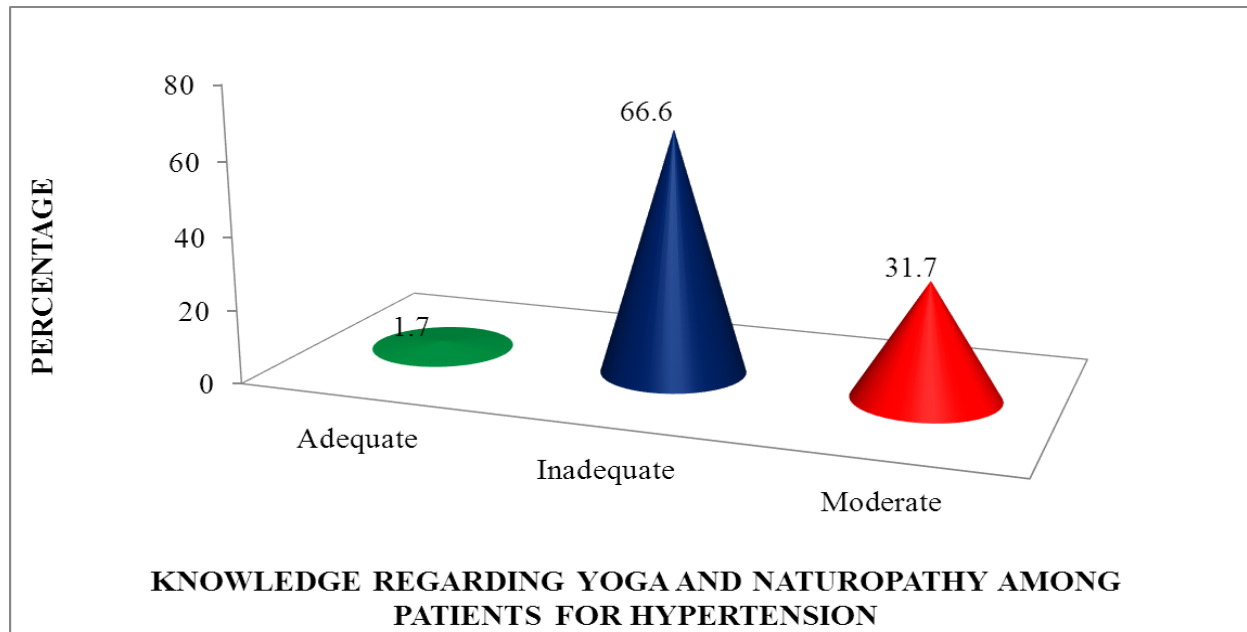
**Results**

**Description of socio demographic variables among staff nurses**

The demographic variables data explain that out of 60 hypertensive patients on the basis of age of hypertensive patients, 10(16.7%) samples belong to 35-40yrs, 10(16.7%) samples belong to 41-46 yrs, 43(33.3%) samples belong to 47-52 yrs and 20(33.3%) samples belong to above 52 yrs, on the basis of gender, 33(55.0%) were males and 27(45.0%) were females. on the basis of area of living 21(35.0%) were living in urban area, and 39 (65.0%) were living in rural area. on the basis of source of information 21(25.0%) gained

knowledge through massmedia, 17(28.0%) gained knowledge through friends/relatives, 13(21.7%) gained knowledge through health professions, 9(15.0%) gained knowledge through news papers/journals, on the basis of previous knowledge on practice yoga, 4(6.7%) had previous knowledge on practice yoga and 56(93.3%) had no previous knowledge on practice yoga, regarding yoga and naturopathy among patients for hypertension.

### The level of knowledge regarding yoga and naturopathy among patients for hypertension.



#### Mean Knowledge Score and Standard Deviation of Level of Knowledge Of hypertensive patients

The findings Revealed that the mean knowledge score of hypertensive patients is 13.50 and the standard deviation of 3.367.

**The Association between the knowledge regarding yoga and naturopathy among patients with hypertension with their selected socio demographic variables:** The study findings revealed that there was significant association between the knowledge regarding yoga and naturopathy among patients with hypertension with their selected socio demographic variables such as source of information, previous knowledge and practice of yoga.

Regarding source of information, the calculated value was 13.596 and the table value was 12.591 since the calculated value is more than table value so it is significant.

Regarding, the calculated value was 14.239 and the table value was 5.991 since the calculated value is more than table value, it is significant.

There was non significant association between the level of the knowledge regarding yoga and previous knowledge and practice of yoga naturopathy among patients with hypertension with their selected socio demographic variables such as age, gender, area of living.

Regarding age, the calculated value was 9.908 and the table value was 12.591 since the calculated value is less than the table value, it is non significant

Regarding gender, the calculated value was 1.834 and the table value was 5.991 since the calculated value is less than table value it is non significant.

Regarding area of living, the calculated value was 1.955 and table value was 5.991 since the calculated value is less than table value, so it is non significant.

#### Conclusion

The findings of the study showed that among 60 selected samples in Narayana medical college hospital, Nellore, majority of respondents 40 had inadequate knowledge regarding yoga and naturopathy. There was significant association between the level of knowledge and with their

socio demographic variables like source of information and previous knowledge and practice of yoga regarding yoga and naturopathy among patients with hypertension.

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