

To Assess ThePrevalenceof Hypertension Among Bank Employees

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ABSTRACT: Background-The prevalence of hypertension is higher among professional people than among industrial & other workers. Stress is one of the important risk factors for hypertension. Professionals who have a stressful job and a sedentary life style are at a greater risk of developing the disease. Bank employees fit in this picture as they represent the subset of population at risk to develop hypertension. **Objectives:**1)To estimate the prevalence of hypertension among bank employees. 2)To find out the association between hypertension with their selected demographic variables.**Method-Research approach:** A cross-sectional study was conducted **Setting of the study:** study conducted in bank of wardhadistrict. **Sample:**in this study the sample Bank employee **Sampling technique-** By using multistage sampling method, **Sample size:**300 **Result-**32.3% of the bank employees were normal,28.3% had prehypertension, 23.3% had stage I hypertension and 16% had stage II hypertension respectively.association of hypertension scores with blood pressure of bank employees. The tabulated 'F' values was 2.63(df=3,296) which is much higher than the calculated 'F' i.e. 0.89 at 5% level of significance. Also the calculated 'p'=0.44 which was much higher than the acceptable level of significance i.e. 'p'=0.05.

Key Words: Prevalence. Bank employees, hypertension

Introduction

Hypertension is a major risk factor for CVDs, including stroke and myocardial infarction, and its burden is increasing disproportionately in developing countries. Hypertension is defined as systolic blood pressure measuring 140 or more mm of Mercury and Diastolic blood pressure of 90 or more mm of Mercury recorded in an individual.¹It is an important worldwide public health challenge because of its high frequency & concomitant risks of cardiovascular & kidney disease. It has been identified as the leading risk factor for mortality and is ranked third as a cause for disability-adjusted life-years. Given the rising prevalence of hypertension in developing countries undergoing epidemiological transition like India, increased awareness, treatment and control of high blood pressure are critical in preventing the burden of the illness. India has noted a rising trend in the prevalence of hypertension over the last three decades particularly in the urban population.²

HYPOTHESIS

H1: There is significant association of hypertension among bank employees with their demographic variables.

H0: There is no significant association of hypertension among bank employees with their demographic variables.

MATERIALS AND METHODS:

Research approach crosssectional study was used. Method-multistage sampling methodwas used. inclusion criteria were all bank empolyees who are willing to participate in the study, those who were available at the time of data collection. Exclusion Criteria was those who were not available at the time of data collection, 300 samples participated in the study according to above criteria.

RESULTS

Table: 1 distribution of bank employees according to their demographic characteristics.
n=300

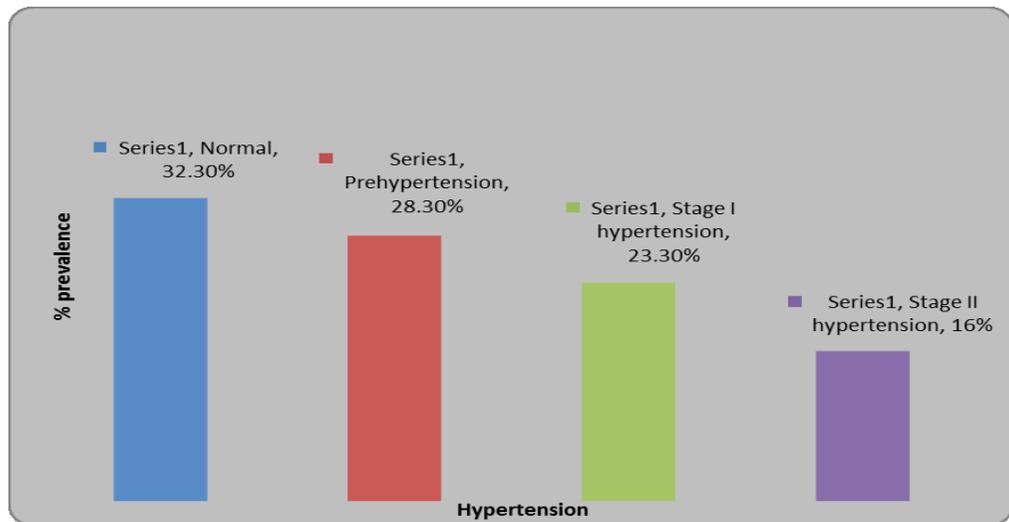
Demographic Variables	No of bank employeed	Percentage
Age in years		
26-30 yrs	22	7.3
31-35 yrs	7	2.3
36-40 yrs	5	1.7

41-45 yrs	22	7.3
46-50 yrs	36	12.0
51-55 yrs	83	27.7
56-60 yrs	125	41.7
Gender		
Male	220	73.3
Female	80	26.7
Marital Status		
Married	274	91.3
Single	16	5.3
Divorcee	3	1.0
Widow/Widower	7	2.3
Religion		
Hindu	264	88.0
Muslim	4	1.3
Buddhist	23	7.7
Others	9	3.0
Cadre of bank employee		
Clerk	126	42.0
Manager	127	42.3
Cashier	47	15.7
Dietary Pattern		
Vegetarian	126	42.0
Non Vegetarian	174	58.0
Education		
Graduates	233	77.7
Post Graduates	67	22.3
Type of family		
Nuclear	223	74.3
Joint	77	25.7
Place of residence		
Urban	246	82.0
Rural	54	18.0

Table 2: Distribution of bank employees with regards to prevalence of hypertension
n=300

Hypertension	Prevalence of hypertension	
	No of bank employees	Percentage
Normal	97	32.3
prehypertension	85	28.3
Stage I hypertension	70	23.3

Stage II hypertension	48	16.0
Total	300	100



Graph 1: Distribution of bank employees with regards to prevalence of hypertension

ASSOCIATION OF HYPERTENSION SCORE WITH SELECTED DEMOGRAPHIC VARIABLES

There were no significant association between demographic variables in age in years, gender, marital status, religion, cadre, dietary pattern, educational level, type of family and residence

DISCUSSION

Present study conducted in bank of Wardha district, Maharashtra and subject was selected through multistage sampling technique. According to criteria of blood pressure employees blood pressure recorded. One of the study reveals the overall prevalence of hypertension among 1493 randomly selected bank employees of Surat city was found to be 30.55% and 48.5% of the study population aged 50 & above had hypertension.³

A cross sectional study conducted in Surat city on a total of 218 bank employees highlighted the burden of hypertension among the study population. The prevalence was found to be a staggering 69.5% among the study population and hypertension was significantly associated with age 45 years or more, alcohol intake, waist circumference, body mass index & Diabetes.⁴

NURSING IMPLICATION

Nursing practice

The staff and student nurses can use the planned teaching for imparting the knowledge of hypertension to bank employees in the community.

Nursing research

The main goal of the nursing research is to improve the knowledge of bank employees through the implementation of evidence based practice. The study provides a baseline data for conducting other research studies. The study will be a motivation for the budding researchers to conduct similar studies in large scale. The study will be a reference for the research scholars

RECOMMENDATIONS

- A similar study can be replicated on large scale to generalize the findings.
- A similar study can be conducted by using video assisted teaching
- A similar study can be conducted to assess the effectiveness of Self Instructional Module regarding hypertension.

CONCLUSION

Present study is carried out to find out the prevalence of hypertension among the bank employees of Wardha District. The prevalence of hypertension among the study population of bank employees is significantly higher as compared to that of general population of India. Majority 41.7% participants were in

the age group of 50-60 years. Majority of the participants were males, Hindus, married, manager Non Vegetarian, graduates & from nuclear family. Majority of them were working in urban branches .

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