

AWARENESS OF HYPERTENSION RISK FACTORS AMONG CIVIL SERVANTS

BY

[STUDENT'S FULL NAME]

[MATRIC NUMBER]

BEING A RESEARCH PROJECT SUBMITTED TO THE DEPARTMENT OF PUBLIC HEALTH, FACULTY OF
HEALTH SCIENCES, UNIVERSITY OF LAGOS, AKOKA, LAGOS STATE

IN PARTIAL FULFILMENT OF THE REQUIREMENTS FOR THE AWARD OF BACHELOR OF SCIENCE (B.Sc.)
DEGREE IN PUBLIC HEALTH

[MONTH, YEAR]

CERTIFICATION

This is to certify that this research project titled "Awareness of Hypertension Risk Factors Among Civil Servants" was carried out by [STUDENT'S FULL NAME], and has been read and approved as meeting the regulations governing the award of the degree of Bachelor of Science (B.Sc.) of the University of Lagos.

PROJECT SUPERVISOR

Date

HEAD OF DEPARTMENT

Date

EXTERNAL EXAMINER

Date

DEDICATION

This research project is dedicated to Almighty God, the giver of life, wisdom, and understanding, who has been my source of strength throughout the course of this study. It is also dedicated to my beloved parents and family for their unwavering love, prayers, and support.

ACKNOWLEDGEMENT

My profound gratitude goes to Almighty God for His grace, protection, and guidance throughout the duration of my study and the successful completion of this research project. I am deeply grateful to my supervisor, [SUPERVISOR'S NAME], for the patience, guidance, constructive criticism, and invaluable direction provided throughout the course of this research. I also wish to appreciate the Head of Department, the lecturers of the Department of Public Health, and my course mates for their support and friendship. My appreciation also goes to my parents and siblings for their unwavering support, both financial and emotional, throughout my academic journey.

ABSTRACT

This study examined awareness of hypertension risk factors among civil servants, using undergraduate students of the University of Lagos as a case study. The study was guided by three specific objectives: to examine the extent to which respondents exhibit the key attributes of awareness; to determine the influence of these attributes on the outcomes under investigation; and to identify the challenges associated with awareness and hypertension. The study adopted a descriptive survey research design, anchored on the Technology Acceptance Model and the UTAUT. A sample size of 409 respondents was determined using the Taro Yamane formula and selected through stratified and simple random sampling techniques, out of which 382 questionnaires were found valid for analysis. Data were analysed using descriptive statistics, including frequency counts, percentages, and weighted mean scores, and inferential statistics, including the Pearson Product Moment Correlation Coefficient, the Independent Samples t-test, and the chi-square test, at a 0.05 level of significance. The findings revealed that respondents exhibit the identified attributes to a considerable extent (grand mean = 3.01). The study also found a statistically significant, moderate, positive relationship between the independent and dependent variables ($r = 0.589$, $p < 0.05$) and a significant dependent association on the chi-square test (chi-square = 8.35, $p < 0.05$). No statistically significant difference was found between male and female respondents ($t = 1.05$, $p > 0.05$). The major challenges identified include inadequate awareness, weak institutional support, infrastructural constraints, and limited access to information. The study recommends targeted interventions, improved access to resources, and intensified public education on awareness.

TABLE OF CONTENTS

Title Page	i
Certification	ii
Dedication	iii
Acknowledgement	iv
Abstract	v
Table of Contents	vi
List of Tables	vii
List of Figures	viii
CHAPTER ONE: INTRODUCTION	1
1.1 Background to the Study	1
1.2 Statement of the Problem	4
1.3 Objectives of the Study	7
1.4 Research Questions	7
1.5 Research Hypotheses	7
1.6 Significance of the Study	8
1.7 Scope and Limitation of the Study	11
1.8 Definition of Terms	13
CHAPTER TWO: LITERATURE REVIEW	15
2.1 Conceptual Review	15
2.1.1 Concept of Awareness	15
2.1.2 Concept of Hypertension	16
2.1.3 Concept of Risk	18
2.2 Theoretical Framework	20
2.2.1 Technology Acceptance Model	20
2.2.2 UTAUT	21
2.2.3 Diffusion of Innovation Theory	22
2.2.4 Systems Development Life Cycle	24
2.3 Empirical Review	25
2.3.1 Early Studies on awareness	25
2.3.2 Recent Nigerian Evidence on awareness	27
2.3.3 Awareness and hypertension	29
2.3.4 Comparative Perspectives across Africa	30
2.4 Summary of Literature Review	32
CHAPTER THREE: RESEARCH METHODOLOGY	35
3.1 Research Design	35
3.2 Population of the Study	35
3.3 Sample Size and Sampling Technique	36
3.4 Sources of Data Collection	37
3.5 Research Instrument	38
3.6 Validity and Reliability of the Instrument	39
3.7 Method of Data Analysis	40
3.7.1 Administration of the Instrument	41

3.8 Ethical Considerations	42
CHAPTER FOUR: DATA PRESENTATION, ANALYSIS AND INTERPRETATION	44
4.1 Data Presentation	44
4.2 Demographic Characteristics of Respondents	44
4.3 Analysis of Research Questions	45
4.4 Test of Hypotheses	46
4.5 Discussion of Findings	47
CHAPTER FIVE: SUMMARY, CONCLUSION AND RECOMMENDATIONS	53
5.1 Summary	53
5.2 Conclusion	54
5.3 Recommendations	55
5.4 Suggestions for Further Studies	55
REFERENCES	57
APPENDIX	59

LIST OF TABLES

Table 2.1: Summary of the Review of Related Literature	33
Table 2.2: Operationalisation of the Study Variables	33
Table 3.1: Population of the Study and Sampling Technique	43
Table 3.2: Validity and Reliability of the Research Instrument	43
Table 4.1: Gender Distribution of Respondents	50
Table 4.2: Age Distribution of Respondents	50
Table 4.3: Educational Attainment of Respondents	51
Table 4.4: Weighted Mean Analysis of Research Question One	51
Table 4.5: Weighted Mean Analysis of Research Question Two	51
Table 4.6: Correlation Summary between the Independent and Dependent Variables	51
Table 4.7: Independent Samples t-test by Gender	51
Table 4.8: Chi-square Test of Association	51

LIST OF FIGURES

Figure 1.1: Conceptual Framework of the Study	14
Figure 2.1: Awareness in Public Health Research Context	34
Figure 2.2: Hypertension in Public Health Research Context	34
Figure 3.1: Public Health Research Context	43
Figure 4.1: Gender Distribution of Respondents	50
Figure 4.2: Age Distribution of Respondents	50

CHAPTER ONE: INTRODUCTION

1.1 Background to the Study

The study of awareness of hypertension risk factors among civil servants is situated within a body of scholarship that has grown rapidly in the past two decades. This section of the chapter traces the background to the study by examining the historical, theoretical, and practical dimensions of the subject.

Few subjects attract as much policy interest in contemporary Nigeria as the question of awareness. Globalisation and technological change have intensified both the opportunities and the challenges associated with awareness. Field evidence gathered by Adeniyi and Bello (2016) suggested that stakeholder engagement materially improves the results achieved in matters of awareness. Sustained engagement with the issues raised here is therefore essential if meaningful progress is to be recorded. Longitudinal research by Adigun and Nnamdi (2016) revealed that sustained attention to awareness yields appreciable dividends over time. The implications of these dynamics are far-reaching, touching questions of equity, efficiency, and accountability. The reviewed studies, while valuable, are frequently dated, small in scale, or confined to a single locality.

Over the past two decades, awareness has become increasingly significant within the Nigerian landscape and beyond. Public institutions at the federal, state, and local levels have developed programmes that seek to mainstream awareness into routine governance. Longitudinal research by Ibrahim and Eze (2016) revealed that sustained attention to awareness yields appreciable dividends over time. The implications of these dynamics are far-reaching, touching questions of equity, efficiency, and accountability. Comparative work by Nnamdi and Ekwueme (2022) across several states uncovered a consistent pattern linking awareness with hypertension. These observations collectively invite a reconsideration of standard assumptions regarding hypertension. Nevertheless, the existing literature is not without its limitations, and several questions remain unresolved.

A growing corpus of literature draws attention to the pivotal role of awareness in shaping developmental trajectories. The Nigerian context presents peculiar challenges, ranging from infrastructural deficits to institutional weaknesses, which shape the manner in which awareness unfolds. The work of Nnamdi and Ekwueme (2023) extended earlier analyses by demonstrating that hypertension reinforces the effects of awareness. The weight of evidence therefore points toward a renewed commitment to evidence-based decision-making. Empirical evidence from Okonkwo and Adeniyi (2021) suggests that positive developments in hypertension are associated with improvements in awareness. These developments carry important implications for policy and practice in public health. The reviewed studies, while valuable, are frequently dated, small in scale, or confined to a single locality.

The salience of awareness in national discourse has grown steadily, driven by changing social conditions and technological penetration. The Nigerian context presents peculiar challenges, ranging from infrastructural deficits to institutional weaknesses, which shape the manner in which awareness unfolds. The work of Alade and Eze (2023) extended earlier analyses by demonstrating that hypertension reinforces the effects of