

**AWARENESS ABOUT HYPERTENSION IN BIOLOGY STUDENTS**

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**ABSTRACT**

Hypertension or high blood pressure is a harmful disease which can increase the pressure of the blood in the arteries to the abnormal level. It also causes damages to the other body parts e. g brain, kidneys, eyes and particularly leading to the heart failure and heart attack. Awareness and preventive measures are important to know to reduce the occurrence of this disease. The basic purpose of this study was to determine the awareness of university students about hypertension.

**KEYWORDS:** Blood pressure, metabolic disorder, congenital heart disease.

**INTRODUCTION**

Hypertension is also called high blood pressure. In this disease, blood pressure in the arteries is increased. It results when blood pressure increases from normal to high level. This can be determined by the measurement of the blood passing through the arteries and the resistance of the blood flow which is caused by the narrow arteries. In some cases its symptoms does not occur but still it causes a lot of damages to the body leading to the heart, brain eyes and kidney diseases. Primary causes of hypertension are genetically inherited diseases, physical changes and certain environmental factors can also cause hypertension. Hypertension may also occur due to congenital heart disease, kidney disease, use of alcohols and some endocrine tumors also cause hypertension.

The basic purpose of this study was to determine the awareness of the biotechnology students about hypertension.

**METHODOLOGY**

We prepared a questionnaire to check the awareness of the students about hypertension. That is included in the table 1. Thirty two students were selected from Bahauddin Zakkariya University for this purpose. They were given different question to solve. The questions were that hypertension is a viral, fungal, bacterial, genetic or fungal disease? It was also asked that they ever suffered from this disease? Or this disease is present any of their family members, relatives, friends or neighbors. To check their knowledge about the disease it

was also asked that how this disease is transmitted either by blood transfusion, by physical contact or from parents to off spring? How this disease can be cured? Either by medicines, by surgery or it is easily curable?

**Table 1: questionnaire to check the awareness of students.**

	Yes	No
1. Viral disease		
2. Bacterial disease		
3. Fungal disease		
4. Genetic disease		
5. Metabolic disease		
Ever suffered from hypertension		
6. You		
7. Your family		
8. Your relative		
9. Your neighbor		
10. Your friend		
hypertension is transmitted by		
11. Contacts or blood transfusion		
12. From parents to offspring		
Hypertension may be treated by		
13. Medicines		
14. Surgery		
15. Do not worry, it is easily curable		

The exclusion criteria was not of b.sc students.

## RESULT AND DISCUSSION

### Awareness of post graduate students about the hypertension

We obtained different percentages about the awareness of the hypertension. Responses of both male and female students were also different. But in response to the question that hypertension is a viral fungal and bacterial

disease 100% of the males and females answered no. While in case of genetic disease 17% of male and 46% of the female answered yes. We gained better answers in case of metabolic disease 84% of the male and 90% of the female answered yes. Total answers in yes were 83% only 17% were in no. that is given in tab#2.

**Table 2: Awareness about disease.**

Questions	Male		Female		Total	
	Yes	No	Yes	No	Yes	No
1. Viral disease	0%	100%	0%	100%	0%	100%
2. Bacterial disease	0%	100%	0%	100%	0%	100%
3. Fungal disease	0%	100%	0%	100%	0%	100%
4. Genetic disease	17%	83%	46%	54%	45%	55%
5. Metabolic disease	84%	16%	90%	10%	83%	17%

### Incidence of the hypertension

In case of the incidence of hypertension the responses in male and female were different. In response to the incidence of the disease in male and female themselves the total answer in yes were only 20%, in case of their family total answers in yes were 45% in case of their

friends total answers in yes were also 45% in case of relatives total answers in yes were 31% in case of neighbors answers in yes were 23%. From these calculations we found the incidence of hypertension. That is given in tab#3.

**Table 3: Incidence of the hypertension.**

Questions	Male		Female		Total	
	Yes	No	Yes	No	Yes	No
1. You	17%	83%	96%	4%	20%	80%
2. Your family	41%	59%	15%	85%	45%	55%
3. Your friend	70%	30%	73%	27%	45%	55%
4. Your relative	37%	63%	70%	30%	31%	69%
5. Your neighbor	63%	37%	80%	20%	23%	77%

### Awareness about the transmission and treatment of hypertension

In case of transmission and treatment of the hypertension we collected different responses in both males and females. In case of the question that hypertension is transmitted by physical contacts or blood transfusion males who answered yes were 0% while females were 20%. In case of the question that this disease is transmitted from parents to off spring total answers in

yes from male were 17% and of females were 50%. In response to the treatment of hypertension that it is treated by medicines the answers in yes from males and females were 100%. In case of treatment by surgery answers in yes from males were 0% and from females were 3% only. At the end question was asked that is this disease is easily curable males answered in 100 yes and females in 80% yes. That is given in tab#4.

**Table 4: To determine awareness about the transmission and hope for the hypertension.**

Questions	Male		Female		Total	
	Yes	No	Yes	No	Yes	No
Hypertension may be transmitted by						
Blood transfusion and contacts.	0%	100%	20%	80%	17%	83%
From parents to off springs	17%	83%	50%	50%	42%	58%
Hypertension can be treated by						
Medicines	100%	0%	100%	0%	100%	0%
Surgery	0%	100%	03%	97%	3%	97%
Don't worry it is easily curable.	100%	0%	80%	20%	17%	83%

## CONCLUSION

It is concluded after this study that the post graduate students were fully aware about hypertension. We observed that most of the students answered correctly to

our questions. From all these observations we concluded that biology students know that hypertension is a serious disorder. We should create more awareness about such diseases in people to overcome these diseases.

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