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**UNIVERSITY**

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# **COLLEGE OF POSTGRADUATE STUDIES**

## **2022/2023 PhD Thesis Abstract**

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**RT: Health Education and Hypertension related Knowledge, Motivation, Behavioural Skills and Prevention practices among Pre-hypertensive Traders of Selected Markets in Lagos State, Nigeria**

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**AB:** Pre-hypertension is a state between normal blood pressure and hypertension. Evidence shows that unchecked pre-hypertension can lead to cardiovascular diseases and other negative health outcomes. Stressful occupations such as market trading can predispose persons to disorders like hypertension due to the long work hours, little or no time for rest and recreation or medical check-ups. This is particularly of concern for those who are pre-hypertensive traders since their routine leaves them oblivious of their health status. Studies have shown the benefit of health education intervention in promoting appropriate hypertension-related prevention practices. However, this intervention has been limited in Nigeria. Therefore, this research assessed the effect of health education on hypertension-related knowledge, motivation, behavioural skills and prevention practices among pre-hypertensive traders of selected markets in Lagos State, Nigeria.

Quasi-experimental research design was employed. The population of the study was 2,755 traders from two major markets in Lagos State. A sample size of 140 market traders was determined using Snedecor and Cochran Formula. Voluntary sampling technique was used to recruit pre-hypertensive market traders who were grouped per market into an Intervention Group (IG: 70) and Control Group (CG: 70). The IG was assigned to health education modules on hypertension once weekly for 15 minutes and CG had training on nutrition once a week for 15 minutes, both for six weeks. A structured and validated questionnaire with Cronbach's alpha reliability coefficients ranging from 0.79 to 0.87 was used to collect data at baseline, immediate post-intervention and six weeks follow-up. Response rate for both

groups was 98.6%. Data were analysed using descriptive (mean and standard deviation), and inferential statistics (t-test) at 5% level of significance.

Findings from the study showed post intervention mean scores of knowledge, motivation, behavioural skills and prevention practices for IG were  $18.64 \pm 1.68$ ,  $27.49 \pm 11.52$ ,  $12.38 \pm 2.09$  and  $16.28 \pm 5.16$  and for CG  $15.30 \pm 3.85$ ,  $17.91 \pm 5.49$ ,  $10.20 \pm 3.27$ , and  $13.80 \pm 5.08$  respectively. The mean scores of measured variables for CG were  $15.30 \pm 3.85$ ,  $17.91 \pm 5.49$ ,  $10.20 \pm 3.27$  and  $13.80 \pm 5.08$  respectively. Furthermore, the results of 6<sup>th</sup> week follow up showed that there was a significant difference in the mean scores of measured variables in IG ( $20.04 \pm 1.54$ ,  $30.09 \pm 9.85$ ,  $12.86 \pm 1.84$ ,  $19.83 \pm 4.15$ ,  $p < 0.05$ ) but, there was no significant difference in mean scores of variables in CG ( $15.32 \pm 3.88$ ,  $17.86 \pm 5.51$ ,  $10.14 \pm 3.26$ ,  $13.68 \pm 5.02$ ,  $p > 0.05$ ). In addition, the paired *t* test statistics for the groups on knowledge, motivation, behavioural skills and Prevention Practices were 9.41, -6.23, 9.00, and -6.80 at  $<0.01$  p value respectively.

In conclusion, health education intervention had positive influence on pre-hypertensive traders' hypertension-related knowledge, motivation, behavioural skills and prevention practices in Lagos State. It was recommended that health workers should adopt regular market-based health education programs to promote hypertension prevention among pre-hypertensive market traders.

**Keywords:** Behavioural skills, Health education, Hypertension Knowledge, Motivation, Pre-Hypertensive market traders, Prevention practices

**Word Count:** 483

*Abbreviations: RFN: Researcher's Full Name, RD: Researcher's Department, RS: Researcher's School, RE: Researcher's Email, RAE: Researcher's Alternate Email, RP: Researcher's Phone Contact, RT: Registered Title, MS: Main Supervisor, ME: Main Supervisor's E-mail Address, SP: Main Supervisor's Phone Contact, CS: Co-Supervisor, CE: Co-Supervisor's E-mail Address, CP: Co-Supervisor's Phone Contact, AB: Abstract*

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