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A Study to Assess the Level of Knowledge Regarding Life Style Modification for Prevention of Cardio Vascular Disease Among Students of Selected Colleges Lucknow

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ABSTRACT

"A study to assess the level of knowledge regarding life style modification for prevention of cardio vascular disease among students of selected colleges Lucknow.. The aim of the study is to identify the level of knowledge regarding life style modification for prevention of cardio vascular disease among students of selected college, to find out the association between knowledge regarding life style modification for cardio vascular disease prevention with selected demographic variables of the participants. The research approach adopted for this study is a quantitative approach. The research design adopted for this study was a descriptive survey design. The investigator had utilized non-probability convenient sampling for the selection of the subjects. A sample of 100 students from selected colleges who are willing to participate in the study selected for the study. According to the findings of this study the level of knowledge regarding life style modification for prevention of cardio vascular disease among the participants are 66% had adequate knowledge, 33% had moderate knowledge and 1% had inadequate knowledge. Based on the study there was an association between the knowledge regarding life style modification for the prevention of cardio vascular disease with socio demographic variables such as educational status.

KEYWORDS: *Level of Knowledge Regarding Life Style Modification, Cardio Vascular Disease, Prevention*

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Need for the study: -

CVDs inflict significant social and economic impacts. According to the Global Burden Disease, Injuries, and Risk Factors Study (GBD) data, the total number of CVD cases and DALY have substantially increased worldwide between 1990 and 2019.

CVDs have been recorded in high-, middle- and low-income countries. However, low- and middle-income countries lack proper healthcare resources to combat the disease burden.

Therefore, there is an urgent need to develop effective strategies to prevent the incidence of CVDs, particularly in low- and middle-income countries.

In most cases, CVDs appear in middle age and older adulthood; however, in recent decades, there has been an increasing prevalence in younger age groups.

The number of preventable deaths due to cardiovascular disease has plateaued over the past decade. To learn about how these trends manifested through risk factors among young adults, researchers assessed data collected from 12,924 adults, ages 20-44, between 2009 and 2020.

They found that the number of young adults with high cholesterol decreased from 40.5% to 36.1% during this period. However, the number of young adults with diabetes increased from 3% to 4.1%, while obesity rates increased from 32.7% to 40.9%. High blood pressure rates, which affect about 1 in 10 young adults, did not significantly change from 2009-2010.

To help younger adults offset risks for having a future heart attack, stroke, or developing heart failure, researchers explained multiple efforts are needed. This includes looking at ways to help young adults, especially those disproportionately affected by heart disease risks, take steps to support their health.

Examples noted included ongoing support for community-focused programs, such as blood pressure screenings within barbershops, bringing green spaces to urban environments to support movement, and strengthening efforts to ensure children and young adults have access to health insurance and heart-healthy foods.

By reading all these articles and using the experience of the investigator to understand the current knowledge of undergraduate students regarding life style modification to prevent cardio vascular disease the investigator selected this problem statement to find out the knowledge level of undergraduate students regarding life style modification for prevention of cardio vascular disease at selected colleges of Lucknow.

Objectives of the study:

1. To identify the level of knowledge regarding life style modification for prevention of cardio vascular disease among students of selected college.
2. To find out the association between knowledge regarding life style modification for the prevention of cardio vascular disease with selected demographic variables of the participants.

Material and method: -

Research approach and design: - Descriptive approach with survey design was adopted.

Setting of the study: - Selected college of Lucknow

Study population: - under graduate students studying at college of Lucknow

Accessible population: - students studying at Selected colleges of Lucknow

Sample size: - 100

Sampling technique: - Non probability convenient sampling technique.

Inclusive criteria:

1. The student who are willing to take participation in the survey.
2. The students who are undergraduates.
3. The students who are available during the period of data collection.
4. The students who able to read, understand and filling responses through online mode.

Exclusion criteria

1. The students who are not willing to participate in the study.
2. The students who attended any training program related to Cardio vascular prevention program.

Variables under study

1. **Study variable**: Knowledge regarding life style modification for prevention of cardio vascular disease.
2. **Extraneous variable:** Age, sex, marital status, religion, educational status, family members in medical field, type of family, type of diet, area of residence, family history of CVD.

Description of Tools

The tool used for the data collection was organized into two sections:

Section – I: Includes 10 items related to the socio-demographic variables of the respondents about Age, sex, marital status, religion, educational status, family members in medical field, type of family, type of diet, area of residence, family history of CVD.

Section – II: Includes 24 questions to assess the knowledge of undergraduate students regarding life style modification for prevention of cardio vascular disease.

Data collection procedure: -

The investigator utilized the convenient sampling technique to select the study subject. Investigator first took permission from principal of selected college and then personally contact telephonically with each respondent, first investigator introduced himself and explained the purpose of the study and ascertained the willingness of the participants. The respondents were assured anonymity and confidentiality of the information provided by them. Investigator send google docs to the participants personal mail id.. Approximately 100 undergraduate participated in the survey.

Limitations of the study

1. The study is limited to the persons who are willing to participate.
2. The study limited to the undergraduate student who filled google docs regarding life style modification for prevention of cardio vascular disease.
3. Sample size is limited to 100.
4. Period of study is limited to 4-6 weeks.

Analysis and interpretations

Section I:- Base line characteristics of participants.

Table 1: - Baseline characteristics of the participants

Sl.no	Demographic variables	frequency	percentage
1.	**Age in years**		
	18-20 years	71	71
	21-23 years	28	28
	23-25 years	01	01
	>=26 years	00	00
2.	**Sex**		
	Male	81	81
	Female	19	19
3.	**Education qualifications**		
	B.Tech 1st year	25	25
	B.Tech. 2nd year	46	46
	B. Tech 3rd year	23	23
	B. Tech 4th year	06	06
4.	**Religious status**		
	Hindu	15	15
	Muslim	84	84
	Christian	01	01
	Any others	00	00
5.	**Marital status**		
	Married	00	00
	Un married	100	100
	Widow	00	00
	Seperated/ divorse	00	00
6.	**Type of family**		
	Nuclear	54	54
	Joint	33	33
	Extended	13	13
7.	**Area of residence**		
	Urban	66	66
	Rural	34	34
8.	**Type of diet**		
	Vegetarian	22	22
	Non-vegetarian	78	78
9.	**Any family history of cardio vascular disease**		
	Yes	20	20
	No	80	80
11.	Family members in medical field		
	Yes	32	32
	No	68	68

Section II: - knowledge level of participant regarding life style modification for prevention of cardio vascular disease

Table no 2: - knowledge level of participants

Knowledge level	Inadequate	Moderate	Adequate
	01	33	66

Section III:- Assess the association between knowledge score with selected demographic variables.

Table no: - 5 chi square showing association between knowledge with selected demographic variables.

Sl. no	Demographic variables	Knowledge level			Obtained value	Table value	Interference
		Inadequate 01	Moderate 33	Adequate 66			
1.	**Age in years**				5.36	12.59	NS
	18-20 years	01	28	42			
	21-23 years	00	05	23			
	23-25 years	00	00	01			
	>=26 years	00	00	00			
2.	**Sex**				0.76	5.99	NS
	Male	01	28	52			
	Female	00	05	14			
3.	**Education qualifications**				12.66	12.59	S
	B.Tec 1st year	1	07	17			
	B.Tec. 2nd year	00	22	24			
	B. Tec 3rd year	00	03	20			
	B. Tech 4th year	00	01	05			
4.	**Religious status**				1.09	12.59	NS
	Hindu	01	29	54			
	Muslim	00	04	11			
	Christian	00	00	01			
	Any others	00	00	00			
5.	**Marital status**				1.59	12.59	NS
	Married	01	33	63			
	Un married	00	00	00			
	widow	00	00	00			
	Seperated/ Divorce	00	00	00			
6.	**Type of family**				7.16	9.49	NS
	Nuclear	01	12	41			
	Joint	00	05	08			
	Extended	00	16	17			
7.	**Area of residence**				2.16	5.99	NS
	Urban	00	21	45			
	Rural	01	12	21			
8.	**Type of diet**				3.84	5.99	NS
	Vegetarian	00	11	11			
	Non-vegetarian	01	22	55			
9.	**Any family history of cardio vascular disease**				1.04	5.99	NS
	Yes	00	05	15			
	No	01	28	51			
10.	**Family members in medical field**				0.49	5.99	NS
	Yes	00	11	21			
	No	01	22	45			

S=Significant, NS=not significant.

2=5.99, 4=9.48, 6=12.59.

The chi-square calculation explains that there was a significant association between knowledge level and the sociodemographic variables such as educational qualifications as the chi-square value was greater than the table value at 0.05 level of significance.

Conclusion: -

The result of this study shows that the level of knowledge regarding life style modification for the prevention of cardio vascular disease among the participants are adequate knowledge 66%, moderate knowledge 33% and inadequate knowledge 1%. Based on the study there was an association between the knowledge regarding life style modification for prevention of cardio vacular disease with socio demographic variables such as educational status.

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