

# A Study to Assess the Level of Attitude and Practice 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 attitude and practice 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 attitude and practice regarding life style modification for prevention of cardio vascular disease among students of selected college, to find out the association between attitude regarding life style modification for cardio vascular disease prevention with selected demographic variables of the participants, To find out the association between Practice 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. Study revealed that most of the samples are at the age of 18-20 years, most of them are males, majority of them belongs to Hindu religion, most of them are from B.tec 2nd year, most of them are non-vegetarian, belongs to nuclear family, living in urban areas, having family history of cardio vascular disease.

Most of them had positive attitude followed by neutral attitude towards life style modification for prevention of cardio vascular disease. majority of samples had doing good practice followed by average practice towards life style modifications.

Significant positive association between attitude and practice regarding life style modification for prevention of getting cardio vascular disease.

## Need for the study: -

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.

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

**How to cite this paper:** Monika Dwivedi | Arvind Kumar Shekhar "A Study to Assess the Level of Attitude and Practice Regarding Life Style Modification for Prevention of Cardio Vascular Disease among Students of Selected Colleges Lucknow" Published in International Journal of Trend in Scientific Research and Development (ijtsrd), ISSN: 2456-6470, Volume-8 | Issue-4, August 2024, pp.805-810, URL: [www.ijtsrd.com/papers/ijtsrd67175.pdf](http://www.ijtsrd.com/papers/ijtsrd67175.pdf)



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**KEYWORDS:** *life style modification of cardio vascular disease*

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.

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 attitude and practice of undergraduate students regarding life style modification to prevent cardio vascular disease the investigator selected this problem statement to find out the attitude and practice 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 attitude and practice regarding life style modification for prevention of cardio vascular disease among students of selected college.
2. To find out the association between attitude regarding life style modification for the prevention of cardio vascular disease with selected demographic variables of the participants.
3. To find out the association between practice regarding life style modification for the prevention of cardio vascular disease with selected demographic variables of the participants.
4. To find-out the association between attitude and practice regarding life style modification for the prevention of cardio vascular disease.

#### **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:** Attitude and Practice 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 three 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:** likert scale used to assess the attitude of the student towards life style modification for preventing cardio vascular disease. Includes 8 questions to assess the attitude of undergraduate students regarding life style modification for prevention of cardio vascular disease.

**Section – III:** practice scale used to assess the practice of the student towards life style modification for preventing 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.

**Analysis and interpretations****Section I:- Base line characteristics of participants.****Table 1: - Baseline characteristics of the participants**

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

Approximately 100 undergraduates 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.

**Section II: - Attitude level of participant regarding life style modification for prevention of cardio vascular disease****Table no 2: - Attitude level of participants**

Attitude level	Negative	Neutral	Positive
	00	30	70

**Section III: - Practical level of participant regarding life style modification for prevention of cardio vascular disease****Table no 3: - Practice level of participants**

Practice level	Poor	Average	Good
	00	44	56

**Section IV: - correlation between attitude and practice level regarding life style modification for prevention of cardio vascular disease****Table no 4: - correlation between attitude and practice level regarding life style modification for prevention of cardio vascular disease**

Sl. no	Attitude vs Practice	r-value	P-value
	Observational cohort	0.303	0.195

The above table shows that there is a positive correlation between attitude and practice regarding life style modifications.

**Section V: - Assess the association between attitude score with selected demographic variables.****Table no: - 5 chi square showing association between attitude with selected demographic variables.**

Sl. no	Demographic variables	Level of attitude			Obtained value	Table value	Interference
		negative	neutral	positive			
1.	<b>Age in years</b>				2.50	12.59	NS
	18-20 years	0	20	51			
	21-23 years	0	9	19			
	23-25 years	0	1	0			
	>=26 years	0	0	0			
2.	<b>Sex</b>				4.23	5.99	NS
	Male	0	28	53			
	Female	0	2	17			
3.	<b>Education qualifications</b>				1.32	12.59	NS
	B.Tec 1 <sup>st</sup> year	0	7	18			
	B.Tec. 2 <sup>nd</sup> year	0	14	32			
	B. Tec 3 <sup>rd</sup> year	0	6	17			
	B. Tech 4 <sup>th</sup> year	0	3	3			
4.	<b>Religious status</b>				4.50	12.59	NS
	Hindu	0	27	57			
	Muslim	0	2	13			
	Christian	0	1	0			
	Any others	0	0	0			
5.	<b>Marital status</b>				1.32	12.59	NS
	Married	0	30	67			
	Un married	0	0	0			
	widow	0	0	0			
	Seperated/ Divorce	0	0	0			
6.	<b>Type of family</b>				1.06	12.59	NS
	Nuclear	0	15	39			
	Joint	0	3	10			
	Extended	0	12	21			

7.	<b>Area of residence</b>						
	Urban	0	17	49	1.66	5.99	NS
Rural	0	13	21				
8.	<b>Type of diet</b>						
	Vegetarian	0	6	16	0.10	5.99	NS
Non-vegetarian	0	24	54				
9.	<b>Any family history of cardio vascular disease</b>						
	Yes	0	9	11	2.67	5.99	NS
No	0	21	59				
10.	<b>Family members in medical field</b>						
	Yes	0	10	22	0.03	5.99	NS
No	0	20	48				

S=Significant, NS=not significant.

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

The chi-square calculation explains that there was no significant association between attitude level and the sociodemographic variables as the chi-square value was less than the table value at 0.05 level of significance. Hence hypotheses 2 was rejected. There was no significant association between attitude level of participant with selected demographic variables.

#### Section V:- Assess the association between practice score with selected demographic variables.

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

Sl. no	Demographic variables	Level of practice			Obtained value	Table value	Interference
		poor	Average	Good			
11.	<b>Age in years</b>				0.83	12.59	NS
	18-20 years	0	32	39			
	21-23 years	0	12	16			
	23-25 years	0	0	1			
>=26 years	0	0	0				
12.	<b>Sex</b>				0.48	5.99	NS
	Male	0	37	44			
	Female	0	7	12			
13.	<b>Education qualifications</b>				2.12	12.59	NS
	B.Tec 1 <sup>st</sup> year	0	12	13			
	B.Tec. 2 <sup>nd</sup> year	0	20	26			
	B. Tec 3 <sup>rd</sup> year	0	11	12			
B. Tech 4 <sup>th</sup> year	0	1	5				
14.	<b>Religious status</b>				3.30	12.59	NS
	Hindu	0	39	45			
	Muslim	0	4	11			
	Christian	0	1	0			
Any others	0	0	0				
15.	<b>Marital status</b>				2.40	12.59	NS
	Married	0	44	53			
	Un married	0	0	0			
	widow	0	0	3			
Seperated/ Divorce	0	0	0				
16.	<b>Type of family</b>				6.57	12.59	NS
	Nuclear	0	21	33			
	Joint	0	10	3			
Extended	0	13	20				



17.	<b>Area of residence</b>						
	Urban	0	30	36	1.69	5.99	NS
Rural	0	14	20				
18.	<b>Type of diet</b>						
	Vegetarian	0	7	15	1.69	5.99	NS
Non-vegetarian	0	37	41				
19.	<b>Any family history of cardio vascular disease</b>						
	Yes	0	8	12	0.16	5.99	NS
No	0	36	44				
20.	<b>Family members in medical field</b>						
	Yes	0	12	20	0.03	5.99	NS
No	0	32	36				

**S=Significant, NS=not significant.**

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

The chi-square calculation explains that there was no significant association between practice level and the sociodemographic variables as the chi-square value was less than the table value at 0.05 level of significance. Hence hypotheses rejected. There was no significant association between pretest practice level with selected demographic variables.

#### **Conclusion: -**

The result of this study shows that the level of attitude regarding life style modification for the prevention of cardio vascular disease among the participants are neutral attitude and the practice regarding life style modification for the prevention of cardio vascular disease was good among the participant.

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