



ISSN: 2230-9926

Available online at <http://www.journalijdr.com>

IJDR

International Journal of Development Research
Vol. 14, Issue, 03, pp. 65171-65174, March, 2024
<https://doi.org/10.37118/ijdr.27776.03.2024>



RESEARCH ARTICLE

OPEN ACCESS

PREVALENCE OF HYPERTENSION, DIABETES MELLITUS WITH THEIR HEALTH SEEKING BEHAVIOURS AMONG DOMESTIC WASTE HANDLERS OF VIJAYAPUR CORPORATION

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ARTICLE INFO

Article History:

Received 11th January, 2024
Received in revised form
20th January, 2024
Accepted 19th February, 2024
Published online 29th March, 2024

Key Words:

DM, Knowledge, domestic waste handlers' STP.

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ABSTRACT

Background: In 2011, World Health Organization (WHO) member stated to reduce Prevention and Control of Non communicable Diseases in the Global Action Plan for the ¹ which aimed to halt the rise of diabetes by 2025 and reduce the prevalence of hypertension by 25% between 2010 and 2025. **Aim:** The present study was aimed to Prevalence of Hypertension, Diabetes Mellitus with their Health Seeking Behaviours Among Domestic Waste Handlers. **Methods and Materials:** Quantitative, Descriptive Survey Design with present study.500 Prevalence of Hypertension, Diabetes Mellitus with their Health Seeking Behaviours Among Domestic Waste Handlers were selected by using convenient sampling technique. The knowledge was assessed by using structured knowledge questionnaires. Frequency, percentage, Mean and standard deviation, chi square test and t test was used for statistical analysis. **Results:** Statistically significant association between demographic variable and patient suffering with high BP Chi square test.(p=0.001). Statistically significant association between demographic variable and Knowledge of how to reduce Hypertension Chi square test.(p=0.001). **Conclusion:** structured Teaching Programme can be a better improve the knowledge of hypertension and diabetes default among domestic waste handlers.

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Citation: Deepa Sadashiv Baragani and Prithviraj Parankar, 2024. "Prevalence of hypertension, diabetes mellitus with their health seeking behaviours among domestic waste handlers of vijayapur corporation". International Journal of Development Research, 14, (03), 65171-65174.

INTRODUCTION

The study was aimed to examine care-seeking dynamics among participants diagnosed with diabetes and hypertension across nine counties in rural Kenya in June 2019. A total of 1100 participants were selected by face-to-face interviews using a predesigned structured questionnaire and convenience sampling approach was used. A result reveals that out of 1100 participants (72.6% females) were included in this analysis. Hypertensive patients accounted for 69.8% of the study population while patients with diabetes accounted for 15.5%, with the remaining 14.7% having both diabetes and hypertension. The overall mean age of the participants was 64 (SD = 15) years, 62.5% of these were aged above 60 years. This cross sectional study was carried out from June 2018 and continued till January 2019 in one of the blocks of District Budgam of Jammu & Kashmir. A detailed predesigned health questionnaire was used to record the parameters like age, dwelling, marital status, socio economic status, history of dependencies & duration, family and personal history of cardiovascular disease (CVD), hypertension, diabetes. behavioral history including lifestyle dependencies studv

of blood sugar RBS and BMI of participant was recorded. Adults with mean age of 46.8±54 in males and 40.3±16.15 females with the similar proportion of males and females in different age groups was recorded with 19.8% populace in the age group of 25-34 as compared to 4.3% population in the age group of 75-84. Smoking was significantly higher in males as compared to females (p<0.001) pointing towards gender predilection. 86.6% females were living a sedentary life as compared to 72.4% of males (p value <0.001) revealing gender as independent factor for sedentary life as females remain mostly confined to their homes.

Title of the study: Prevalence of Hypertension, Diabetes Mellitus with their Health Seeking Behaviours Among Domestic Waste Handlers of Vijayapur Corporation.

Objectives

1. To find the Prevalence of Hypertension and Diabetes mellitus among domestic waste handlers.
2. To assess health seeking behavior among domestic waste handlers regarding hypertension and diabetes mellitus

Diabetes mellitus with their health seeking behavior among domestic waste handlers.

- To find out the association between prevalence of Hypertension and Diabetes mellitus with their health seeking behavior among domestic waste handlers with their Selected demographic variables.

MATERIALS AND METHODS

Research Approach: Quantitative research approach

Research Design: Descriptive Survey Design

Hypothesis: Will be tested at 0.05 level of significance

H1: There will be a significant association between Diabetes, Hypertension, with their Health seeking behavior of domestic waste handlers

H2: There will be significant association between Prevalence of Diabetes, Hypertension and their Health seeking behavior among domestic waste handlers with selected demographic variables.

Assumptions

- The Domestic waste handlers may have Diabetes, Hypertension, and poor Health seeking behavior.
- Domestic waste handlers may have poor knowledge about Diabetes, Hypertension, and Health seeking behavior

Delimitation

Study is delimited to

- Domestic waste handlers of Vijayapur Corporation.
- Data will be collected as in natural setting only from Domestic waste handlers

Variable

- **Research Variable** - Diabetes, Hypertension, and Health seeking behavior
- **Demographic Variable:** Age, gender, education status etc
- **Setting of the study:** Vijayapur . Corporation
- **Study Population:** Domestic waste handlers of Vijayapur
- **Sampling Technique:** Convenient sampling technique
- Sample size:** 500 workers

Instrument to be used

Section A Demographic data tool

Section B

Part A Readings of fasting blood sugar level by Glucometer

Part B 2 to 3 Interval Readings of Blood Pressure by sphygmomanometer

Section C Structured Knowledge Questionnaires on health seeking behavior

Data collection process

- Prior permission will be taken from concerned authority
- Purpose of conducting study will be explained to study participants
3. Readings of fasting blood sugar level by Glucometer will be collected
- 2 to 3 Interval Readings of Blood Pressure will be collected by sphygmomanometer
- Structures interview Questionnaire will be adopted to collected on health seeking behaviors.

RESULT

Association between Previous knowledge on Hypertension was found statistically significant by applying Chi square test. ($p=0.001$). Among the subjects those who have previous knowledge of hypertension only 48(32.7%) have given correct answer that polycystic kidney disease is the main cause of Hypertension. 99 (67.3%) subjects had previous knowledge on Hypertension, but they did not know the Cause of Hypertension. Association between Age and knowledge about patient suffering with high BP what should be given? was found statistically significant by applying Chi square test. ($p=0.001$). Subjects who knows the correct answer for what should be given to the patient suffering with high BP, Maximum 51(60.0%) were belong to age of more than 40 years, 34(40.0%) subjects of age group 30-39 years and no one 0(0%) know about this were <30 years aged. Other participants had given wrong answers (Table 1). Statistically significant association between demographic variable and patient suffering with high BP. Association between Educational status and knowledge about what should be given the patient suffering with high BP was found statistically significant at $p=0.001$. Surprisingly maximum no. of subjects 51(60.0%) had primary school education have given correct answer. But only 34(40.0%) who had up to High school education given correct answer. It was found highly association between Monthly Income and knowledge about what should be given to patients who suffering with high BP ($P=0.001$). Surprising result found as the subjects those who have monthly Income 200 and >3000 did not know correct answer what should be given to patients who suffering with high BP i.e. 0(0%), where the monthly Income 1000 rs, 85 (100%) have told correct answer i.e. Less sodium diet. 52 (61.2%) Nuclear family subjects and 33 (38.8%) from Joint family subjects gave correct answer regarding knowledge about what should be given to patients who suffering with high. Statistically association was found between Type of family and correct Device of Hypertension ($P=0.001$).

Those who have vegetarian diet 68 (80.0%) and mixed diet 17 (20.0%) correct answer regarding knowledge about what should be given to patients. Rest of the subjects of mixed and vegetarian diet did not know the what correct diet should be given to patients when they suffer high BP. Statistically association was found between diet of respondents and know about what correct diet should be given to patients when they suffer from high BP ($P=0.001$). Among the subjects who knows what correct diet should be given to patients when they suffer from high BP, 52 (61.2%) were married and 33(38.8%) were Unmarried. Rest of the subjects are not having knowledge of the same. Statistically association was found ($p=0.001$). Among the subjects who knows correct what correct diet should be given to patients when they suffer from high BP, 69(81.2%) were from Urban place and 16(18.8%) were from Rural. Rest of the subjects are not having knowledge of the same. Statistically association was found ($p=0.001$). Association between Previous knowledge on Hypertension and what correct diet should be given to patients when they suffer from high BP was found statistically significant by applying Chi square test. ($p=0.001$). Among the subjects those who have previous knowledge of hypertension only 35(41.2%) have given correct answer that is Less sodium diet should be given when patients suffering from high BP. 50(58.8%) subjects had previous knowledge on Hypertension, but they did not know the what correct diet should be given to patients when they suffer from high BP (Table 2). Statistically significant association between demographic variable and Knowledge of how to reduce Hypertension. Association between Age and knowledge about how to reduce Hypertension was found statistically significant by applying Chi square test. ($p=0.001$). Subjects who knows the correct answer for how to reduce Hypertension, Maximum 118(63.8%) were belong to age group 30-39 years, 50(27.0%) subjects of more than 40 years and 17(9.2%) of < 30 years know about this. Other participants had given wrong answers. Association between Educational status and knowledge about how to reduce Hypertension was found statistically significant at $p=0.001$. Surprisingly maximum no. of subjects 152(82.2%) had primary school education have given correct answer.

Table 1. Association between Basic characteristics and patient suffering with High BP

Association between	PATIENT SUFFERING WITH HIGH BP SHOULD BE GIVEN					Chi square test	P Value
	High Protein diet	Less sodium diet	Less Fiber diet	Less unsaturated fatty acid diet	Total		
AGE(YEARS)							
< 30	0	0	34	0	34	131.679	P=0.001*
%	0.0%	0.0%	17.2%	0.0%	6.8%		
30 – 39	67	34	147	51	299		
%	50.8%	40.0%	74.2%	60.0%	59.8%		
40+	65	51	17	34	167		
%	49.2%	60.0%	8.6%	40.0%	33.4%		
EDUCATIONAL STATUS							
HS	33	34	16	17	100	40.893	P=0.001*
%	25.0%	40.0%	8.1%	20.0%	20.0%		
PS	99	51	182	68	400		
%	75.0%	60.0%	91.9%	80.0%	80.0%		
MONTHLY INCOME							
10000	67	0	151	82	300	104.923	P=0.001*
%	100.0%	0.0%	75.9%	44.3%	60.0%		
20000	0	49	48	68	165		
%	0.0%	100.0%	24.1%	36.8%	33.0%		
30000	0	0	0	35	35		
%	0.0%	0.0%	0.0%	18.9%	7.0%		
FAMILY TYPE							
Joint	98	33	49	51	231	86.796	P=0.001*
%	74.2%	38.8%	24.7%	60.0%	46.2%		
Nuclear	34	52	149	34	269		
%	25.8%	61.2%	75.3%	40.0%	53.8%		
DIET							
Mixed	67	17	100	33	217	26.650	P=0.001*
%	50.8%	20.0%	50.5%	38.8%	43.4%		
Vegetarian	65	68	98	52	283		
%	49.2%	80.0%	49.5%	61.2%	56.6%		
HABITAT							
Rural	81	16	35	33	165	78.087	P=0.001*
%	61.4%	18.8%	17.7%	38.8%	33.0%		
Urban	51	69	163	52	335		
%	38.6%	81.2%	82.3%	61.2%	67.0%		
MARRITAL STATUS							
Married	116	52	182	67	417	43.901	P=0.001*
%	87.9%	61.2%	91.9%	78.8%	83.4%		
Unmarried	16	33	16	18	83		
%	12.1%	38.8%	8.1%	21.2%	16.6%		
PREVIOUS KNOWLEDGE ON HYPER/DM							
No	83	50	165	51	349	28.934	P=0.001*
%	62.9%	58.8%	83.3%	60.0%	69.8%		
Yes	49	35	33	34	151		
%	37.1%	41.2%	16.7%	40.0%	30.2%		
Total	132	85	198	85	500		
%	100.0%	100.0%	100.0%	100.0%	100.0%		

*: Statistically significant

But only 33(17.8%) who had up to High school education given correct answer. It was found highly association between Monthly Income and knowledge about how to reduce hypertension (P=0.001). Surprising result found as the subjects those who have monthly Income 1000 know the correct answer i.e.82 (44.3%), where the monthly Income 2000 rs, 68(36.8%) have told correct answer i.e. Weight loss, avoiding smoking and Exercise are the measures to reduce the Hypertension. 101(54.6%) Joint family subjects and 84(45.4%) from Nuclear family subjects gave correct answer regarding knowledge about how to reduce the Hypertension. Statistically association was found between Type of family and how to reduce the Hypertension (P=0.001). Those who have vegetarian diet 85(45.9%) and mixed diet 100(54.1%) correct answer regarding knowledge about how to reduce the Hypertension. Rest of the subjects of mixed and vegetarian diet did not know the correct measures to be taken reduce the Hypertension. Statistically association was found between diet of respondents and know about measures to be taken reduce the Hypertension (P=0.001).

Among the subjects who knows what correct measures should be taken to reduce Hypertension, 151(81.6%) were married and 34(18.4%) were Unmarried. Rest of the subjects are not having knowledge of the same. Statistically association was found (p=0.001). Among the subjects who knows correct what correct measures should be taken to reduce Hypertension, 65(35.1%) were from Rural place and 120(64.9%) were from Urban. Rest of the subjects are not having knowledge of the same. Statistically association was found (p=0.001). Association between Previous knowledge on Hypertension and what correct measures should be taken to reduce Hypertension was found statistically significant by applying Chi square test. (p=0.001). Among the subjects those who have previous knowledge of hypertension only 84(45.4%) have given correct answer that is Weight loss, avoiding smoking and Exercise are the measures to reduce the Hypertension. 101(54.6%) subjects had previous knowledge on Hypertension, but they did not know the what correct measures should be taken to reduce Hypertension.

Table 2. Association between Basic characteristics and how to reduce Hypertension

Association between	HOW TO REDUCE HYPERTENSION					Chi square test	P Value
	Weight loss	Avoid smoking	Exercise	All of the above	Total		
AGE(YEARS)							
< 30	0	0	17	17	34	20.966	P=0.001*
%	0.0%	0.0%	8.5%	9.2%	6.8%		
30 – 39	33	33	115	118	299		
%	49.3%	67.3%	57.8%	63.8%	59.8%		
40+	34	16	67	50	167		
%	50.7%	32.7%	33.7%	27.0%	33.4%		
EDUCATIONAL STATUS							
HS	0	0	67	33	100	52.777	P=0.001*
%	0.0%	0.0%	33.7%	17.8%	20.0%		
PS	67	49	132	152	400		
%	100.0%	100.0%	66.3%	82.2%	80.0%		
MONTHLY INCOME							
<= 20000	67	0	151	82	300	64.980	P=0.001*
%	100.0%	0.0%	75.9%	44.3%	60.0%		
20001+	0	49	48	68	165		
%	0.0%	100.0%	24.1%	36.8%	33.0%		
	0	0	0	35	35		
	0.0%	0.0%	0.0%	18.9%	7.0%		
FAMILY TYPE							
Joint	32	16	82	101	231	10.925	P=0.012*
%	47.8%	32.7%	41.2%	54.6%	46.2%		
Nuclear	35	33	117	84	269		
%	52.2%	67.3%	58.8%	45.4%	53.8%		
DIET							
Mixed	0	16	101	100	217	66.608	P=0.001*
%	0.0%	32.7%	50.8%	54.1%	43.4%		
Vegetarian	67	33	98	85	283		
%	100.0%	67.3%	49.2%	45.9%	56.6%		
HABITAT							
Rural	16	16	68	65	165	3.038	P=0.387
%	23.9%	32.7%	34.2%	35.1%	33.0%		
Urban	51	33	131	120	335		
%	76.1%	67.3%	65.8%	64.9%	67.0%		
MARRITAL STATUS							
Married	51	49	166	151	417	12.741	P=0.005*
%	76.1%	100.0%	83.4%	81.6%	83.4%		
Unmarried	16	0	33	34	83		
%	23.9%	0.0%	16.6%	18.4%	16.6%		
PREVIOUS KNOWLEDGE ON HYPER/DM							
No	33	49	166	101	349	723144	P=0.001*
%	49.3%	100.0%	83.4%	54.6%	69.8%		
Yes	34	0	33	84	151		
%	50.7%	0.0%	16.6%	45.4%	30.2%		
Total	67	49	199	185	500		
%	100.0%	100.0%	100.0%	100.0%	100.0%		

*: Statistically significant

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