



## "A DESCRIPTIVE STUDY TO IDENTIFY THE KNOWLEDGE AND PREVENTION ON HEART ATTACK AMONG COLLEGE TEACHERS WORKING IN SELECTED IN COLLEGES KOLHAPUR"

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### ABSTRACT

**Background:** Cardiovascular diseases (CVDs) are the leading cause of death globally, taking an estimated 17.9 million lives each year. CVDs are a group of disorders of the heart and blood vessels and include coronary heart disease, cerebrovascular disease, rheumatic heart disease and other conditions. In this study College teachers are unaware **Aim:** A study to identify the knowledge and prevention on Heart attack among college teachers. **Methodology:** The descriptive research design was selected in study. The study measure was multiple choice questionnaire. The population were college teachers (n=100) the tool was checked for ambiguity, It consisted of selected socio-demographic data & consist of 30 questions; knowledge regarding prevention on heart attack among college teachers. Calculated mean median, mode, standard deviation and multiple-choice questionnaire on prevention on heart attack was used. **Results:** In the findings all samples were the college teachers, total 100 samples were selected, out of which majority of the college teachers were 51 (51%) had average knowledge regarding prevention on heart attack. **Conclusion:** Hence the study concluded that, there was need to provide the knowledge and prevention regarding heart attack among college teachers

**KEYWORDS :** Identify, Knowledge, Prevention, Heart attack, College Teachers

### INTRODUCTION:

According to WHO, heart disease especially coronary heart disease is the leading cause of death globally and one of the major health burdens worldwide. Smoking, Dyslipidaemia, Hypertension, Diabetes, obesity, physical inactivity are conventional risk factors. Different studies have shown high prevalence of these risk factors<sup>2</sup>

Prevention of heart disease is the most effective way of combating the epidemic in the resource poor nations. Knowledge of modifiable risk factors for heart diseases has been identified as a prerequisite for change in behavior and is often targeted by prevention programs. Although knowledge alone is insufficient, it is assumed to be a key component of behavioral change decision making, and provides cues for action. Estimating the level of knowledge of the population at large as well as those suffering from heart disease can help to guide public health programs especially those directed towards reducing modifiable risk factors for heart disease. Earlier studies have revealed that education programs for the elderly were effective in improving health promotion knowledge and behaviors.<sup>3</sup>

### METHODOLOGY:

#### **Development and validation of the tool:**

The study descriptive survey approach and discussion with peers on the topic, the tool was validated with expertise and questionnaire was form, 30 multiple choice questionnaire item on prevention on heart attack

#### **Study design, data collection:**

descriptive survey research design was selected, in view of the nature of problem under study and accomplishes the objective of the study descriptive approach was found to appropriate to describe the prevention of heart attack among college teachers, 100 sample were chosen from Rajeshri Chattrapti Shau Maharaj high school and junior college, kadamwadi, Kolhapur, Mahaveer Maha vidhyalays, B.M.Rote Junior College, Kolhapur, Swami Vivekanand Shikshan Sanstha, Kolhapur and Dr. D.Y.Patil junior college Kolhapur. Sampling technique was used Non probability purposive Tool consists of a 30 multiple choice questionnaires, researcher himself collected data from the subjects on 12/01/2021 -16/01/2021 this took 45 minutes. The data was collected and recorded systematically from each subject and organized in a way that facilitates computer entry and data analysis the collected data analyzed using descriptive

### Statistical analysis:

Descriptive data analysis was performed on MS-Excel of the office 365 package. Significant difference between pre test scores was calculated by multiple choice questionnaires.

### RESULTS:

College teachers often had misconceptions regarding the prevention of heart attack, causes and their signs and symptoms. Analysis is the process of organizing and synthesizing data so as to answer research question and test the objective The data collection was done among 100 samples of college teachers working in selected college of Kolhapur, finding were calculated on master sheet and analyzed by using descriptive statistics based on the objectives of the study.

### Section A:

Findings related to selected socio demographic variables of college teachers working in selected colleges Kolhapur

**Table 1:** Frequency and percentage distribution of staff nurses according to their selected socio demographic variables. n=100

Sr. No	Socio demo graphic variables	Frequency (f)	Percentage (%)
1	Age in years		
	25 – 35	49	49
	36 – 45	37	37
2	Gender		
	Male	52	52
	Female	48	48
3	Religion		
	Hindu	73	73
	Muslim	04	04
4	Educational Status		
	Graduate	59	59
	Post Graduate	31	31
5	Designation		
	Lecturer	60	60
	Assistant Professor	34	34
6	Marital Status		
	Married	88	88
	Unmarried	12	12

7	Type of Family Joint Nuclear	53 47	53 47
8.	Are you suffering from any of the following disorder High Blood Pressure Diabetes None of the above	15 06 79	15 06 79

**Table 2:** Distribution of knowledge scores of college teachers in selected colleges, Kolhapur n = 100

Level of Knowledge score	Frequency (f)	Percentage (%)
Good	42	42
Average	51	51
Poor	07	07

**Table 3:** calculated mean median, mode, standard deviation of knowledge score of college teachers working in selected colleges Kolhapur n = 100

Mean	Median	Mode	Standard deviation
19	22	21	5.003

**DISCUSSION**

Majority of the college teachers were 51 (51%) had average knowledge regarding prevention on heart attack. A descriptive study conducted by American college of cardiology, to assess the knowledge regarding cause and risk factors of heart attack. A data was based on questionnaires; study sample included 700 patients who were age of 45 years old and above. The result causes and risk factors were higher in urban population than in general rural population.<sup>12</sup>

The primarily aim of this study was to asses to level of Knowledge and prevention on heart attack among college teachers with the help of multiple choice questionnaire prepared by the researcher, after through literature search from the Books, Journals, Newspaper articles, Articles from internet & published & Un-published researcher studies.

**CONCLUSION:**

The majority of college teachers who were unknown with prevention of heart attack but also suffered with other disorders. The findings reveled that majority of samples were having average knowledge 51(51%), 42(42%) of them were having Good knowledge and 07(07%) were having poor knowledge.

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**Conflicts Of Interest:**

None

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