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ABSTRACT

The quality of life is the general well-being of individuals and societies. It includes not only wealth and employment but also the built environment, physical, and mental health, education, recreation and leisure time, and social belonging. According to WHO Health is “a state of complete physical, mental, and social well-being and not merely an absence of disease and infirmity” (1948). The ultimate goal for the people 2010 decade was to improve the quality of life without any disease and to increase the lifespan with the healthy life. The quality of life is the product of the interplay among social, health, economic and environmental conditions which affect human and social development (Ontario Social Development council, 1997). Illnesses are classified as either acute or chronic. An acute illness lasts for a short period of time and may go away without any intervention the assistance of medication, and or surgery. A chronic illness is an illness that lasts for a very long time and usually cannot be cured completely. Chronic illness has a direct impact on Quality of Life. Chronic illness or condition such as heart disease, high blood pressure, diabetes, obesity are among the most common, costly and preventable of all health problems. The major risk factors for chronic illness are an unhealthy diet, lack of exercise, and tension and habits. Additionally increased Blood pressure and obesity may contribute to chronic illness. Individuals affected by poverty may be more likely to develop a chronic illness since access to health services may be difficult. The main aim of this research paper is to know the Quality of life among working women with High Blood pressure. And the objectives are a) To identify the quality of life of the working women and b) impact on the health and the management of the physical life. Both primary and secondary data are used in this research. 50 respondents from Mangaluru taluk were identified randomly and the Research Design will be Exploratory in nature.

Keywords: Quality of life, working women, disease, chronic illnesses and Blood pressure.

1. INTRODUCTION :

The quality of life is a degree to which a person enjoys the important possibilities of his/her life. Possibilities result from the opportunities and limitations each person has in his/her life and reflect the interaction of personal and environmental factors. The quality of life reflects the difference, the gap, between the hopes and expectations of a

person and their present experience. Human adaptation such that life expectation is usually adjusted so as to lie within the realm of what the individual perceives to be possible. This enables people who have difficult life circumstances to maintain a reasonable quality of life. Journal of Hypertension published the article review that is “Health –related Quality of Life” in that author says, quality of life of individuals with Hypertension is slightly

worse than that of normative individuals (Trevisol DJ, 2011). Thus it is obvious from the review that High Blood pressure does have an effect on the social, economic life of the individual. This study is an attempt to understand the impact of High Blood Pressure on the Quality of Life of the persons.

The fact is that in 90% patients there is no known cause for hypertension and this makes it even more important to be alert. Most are not even aware that they have hypertension, which makes the scenario rather grim. Biological, psychological, and social factors are often considered as a significant risk of high blood pressure. The psychological state of an individual greatly affects the physical condition of the human body [1]. Stress has been considered an important factor in the etiology of high blood pressure. Stress is known to be significantly correlated with high blood pressure and causes many cardiac problems. Stress in today's fast-paced world filled with increasing demands. It's important to manage stress level. Some people cope with stress by overeating or eating unhealthy foods, smoking, drinking and other activities that raise their risk for heart attack, stroke and high blood pressure. Reducing stress can help lower high blood pressure. Having long-term or chronic illness can disrupt life in many ways. Chronic illness might affect the person appearance or physical abilities and independence [2, 3]. He/she may not be able to work or it disturbs the daily activities. These changes can cause stress, anxiety, and anger. In chronic illness, the most commonly found illness is blood pressure. This study which addresses the functional status of a person and his/her participation in community activities taking into account the person current psycho-social status, economic condition, and Physical status

This frustration experienced as a result of reduced physical and mental abilities can be debilitating as the illness or condition itself. Financial changes are also faced by those with chronic illness. Even with adequate insurance coverage, medical bills and co-pays can easily add up and place a significant financial on an individual or family [4]. Chronic illness presents immense challenges to a person's sense of self-image and self-worth. The resulting self-esteem leads to feelings of guilt

and tendency toward social isolation. All of these factors unite to produce potential relationship challenge for both the chronically ill individual and his or her family. Illness can create dependence on others that may not be welcomed by the patient or by his or her family members. It can also breed a negative attitude or sense of self – deprecation that can be discouraging to family members who are trying to be helpful and understanding. Finally, chronic illness presents immense challenges to a person's sense of self- image and self-worth. The physical symptoms reduced abilities. Financial woes and relationship challenges of chronic illness can breed strong feelings of self-doubt and worthlessness [5].

The first challenge faced in chronic illness is the Physical challenge. Physical challenges associated with the symptom of the illness or condition. Visible external symptoms can be easier to cope with, as they are more oblivious and often more "treatable". Internal symptoms are often more difficult to describe, prove and cope with. The invisible symptoms of chronic illness can be constant and are often more severe than the visible symptoms because they are unseen and generally not measurable. "**Being**" includes the basic aspects "who one is" and has the Physical being includes aspects of physical health, personal hygiene, nutrition, and exercise, grooming, clothing, and physical appearance. Psychological being includes the person's psychological health and adjustment, cognitions, feelings and evaluation concerning the self and self-control. Spiritual being reflects personal values, personal standards of conduct, and spiritual beliefs may or may not be associated with organized religions. "**Belonging**" includes the person's fit with his/her environments and has Physical belonging defined as the connection the person has with his/her physical environment such as home, workplace, neighbourhood, school, and community. Social belonging includes links with social environments and includes the sense of acceptance by intimate others, family, friends, co-workers and neighbourhood, and community. Community belonging represents access to resources normally available to community members. "**Becoming**" refers to the purposeful activities carried out to achieve personal goals, hopes, and wishes. Practical becoming describes day-to-day actions such as

domestic activities, paid work, school or volunteer activities and seeing to health or social needs. Leisure becoming- including activities that promote relaxation and stress reduction. Growth becoming- activities promote the improvement or maintenance of knowledge and skills.

Data: Blood pressure is a highly prevalent disease. In most countries, 15% to 30% of the adult population and more than 50% of the elderly population suffer from high blood pressure. About 20 to 30% adults in the urban areas and 10 to 15% adults in the rural areas of India have hypertension. These figures based on hypertension defined as a blood pressure more than 140/90 mm of Hg. High Blood pressure is usually detected between 35 and 55 years of age. Men and women are at the same risk of developing Hypertension. The associated complications of high blood pressure are observed more frequently among men than women. It is an important risk factor for cardiovascular decease

Depression: Depression is one of the most common complications of chronic illness. In fact up to one- third of those with serious chronic illness experience clinical symptoms of depression (Fram, David H, ED 2006). Studies have shown that these symptoms generally emerge within the first two years after diagnosis with a chronic illness (American Psychological Association 2004). And while depression and chronic illness often co-exist, they are separate condition and require separate care and treatment.

Chronic Illness: Blood pressure is one among the chronic illness. Blood pressure is the force that moves blood through our circulatory system. "blood pressure is characterized by marked short-term fluctuations occurring within a 24-hour period (beat to beat, minute-to minute, hour to- hour, and day-to -night changes) and also by long-term fluctuations occurring more prolonged periods of time (days, weeks, months, seasons and even years.

In hypertensive urgency, there is no evidence of end organ damage resulting from the elevated blood pressure. In these cases, oral medications are used to lower the BP gradually over 24-48 hours. In a hypertensive emergency, there is evidence of direct damage to one or more organs. The most affected

organs include the brain, kidney, heart and lungs, producing symptoms which may include confusion, drowsiness, chest pain, and breathlessness. Blood pressure rises with aging and the risk of becoming hypertensive in later life is considerable. Several environment factors influence the blood pressure. High salt intake raises blood pressure in salt-sensitive individuals; lack of exercise, obesity, stress and depression can play a role [6].

A number of theories have been proposed concerning the cause of essential Hypertension. The most popular view is that people who develop these diseases are emotional and react more tensely and sensitively to the condition of life. They meet most daily happenings big and small with anxiety and restraint. These inner tension set up impulses in the brain which travel through special parts of the body, causing the arterioles to tighten. When this happens repeatedly, day by day, these small vessels scarred and thickened. The resistance within them rises and blood pressure increases permanently. Many situations in day to day life cause emotional strain and anxiety intense people. Among the commonest are financial difficulties, dissatisfaction with the job, failure to advance in work, jealousy, disagreement among members of the family and physical disability or illness.

The treatment for blood pressure not only reduces blood pressure but also prevents complications and makes a healthy longer life possible. Excess use of fat whether animal or vegetables accelerates the process of hardening of arteries. The basic reason for high blood pressure is atherosclerosis. There are multiple factors responsible which lead to atherosclerosis resulting in hypertension which includes stress, lack of exercise blood pressure is the result of another condition or illness, such as kidney decreases, disorders of the thyroid, pituitary or adrenal glands, obesity and sleep disorders. Individual's blood pressure varies depending on situation, activity, and disease states. It is regulated by the nervous and endocrine systems [10]. Blood pressure that is low due to a disease state is called Hypotension, and pressure that is consistently high is hypertension. Both have many causes which can range from mild to severe. Various factors such as age and sex

influence a person's blood pressure and variations in it. Uncontrolled high blood pressure can lead to...

Heart attack or stroke: High blood pressure can cause hardening and thickening of the arteries which can lead to heart attack. About 7 of every people having their first heart attack have high blood pressure. It causes about 50% of is chemic strokes and also increases the risk of hemorrhagic stroke. About 8 of every 10 people having their first stroke have high blood pressure. An **aneurysm:** Increased blood pressure can cause blood vessels to weaken and bulge, forming an aneurysm. If an aneurysm ruptures, it can be life-threatening.

Heart failure: To pump blood against the higher pressure in vessels, heart muscles thicken. Eventually, the thickened muscle may have a hard time pumping enough blood to meet body's needs, which can lead to heart failure. About 7 of every 10 people with chronic heart failure have high blood pressure.

Organ malfunction: Weakened and narrowed blood vessels in kidneys. This can prevent these organs from functioning normally.

Vision loss: Thickened, narrowed or torn blood vessels in the eyes. This can result in vision loss. Memory problems: Trouble with memory or understanding. It may affect your ability to think, remember and learn.

Metabolic syndrome: This syndrome is a cluster of disorders of body's metabolism, including increased waist circumference, high triglycerides, low high-density lipoprotein, high blood Pressure and high insulin levels [9].

2. METHODOLOGY :

Aim: The main aim of this research paper is to know the Quality of life among working women with High Blood pressure. People have their own expectation in life due to the chronic illness or other illness and this defers their demands which are turn argues down their Quality of Life.

The motivation for the Study: The researcher observed that is every alternative family there is an evidence of high blood pressure including her and this is creating more challenges to the individual suffering from it. The researcher also observed that there fewer studies conducted particularly on this topic so the researcher thought that this study will be an informative one.

Objectives of the Study: People with chronic illness have to adjust to the demands of the illness itself, as well as to the treatment of Hypertension. Blood pressure is one of chronic illness which can't be curable. The illness may affect a person's mobility and independence, and change the way a person lives, sees him or herself, and or relates to others. Negative emotions and feelings are very common in these illnesses. In some cases, the illness may cause depression which has to impact on the quality of life of a person. The objectives are a) To identify the quality of life of the working women and b) impact on the health and the management of the physical life.

Research Design: The Design of the study is a descriptive one. Both primary and secondary data are used in this research. 50 respondents from Mangalore taluka were identified randomly and the Research Design will be Exploratory in nature. Normally the blood pressure occurs in middle age but nowadays some physical and psychological factors cause early development of these problems in adult also. The outcome of the study makes the people avoid risk factors which are causing blood pressure and relevance of the disease in today's context and its impact on the individual. The study was conducted in Mangalore area. And the researcher used the questionnaire and interview method for data collection.

3. MAJOR FINDINGS :

Demographical profile: 40% respondents participate in this research is the age group of 45-60 where the research was taken above 30yrs. 36% of respondents were from the age group of 30-45. Less number of respondents that is 10% participate in this research from the age group of above 75. Educational qualification of the respondents had shown that majority 26% from the primary school background. 30% respondents were from secondary school background. 24% is from college background and 20% were Post graduates. 62% of respondents from the Hindu religious background, 22% are from Roman Catholic and 16% belong to Muslim community.

A majority of 72% of the respondents in this study are married people live with their husband and family. 24% are widowed staying

with the family members and 4 % were not married stays with their parents. A majority 62% of the respondents are not attending the religious meetings where the social level of Quality of Life has been decreased 20% were attending religious meeting occasionally and 18% were attending regularly. The 62% of the respondents are not attending any social and community meetings, 19% respondents are attending sometimes and 19% respondents attending regularly community meetings. In this research, it is shown that majority (76%) is taking treatment for blood pressure and is on regular medication. The 24% respondents have pressure but are not taking treatment for blood pressure.

Economic Status: As far has a job is a concern, 42% of the working women are working in the organized sector either in Government and Nongovernment field with a secure job and 58% are working in an unorganized sector where there is no security of the job. As far has responsibility is a concern, 66% of respondents have to take four types of responsibility like work at home, children's education and their responsibility, care of the elderly along with their job. 24% of respondents have to take three types of responsibility like work at home, children's education and their responsibility, along with their job and remaining 10% of the respondents have only busy with two like work at home and to take care of their job. 28% of the respondents are getting their monthly income above 21,000/-, 18% of the respondents are getting their monthly income between 15,001/- to 21,000/-, and remaining 54% of the respondents are getting less than 15,000/- per month. The respondents coming under disability is 18% and in that majority was above the age of 75. Pearson correlation found significance between age and disability.

Stress level: Under stress scale, it found that majority (42%) were under mild stress. 32% of respondents having moderate stress and 26% under normal stress. The stress level is found the majority (40%) between the age group of 45-60. 36% of the respondents under the age group of 30-45. The mild stress level found the majority (18%) of the respondents between the age group of 45-60.

4. IMPLICATIONS :

From the study results, the researcher puts forward some of the implications. In this research, it is found that Psychological well-being of the respondents is largely affected due to the illness of high blood pressure. There is awareness needed for the people about the impact of depression, anxiety, and stress on individual health. To avoid the effect on both physical and psychological well-being it is important that people should understand the risk factors of high blood pressure for this proper education which is needed in the health sector. In this area, Primary Health Care center should take initiative where the easy access to health services is available for the people in the community. There is a lack of awareness program about chronic illness in the community there is a need of improving chronic care in the health system, in community organizations, and in clinical practice.

The awareness regarding the chronic illness is important to change the attitude of people. Age appropriate education can help alleviate some of the emotional response typical in young adults who have diagnosed with chronic illness. Health workers and Professional Social Workers should provide awareness regarding the risk factors of chronic illness because the blood pressure can be lead to chronic illness. The people can be suggested to imply proper lifestyle such as diet and exercise, in addition to medication. Regular physical activity reduces the risk for developing this illness. The blood pressure can be controlled by prioritizing the things and taking proper treatment.

The community care models should be implied in these areas where it is networking and taking care of communities mainly by providing information and awareness regarding the symptoms of chronic illness. Support groups can be formed in the communities to provide current accurate information about the illness and helping alleviate the uncertainty associated with chronic illness. Blood pressure is a relevant disease in the world but there are fewer studies conducted on this topic. The researcher here goes to suggest that the more research in this field is important to the society to understand the importance of a study on chronic illness. The researcher in the present study only

focused on the impact of blood pressure on physical, psycho- social well-being of the individual.

5. CONCLUSION :

The quality of life includes individual's health and wellbeing, including his or her physical, psychological, and social components. Under component, we found many things which are passing through our day to day life that is our intake of nutritious food, exercise, health, and social adjustment etc. The individual's Quality of Life will be successful when his goals and expectation will be met. In health related Quality of Life the domains of Quality of Life playing a major role.

Blood Pressure is one of the diseases which is seen relevant disease in Indian society. The reason may vary for this. But it also has its great impact on quality of life. The domain being, becoming and belongingness has greatly affected through this. Disability due to the illness has a great impact on physical being and belongingness, an example for this is stroke which is a risk factor for Hypertension due to which the person physical appearance is largely affected and mobility towards social life is also affected. Here in this research, it is shown that the high blood pressure had little association with mobility and physical activities, indicating that performing physical activities not limited by High blood pressure. The current research found that the respondents taking treatment for illness are found less in number but in that the respondents who had education also are not ready to take medicine because of their negative attitude towards treatment. High blood pressure control is clearly related to treatment compliances. Several factors can influence compliances with hypertensive treatment. This factor can be related to the people's gender, age, marital status, school level, unawareness of the deceased etc. Blood pressure also affects the psychological well-being of the individuals. The illness may affect person's a way of life and ability to function. This may lead to a feeling of sadness and helplessness. Most of the studies have shown that high blood pressure impact vitality, social functioning, mental health, mood and Psychological functioning. Prolonged stress may lead to frustration, anger, hopelessness

and at times depression. The anxiety level is more among the people with blood pressure because of it is the reason for cardiovascular disease, stroke, and heart attack. [8]The researcher found in this research that the female respondents are suffering from blood pressure has more in number and DASS scale showed that depression and anxiety level is found more in the respondents. Thus it gives a clear picture that the Psychological well-being of the individuals has greatly been affected due to the illness. Depression, Anxiety, and Stress in the people with high blood pressure can lead to other illnesses and affect the mental health of the individual which will cause a negative impact on Quality Of Life. Improvement in quality of life is very important in the management of people suffering from high blood pressure. Only physical well – being is not enough for the individual to lead a qualitative life, the psychological well-being is important for the individual to lead a satisfactory life.

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