



AN ANALYSIS OF SOME PSYCO-SOCIAL FACTORS AFFECTING HYPERTENSIVE PATIENTS AT THE P.H.C ARWAL

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ABSTRACT

The present study has been undertaken to ascertain the effect of SES and self concept on hypertension. For this purpose 50 patients suffering from hypertension were selected from PHC Arwal. Self concept scale by Dr S.M Mohsin and SES scale by kulshreshtha were used to measure the variables. t test was used to know the significance of differences between the variables. Obtained result shared the effect of high SES and hypertension but the role of self concept was not much significant.

KEY WORDS: Hypertension, Socioeconomic status, self concept, Blood pressure.

INTRODUCTION

The surging urbanization and modernization has made life very complex. People coming from any walk of life are facing a lot of health related issues, such as hypertension, diabetes, stroke and heart attack. Hypertension has been classified as type of psychophysiological disorder.

High blood pressure is called the silent killer because it often exhibits no symptoms for many years or even decades for that matter until it finally damages certain critical organs. By definition hypertension means high blood pressure over 140 mm of hg systolic and 90 mm of hg diastolic pressure, usually over several weeks and months.

There are many causes of hypertension. Some are biological, psychological, social etc. socioeconomic status (SES) and self concept is one of the triggers for hypertension. Persistent hypertension is one of the risk factors for the strokes, heart attack, heart failures and arterial aneurysm and is a leading cause of chronic renal failure. Even moderate elevation of arterial blood pressures leads to shortened life expectancy.

Impact of SES on hypertension is complicated and unclear (Grottol, 2008) SES includes education, occupation, social environment and life style. According to American Psychologists Association, SES is consistently associated with health outcomes, yet little is known about the psychological and behavioral mechanism that might explains this association.

Researches usually control SES rather than examine it. When it is studied, only effect of lower poverty of SES are generally examined. However, there is evidences of graded association with health at all levels of SES, an observation that requires a new thought about domains through which SES may exert its health effect.

Variables are that are highlighted shows a graded relationship with both SES and health to provide examples of possible pathway between SES and health end points (Psy INFO Debetes Record ,2012 APA)

Present study also focused upon the relationship between self concept and hypertension. Self concept is the individual's phenomenon's logically, unitary concepts of belief and attitude towards himself, the organization of his self reflexive effective cognitive structure as reflected operationally in his description of himself / herself (Taylor 1095).

PURPOSE AND HYPOTHESIS

Purpose of this paper is to investigate into the effect of psychosocial factor on the hypertension. Hypertension is spreading like epidemic irrespective of caste, class or gender. So in this research the researcher is trying to find out the effect of self concept as a psychological factor and socioeconomic status as a social factor on the occurrences of hypertension. For the purpose of empirical investigation, the following hypothesis has been formulated.



1. It is hypothesized that the respondents who have high self concept group differs significantly from low self concept with respect to hypertension.
2. It is hypothesized that respondents belonging to high socioeconomic status will differ in hypertension from the low socio economic status group of respondents.

Research tools : self concept scale Dr S.M Mohsin was used to measure self concept of the respondents and the SES scale by kulshreshtha was used to measure SES of the respondent.

Procedure : In order to achieve highest cooperation and to obtain correct responses, a rapport was established with the respondents. Both the tests were administrated individually along with personal data blank.

After the data was collected, the respondents were scored and tabulate and they were treated by t ratio, a parametric test.

MATERIALS AND METHODS

Sample : For the present study 50 patients suffering from hypertension were selected from PHC Arwal

RESULTS AND DISCUSSION

Table 1. Showing the significance of differences between the high SES and low SES groups in terms of hypertension

Subject	N	Mean	S.D	S.E.D	t	df	p
High SES group	25	86.36	2.49	1.035	11.48	45	≤ .01 significant
Low SES group	25	74.44	4.58				

Table 2. Showing the significance of differences between the high self concept and low self concept groups in terms of hypertension

Subject	N	Mean	S.D	S.E.D	t	df	p
High Self concept group	21	21	1.8	8.298	5.14	45	≥ .05 not significant
Low Self concept group	29	15.86	1.58				

The results contained in table 1 indicate the higher rate of hypertension among the higher socio-economic group (M=86.36) as compared to the patient among low socio-economic group (M=74.44). the differences between two means is significant (t=11.45,df=48,p ≤.01).

Analysis of table 2 shows not significant difference among the low self concept group and high self concept group. Mean of high self concept group is 21 and mean of low self concept group is 15.58. The t value is t=5.14, df=48,p ≥. 05.

CONCLUSION

Hypertension is a psycho physiological disorder. The problem is a physical but causes of it are psychological. People belonging to high socio economic class have different type of stress. Due to their hectic lifestyle coupled with over ambition leads to an increased stress and its subsequent implications like hypertension. There is a need to develop and test culturally appropriate interventions to reduce the

prevalence of hypertension among these population to minimize the resultant cardiovascular morbidity and mortality.

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