
Proceedings

Awareness and attitudes of pregnant women towards hypertension in pregnancy

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Abstract

Purpose: To assess the attitude, awareness, knowledge of pregnant women towards hypertension in pregnancy and to determine the influence of social demographic characteristics on the level of awareness.

Methods: A descriptive cross sectional survey was carried out, Participants were interviewed the questionnaire used consists of the demographic data, level of knowledge of the women about hypertension in pregnancy as well as the perceived causes of the condition, and the attitude of participants towards hypertension in pregnancy. Responses to interview questions were fed into Microsoft Excel software package and analyzed using SPSS and Graph-pad for descriptive and inferential statistics.

Results: Of 250 participants, 134 (53.6%) were between 21-30 years, 210 (84%) indicated they have

heard of hypertension in pregnancy. 134 (53.6%), 114 (45.6%), strongly agreed that avoiding stress and regular antenatal care. While 90 (36%) strongly disagreed that visiting a traditional healer can help prevent hypertension in pregnancy. Education had a significant influence on awareness of hypertension in pregnancy with p- value <0.05.

Conclusion: In this study, more than average awareness and positive attitudes of pregnant women towards hypertension was noticed. Participants had good knowledge of prevention of hypertension in pregnancy. Furthermore, formal education influences awareness and attitude of pregnant women towards hypertension in pregnancy.

Keywords: hypertension, pregnancy, awareness, attitudes

Indexing: Index Copernicus, African Index Medicus

Background

Pregnancy-induced hypertension is a major cause of maternal and perinatal mortality because most women are unaware of its presence while others have different views on the physiological and pathological cause and others associate its signs with superstitious believe [1].

Aim/Objectives

To assess the attitude, awareness, knowledge of pregnant women towards hypertension in pregnancy and to determine the influence of

social demographic characteristics on the level of awareness.

Materials and Methods

A descriptive cross-sectional survey was carried out, participants were interviewed, the questionnaire used was divided into 3 sections. The first section consists of the demographic data of the participant such as age, level of education, parity and gestational age, the second section contained items that measured the level of knowledge of the women about hypertension in pregnancy as well as the perceived causes of the condition, while the third section assessed

the attitude of participants towards hypertension in pregnancy. Responses to interview questions were fed into Microsoft Excel software package and analyzed using SPSS and Graph-pad for descriptive and inferential statistics.

Results

Of 250 participants, 10 (4.0%) were less than 20 years, 134 (53.6%) were between 21-30 years, 94 (37.6%) were between 31-40 years and 12 (4.8%) were above 40 years. only 40 (16%) indicated they have not heard of hypertension in pregnancy, 210 (84%) indicated they have heard of hypertension in pregnancy. 134 (53.6%), 114 (45.6%), and 86 (34.4%) strongly agreed that avoiding stress, regular antenatal care and avoiding excess salt and sugar aids in prevention respectively. While 90 (36%) strongly disagreed that visiting a traditional healer can help prevent hypertension in pregnancy. Education had a significant influence on awareness of hypertension in pregnancy with p -value <0.05 .

In this study, majority of the participants were aware about hypertension in pregnancy and hospital/clinics were the major source of awareness identified by participants similar to some other studies [2,3] and some of the risk factors of hypertension in pregnancy identified by participants include; stress, consuming excess sugar or salt, multiple births and overweight.

Level of education significantly influences awareness of complications and knowledge of risk factors of hypertension, the higher the level of education, the higher the acquisition of knowledge, attitude, behaviour of the people towards hypertension while the lower the level of education, the lower the knowledge of risk factors, and preventive measures of hypertension .more so, those with a formal education were

likely to be aware about hypertension than those without a formal education [4,5].

Conclusion

In this study, more than average appreciable awareness and positive attitudes of pregnant women towards hypertension was noticed. Participants have good knowledge of prevention of hypertension in pregnancy. Furthermore, formal education influences awareness and attitude of pregnant women towards hypertension in pregnancy.

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