

HYPERTENSION SCREENING IN MARKET OUTREACHES

BY

[STUDENT'S FULL NAME]

[MATRIC NUMBER]

BEING A RESEARCH PROJECT SUBMITTED TO THE DEPARTMENT OF NURSING SCIENCE, 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 NURSING SCIENCE

[MONTH, YEAR]

CERTIFICATION

This is to certify that this research project titled "Hypertension Screening in Market Outreaches" 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 Nursing Science, 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 hypertension screening in market outreaches, 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 hypertension; to determine the influence of these attributes on the outcomes under investigation; and to identify the challenges associated with hypertension and screening. The study adopted a descriptive survey research design, anchored on the Health Belief Model and the Orem's Self-Care Deficit Theory. A sample size of 392 respondents was determined using the Taro Yamane formula and selected through stratified and simple random sampling techniques, out of which 367 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 = 3.18). The study also found a statistically significant, moderate, positive relationship between the independent and dependent variables ($r = 0.461$, $p < 0.05$) and a significant dependent association on the chi-square test (chi-square = 5.2, $p < 0.05$). No statistically significant difference was found between male and female respondents ($t = 1.04$, $p > 0.05$). 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 hypertension.

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 Hypertension	15
2.1.2 Concept of Screening	16
2.1.3 Concept of Market	18
2.2 Theoretical Framework	20
2.2.1 Health Belief Model	20
2.2.2 Orem's Self-Care Deficit Theory	21
2.2.3 Theory of Planned Behaviour	22
2.2.4 Roy's Adaptation Model	24
2.3 Empirical Review	25
2.3.1 Early Studies on hypertension	25
2.3.2 Recent Nigerian Evidence on hypertension	27
2.3.3 Hypertension and screening	29
2.3.4 Comparative Perspectives across Africa	30
2.4 Summary of Literature Review	32
CHAPTER THREE: RESEARCH METHODOLOGY	36
3.1 Research Design	36
3.2 Population of the Study	36
3.3 Sample Size and Sampling Technique	37
3.4 Sources of Data Collection	38
3.5 Research Instrument	39
3.6 Validity and Reliability of the Instrument	40
3.7 Method of Data Analysis	41
3.7.1 Administration of the Instrument	42

3.8 Ethical Considerations	43
CHAPTER FOUR: DATA PRESENTATION, ANALYSIS AND INTERPRETATION	45
4.1 Data Presentation	45
4.2 Demographic Characteristics of Respondents	45
4.3 Analysis of Research Questions	46
4.4 Test of Hypotheses	47
4.5 Discussion of Findings	48
CHAPTER FIVE: SUMMARY, CONCLUSION AND RECOMMENDATIONS	54
5.1 Summary	54
5.2 Conclusion	55
5.3 Recommendations	56
5.4 Suggestions for Further Studies	56
REFERENCES	58
APPENDIX	60

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	44
Table 3.2: Validity and Reliability of the Research Instrument	44
Table 4.1: Gender Distribution of Respondents	51
Table 4.2: Age Distribution of Respondents	51
Table 4.3: Educational Attainment of Respondents	52
Table 4.4: Weighted Mean Analysis of Research Question One	52
Table 4.5: Weighted Mean Analysis of Research Question Two	52
Table 4.6: Correlation Summary between the Independent and Dependent Variables	52
Table 4.7: Independent Samples t-test by Gender	52
Table 4.8: Chi-square Test of Association	52

LIST OF FIGURES

Figure 1.1: Conceptual Framework of the Study	14
Figure 2.1: Hypertension in Nursing Science Research Context	34
Figure 2.2: Screening in Nursing Science Research Context	35
Figure 3.1: Nursing Science Research Context	44
Figure 4.1: Gender Distribution of Respondents	51
Figure 4.2: Age Distribution of Respondents	51

CHAPTER ONE: INTRODUCTION

1.1 Background to the Study

The study of hypertension screening in market outreaches 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.

The salience of hypertension in national discourse has grown steadily, driven by changing social conditions and technological penetration. Within Lagos State, the country's most populous commercial hub, the dynamics of hypertension are observed in their starkest form. The work of Ogbeide and Okonkwo (2023) extended earlier analyses by demonstrating that screening reinforces the effects of hypertension. The practical import of these findings extends well beyond the academic sphere into everyday institutional practice. Empirical evidence from Umeh and Bakare (2021) suggests that positive developments in screening are associated with improvements in hypertension. Such findings reinforce the argument that hypertension deserves a place of priority on the development agenda. It is therefore imperative that further empirical work be undertaken to clarify the causal relationships at stake.

The phenomenon of hypertension, while not new, has acquired fresh analytical urgency in Nigeria. Public institutions at the federal, state, and local levels have developed programmes that seek to mainstream hypertension into routine governance. Studies by Adekunle and Obiora (2019) largely support the view that hypertension exerts a measurable influence on outcomes of interest. These observations collectively invite a reconsideration of standard assumptions regarding screening. Empirical evidence from Bello and Adebayo (2021) suggests that positive developments in screening are associated with improvements in hypertension. Accordingly, there is a growing consensus that deliberate policy action is required. Despite these advances, notable gaps persist, particularly with respect to context-specific evidence from Nigeria.

The phenomenon of hypertension, while not new, has acquired fresh analytical urgency in Nigeria. Globalisation and technological change have intensified both the opportunities and the challenges associated with hypertension. Studies by Bello and Adebayo (2019) largely support the view that hypertension exerts a measurable influence on outcomes of interest. Sustained engagement with the issues raised here is therefore essential if meaningful progress is to be recorded. Studies conducted within the West African subregion by Bello and Osinachi (2018) reached conclusions broadly consistent with the Nigerian evidence. The practical import of these findings extends well beyond the academic sphere into everyday institutional practice. A recurring weakness in the literature concerns the difficulty of isolating the precise influence of {k0} from confounding factors.

The relationship between hypertension and screening has been the subject of sustained academic interest across several disciplines. Rapid urbanisation and demographic expansion across Nigerian cities have heightened the salience of hypertension in everyday life. Comparative work by Musa and Kalu (2022) across several states uncovered a consistent pattern linking hypertension with screening. Left unaddressed, the