

# A Study to Assess the Knowledge Regarding Hemorrhoids Among Women in Selected Areas of District Bilaspur, Himachal Pradesh

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## Abstract

This study was conducted to assess the level of knowledge regarding hemorrhoids among women in selected areas of District Bilaspur, Himachal Pradesh.

### Settings and Design:

A non-experimental descriptive research design was used to assess the knowledge of women regarding hemorrhoids. A total of 60 women were selected using a convenient sampling technique.

### Methods and Materials:

Data were collected using a structured knowledge questionnaire consisting of 30 items. The reliability of the questionnaire was calculated and found to be  $r = 0.899$ , indicating that the tool was reliable.

### Statistical Analysis:

Data were analyzed using descriptive statistics such as range, mean, median, standard deviation, and mean percentage. Inferential statistics (Chi-square test) were used to determine the association between knowledge and selected demographic variables.

### Results:

The results showed that 70% of the participants had poor knowledge, 30% had adequate knowledge, and none had good knowledge regarding hemorrhoids.

### Conclusion:

The study concluded that women in the selected area had inadequate knowledge regarding hemorrhoids, highlighting the need for educational interventions.

**Keywords:** Women, Hemorrhoids, Knowledge.

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## Introduction

Hemorrhoids are a common anorectal condition affecting millions of people worldwide. Historically, several famous personalities were reported to suffer from hemorrhoids. For example, Napoleon Bonaparte was believed to have experienced hemorrhoids, and some historians even suggest that this condition may have affected his performance during the Battle of Waterloo. Similarly, in 1978, President Jimmy Carter reportedly

left a White House event due to severe hemorrhoid pain and later underwent surgery. Another example is George Brett, a baseball player for the Kansas City Royals, who missed part of the World Series in 1980 due to hemorrhoids but returned to the game after minor surgery.

Hemorrhoids are defined as the symptomatic enlargement and distal displacement of the normal anal cushions. This condition is associated with several factors such as constipation, prolonged straining during defecation, and sedentary lifestyle. People who sit for long periods are at higher risk of developing hemorrhoids. For instance, drivers are more prone due to long hours spent sitting behind the wheel.

#### **Hemorrhoids are classified into two main types:**

- Internal hemorrhoids: Located inside the rectum and usually painless.
- External hemorrhoids: Located under the skin around the anus and often associated with discomfort and irritation.

#### **Common symptoms include:**

- Painless bleeding during bowel movements
- Itching or irritation in the anal region
- Swelling or lump near the anus
- Pain or discomfort

Globally, nearly 1 million new cases are reported annually. The prevalence increases with age, especially among individuals aged 45–65 years. It is estimated that 50–85% of people worldwide may experience hemorrhoids at some point in their lives.

In India, approximately 75% of the population is estimated to suffer from hemorrhoids or related conditions, although many individuals remain unaware of their symptoms. Several studies have examined the prevalence and risk factors associated with hemorrhoids. For instance, a cross-sectional study conducted among commercial motorcyclists in Kaduna State, Nigeria involving 290 participants found that 97.5% were aware of hemorrhoids, and 90.5% had experienced the condition at least once. Factors such as prolonged sitting and extended working hours were identified as major contributors. Another cross-sectional study conducted at the National Institute of Unani Medicine, Bangalore, involving 311 patients revealed that hemorrhoids were more common among individuals aged above 40 years and those with sedentary lifestyles or low levels of physical activity.

#### **Methodology**

##### **Objectives**

##### **The objectives of the study were:**

- To assess the knowledge regarding hemorrhoids among Women.
- To determine the association between knowledge of hemorrhoids and selected demographic variables.

##### **Research Design**

A non-experimental descriptive research design was used to assess the knowledge regarding hemorrhoids.

##### **Research Variables**

- Independent Variable: Demographic characteristics
- Dependent Variable: Knowledge regarding hemorrhoids
- Demographic Variables
- The demographic variables included:

- Age
- Educational status
- Source of information
- Years of service
- Religion
- Setting of the Study
- The study was conducted in Bilaspur.
- Population
- The population consisted of Women.

### Sample and Sampling Technique

A total of 60 Women were selected using a convenient sampling technique.

### Instrument

A structured knowledge questionnaire was used as the data collection tool.

### Data Analysis

The collected data were analyzed using both descriptive and inferential statistical methods.

### Results

**Table 1: Association between levels of knowledge with Selected Demographic variables**

N=60

Demographic variables		Median below	Above median	Total	Chi square value	df	P value	Significance
Age in year	21-25 Years	0	1	1	7.690 <sup>a</sup>	4	0.104	NS
	26-30 Years	1	4	5				
	31-35 Years	1	3	4				
	36-40 Years	5	7	12				
	41 and above	25	13	38				
Educational qualification	No formal	1	2	3	1.426 <sup>a</sup>	3	0.699	NS
	Primary	16	14	30				
	Secondary	6	7	13				
	PUC	9	5	14				
	5-10 Years	6	5	11				
	Above 10 Years	26	20	46				
	Non Vegetarian	2	0	2				
	Both	18	18	36				

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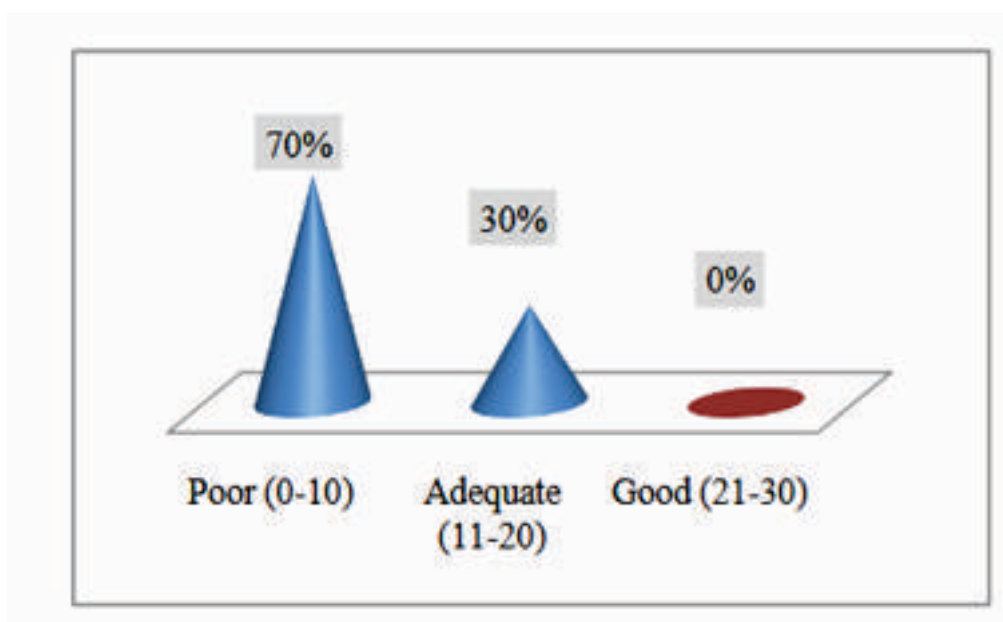
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Demographic variables		Median below	Above median	Total	Chi square	df	p value	Significance
Work experience	1-5 Years	0	3	3	3.623 <sup>a</sup>	2	0.163	NS
	5-10 Years	6	5	11				
	Above 10 Years	26	20	46				
Source of information	Friends	5	6	11	1.880 <sup>a</sup>	3	0.598	NS
	News paper	23	19	42				
	Health workers	4	2	6				
	Internet	0	1	1				
Dietary pattern	Vegetarian	12	10	22	1.924 <sup>a</sup>	2	0.382	NS
	Non Vegetarian	2	0	2				
	Both	18	18	36				

Note: NS-Not significant at 95 % level (p&gt;0.05)

Age Distribution, 2% were 21–25 years, 8% were 26–30 years, 7% were 31–35 years, 20% were 36–40 years, 63% were above 41 years. Gender 100% were female participants. Educational Qualification, 5% had no formal education, 50% had primary education, 17% had secondary education, 23% had PUC, 5% had graduate or postgraduate degrees. Residence, 22% were from urban areas, 78% were from rural areas. Marital Status, 100% were married. Work Experience, 5% had 1–5 years of experience, 18% had 5–10 years of experience, 77% had more than 10 years of experience, Source of Information, 18% received information from friends, 70% from newspapers, 10% from health workers, 2% from internet. Dietary Pattern 37% were vegetarians, 3% were non-vegetarians, 60% consumed, both vegetarian and non-vegetarian diets.

### Knowledge Level of Participants



#### The results showed that:

- 70% of participants had poor knowledge
- 30% had adequate knowledge
- None had good knowledge regarding hemorrhoids.

Statistical analysis revealed that none of the selected demographic variables showed a statistically significant association with knowledge at the 95% confidence level ( $p > 0.05$ ).

#### Discussion

A similar cross-sectional study conducted among commercial motorcyclists in Kaduna State, Nigeria found that the majority of participants were aware of hemorrhoids, and many had experienced the condition at least once. However, the findings of the present study revealed a lower level of knowledge among Women, where 70% had poor knowledge and 30% had adequate knowledge. This difference highlights the need for improved health education regarding hemorrhoids, especially among individuals whose occupation involves prolonged sitting.

#### Conclusion

The Women actively participated in the study. The results indicated that 70% of participants had poor knowledge regarding hemorrhoids. This suggests that many drivers are unaware of the condition and its relation to their occupation.

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**Conflict of interest:** there is no conflict of interest

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