RESULT AND DISCUSSION

This chapter develops on the findings on the study and the discussion on keeping in view the specific objective of the study. The result and discussion the presenting under the following heading

**Section 1 life style and health between male and female**

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS DO YOU KNOW ABOUT THE CARDIOVASCULAR DISEASE

DISTRIBUTIONS OF THE RESPONDENTS ON THE BASIS ARE YOU SUFFERING FROM CARDIOVASCULAR DISEASE

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS WHICH CARDIOVASCULAR DISEASE ARE YOU SUFFERING FOR

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS DO YOU FEEL THE SYMPTOMS OF CARDIOVASCULAR DISEASE

Table No- 4.1

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS DO YOU KNOW ABOUT THE CARDIOVASCULAR DISEASE

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CV DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| Yes | 23 | 46% | 34 | 68% |
| No | 27 | 54% | 16 | 32% |

**Table No -4.1** Show that 50 respondents in **female** about the **46%** cardiovascular disease and **54%** are not about the cardiovascular disease. **Male the respondents 50** about the **68%** cardiovascular disease and **32%** respondents are not about the cardiovascular disease.

TABLE NO- 4.2

DISTRIBUTIONS OF THE RESPONDENTS ON THE BASIS ARE YOU SUFFERING FROM CARDIOVASCULAR DISEASE

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CV DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| Yes | 45 | 90% | 45 | 90% |
| No | 5 | 10% | 5 | 10% |

**Table No 4.2** Show that 50 respondents in **female** about the **90%suffering form** cardiovascular disease and **10%** are not about the cardiovascular disease and **Male the respondents 50** about the **90%** suffering from cardiovascular disease and **10%** respondents are not about the suffering form cardiovascular disease.

TABLE NO- 4.3

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS WHICH CARDIOVASCULAR DISEASE ARE YOU SUFFERING FORM

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| C.V. DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| Blood pressure | 39 | 78% | 28 | 56% |
| Heart disease | 9 | 18% | 20 | 40% |
| Atherosclerosis | 2 | 4% | 2 | 4% |
| All of the above | o | 0% | 0 | 0% |

**Table No 4.3** show that 50 respondents in female about 78% respondents Blood pressure, 18% respondents Heart disease, 4% respondents Atherosclerosis ,0% All of the above Andshow that 50 respondents in male about 56% respondents Blood pressure, 40% respondents Heart disease, 4% respondents Atherosclerosis ,0% All of the above.

TABLE NO- 4.4

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS DO YOU FEEL THE SYMPTOMS OF CARDIOVASCULAR DISEASE

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CV DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| Yes | 43 | 86% | 40 | 80% |
| No | 7 | 14% | 10 | 20% |
| IF YES,WHICH ONE---- | | | | |
| Pain or pressure in the chest | 7 | 14% | 22 | 44% |
| Nausea and fatigue | 18 | 36% | 13 | 26% |
| Shortness of breast | 8 | 16% | 0 | 0% |
| dizziness | 17 | 34% | 15 | 30% |

**Table No** 4.4 show that reveals that female has feel the symptoms of cardiovascular disease86% and not have14% feel the symptoms of cardiovascular disease

In which feel the symptoms of cardiovascular disease appears found some problem in female have pain or pressure in the chest14% , nausea and fatigue 36%, shortness of breast 16%, dizziness 34% . In male have feel the symptoms of cardiovascular disease appears found some problem in female have pain or pressure in the chest44% , nausea and fatigue 26%, shortness of breast 0%, dizziness 30.

TABLE NO-4.5

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS DO YOU KNOW ABOUT BODY MASS INDEX

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CV DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| Yes | 10 | 20% | 8 | 16% |
| No | 40 | 80% | 42 | 84% |

**Table No -4.5** show that 50 respondents in **female** about 20% body mass index and 80% respondentsare not aboutbody mass index and that 50 respondents in **male** about 16% body mass index and 84%respondentsare not aboutbody mass index

TABLE NO-4.6

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS HAVE YOU VISITED THE DOCTOR TO DISCUSS YOUR SYMPTOMS

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CV DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| Yes | 40 | 80% | 43 | 86% |
| No | 10 | 20% | 7 | 14% |

**Table No -4.6** show that 50 respondents in **female** about 80% visited the doctor to discuss your symptoms and **20%respondents** are not aboutvisited the doctor to discuss your symptoms and that 50 respondents in **male** about 86% visited the doctor to discuss your symptoms and **14%respondents** are not aboutvisited the doctor to discuss your symptom

TABLE NO-4.7

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS DO YOU VISIT THE DOCTOR REGULARLY

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CV DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| Yes | 31 | 62% | 35 | 70% |
| No | 19 | 38% | 15 | 30% |

**Table No -4.7** show that 50 respondents in **female** about 62% visit the doctor regularly and **38%respondents** are not aboutvisit the doctor regularly and that 50 respondents in **male** about 70% visit the doctor regularly and **30% respondents** are not aboutvisit the doctor regularly.

TABLE NO-4.8

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS DO YOU TAKE ANY MEDICATION TO CONTROL OF CADIOVASCULAR DISEASE

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CV DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| Yes | 43 | 86% | 41 | 82% |
| No | 7 | 14% | 9 | 18% |

**Table No -4.8** show that 50 respondents in **female** about 86% take any medication to control of cardiovascular disease and **14%respondents** are not about take any medication to control of cardiovascular disease and that 50 respondents in **male** about 82% take any medication to control of cardiovascular disease and **18%respondents** are not about take any medication to control of cardiovascular disease

TABLE NO-4.9

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS DO YOU FEEL CHEST PROBLEM

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CV DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| Yes | 13 | 26% | 26 | 52% |
| No | 37 | 74% | 24 | 48% |

**Table No -4.9** show that 50 respondents in **female** about 26% feel chest problem and **74%respondents** are not about feel chest problem and that 50 respondents in **male** about 52% feel chest problem and **48%respondents** are not about feel chest problem.

TABLE NO-4.10

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS DO YOU FEEL STRESS

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CV DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| Yes | 40 | 80% | 43 | 86% |
| No | 10 | 20% | 7 | 14% |

**Table No -4.10** show that 50 respondents in **female** about 80% feel stress and **20%respondents** are not about feel stress and that 50 respondents in **male** about 86% feel chest problem and 1**4%respondents** are not about feel stress.

TABLE NO-4.11

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS DO YOU SLEEP PROPERLY

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CV DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| Yes | 32 | 64% | 24 | 48% |
| No | 18 | 36% | 26 | 52% |

**Table No - 4.11** shows that 50 respondents in **female** about 64% sleep properly and **36%respondents** are not about sleep properly and that 50 respondents in **male** about 48% feel chest problem and 52**%respondents** are not about sleep properly.

TABLE NO-4.12

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS DO YOU CHEW TOBACCO

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CV DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| Yes | 19 | 38% | 20 | 40% |
| No | 31 | 62% | 30 | 60% |

**Table No - 4.12** shows that 50 respondents in **female** about 38% chew tobacco and **62%respondents** are not about chew tobacco and that 50 respondents in **male** about 40% chew tobacco and 60**%respondents** are not about chew tobacco.

TABLE NO-4.13

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS DO YOU DRINK ALCOHOL

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CV DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| Yes | 1 | 2% | 9 | 18% |
| No | 49 | 98% | 41 | 82% |

**Table No - 4.13** show that 50 respondents in **female** about 2% drink alcohol and **98%respondents** are not about drink alcohol and that 50 respondents in **male** about 18% drink alcohol and 82**%respondents** are not about drink alcohol.

TABLE NO-4.14

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS DO YOU SMOKE

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **CV DISEASE** | **NO OF RESPONDENTS (FEMALE)(N-50)** | **PERCENTAGE** | **NO OF RESPONDENTS (MALE)(N-50)** | **PERCENTAGE** |
| Yes | 10 | 20% | 31 | 62% |
| No | 40 | 80% | 19 | 38% |

**Table No -4.14** show that 50 respondents in **female** about 20% smoke and **80%respondents** are not about smoke and that 50 respondents in **male** about 62% smoke and 38**%respondents** are not about smoke.

TABLE NO-4.15

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS DO YOU PERFORM APPROPRIATE PHYSICAL ACTIVITY

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CV DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| Yes | 37 | 74% | 37 | 74% |
| No | 13 | 26% | 13 | 26% |

**Table No -4.15**show that 50 respondents in **female** about 74% perform appropriate physical activity and **26%respondents** are not about perform appropriate physical activity and that 50 respondents in **male** about 74% perform appropriate physical activity **26 %respondents** are not about perform appropriate physical activity.

TABLE NO-4.16

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS ARE YOU PERFORMING EXECRICISE REGULAR

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CV DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| Yes | 30 | 60% | 32 | 64% |
| No | 20 | 40% | 18 | 36% |

**Table No -4.16** show that 50 respondents in **female** about **60%** performing regular exercise and **40%respondents** are not about performing regular exercise and that 50 respondents in **male** about **64%** performing regular exercise **36% respondents** are not about performing regular exercise.

TABLE NO-4.17

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS WHAT TYPES OF EXECRISE DO YOU DO

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CV DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| Working | 1 | 2% | 4 | 8% |
| Yoga | 37 | 74% | 44 | 88% |
| Meditation | 12 | 24% | 2 | 4% |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CV DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| Working | 1 | 2% | 4 | 8% |
| Yoga | 37 | 74% | 44 | 88% |
| Meditation | 12 | 24% | 2 | 4% |

**Table No -4.17** show that 50 respondents in **female** about 2% working and 74% yoga, 24%, meditation and that 50 respondents in male about 8% working, yoga 88%, meditation 4%.

TABLE NO-4.18

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS HOW MUCH TIME DO YOU SPEND ON EXERCRISE DAILY

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CV DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| MORE THAN ONE HOUR | 29 | 58% | 34 | 68% |
| LESS THAN ONE HOUR | 21 | 42% | 16 | 32% |

**Table No -4.18** show that 50 respondents in **female** about 58% more than one hour and **42% respondents**  about less than one hour and that 50 respondents in **male** about 68% more than one hour **32 %respondents** are not about less than one hour

TABLE NO-4.19

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS DO YOU MEDITATE

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CV DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| YES | 11 | 22% | 25 | 50% |
| NO | 39 | 78% | 25 | 50% |

**Table No -4.19** show that 50 respondents in **female** about 22% mediated and **78%respondents** are not about mediated and that 50 respondents in **male** about 50% mediated and **50% respondents** are not about mediated.

TABLE NO-4.20

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS DO YOU WALK REGULARLY

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CV DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| Yes | 45 | 90% | 44 | 88% |
| No | 5 | 10% | 6 | 12% |

**Table No -4.20** show that 50 respondents in **female** about 90% walk regularly and **10%respondents** are not about walk regularly and that 50 respondents in **male** about 88% walk regularly and **12% respondents** are not about walk regularly.

TABLE NO-4.21

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS DO YOU LIVE IN SOCIAL HORMONY

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CV DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| Yes | 40 | 80% | 42 | 84% |
| No | 10 | 20% | 8 | 16% |

**Table No -4.21** show that 50 respondents in **female** about 80% live in social harmony and **20%respondents** are not about live in social harmony and that 50 respondents in **male** about 84% live in social harmony and 1**6%respondents** are not about live in social harmony

TABLE NO-4.22

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS DO YOU FEEL IRRITATED

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **CV DISEASE** | **NO OF RESPONDENTS (FEMALE)(N-50)** | **PERCENTAGE** | **NO OF RESPONDENTS (MALE)(N-50)** | **PERCENTAGE** |
| Yes | 10 | 20% | 16 | 32% |
| No | 40 | 80% | 34 | 68% |

**Table No -4.22** show that 50 respondents in **female** about 20% feel irritated and **80%respondents** are not about feel irritated and that 50 respondents in **male** about 32% feel irritated and **68%respondents** are not about feel irritated

TABLE NO-4.23

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS DO YOU FEEL DEPRESSION

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CV DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| Yes | 17 | 34% | 28 | 56% |
| No | 33 | 66% | 22 | 44% |

**Table No -4.23** show that 50 respondents in **female** about 34% feel depression and **66%respondents** are not about feel irritated and that 50 respondents in **male** about 56% feel and **44%respondents** are not about feel irritated

TABLE NO-4.24

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS DO YOU HAVE ANEMIA

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CV DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| Yes | 24 | 48% | 20 | 40% |
| No | 26 | 52% | 30 | 60% |
| IF YES, WHICH ANGLE DOES IT FORM-- | | | | |
| weakness | 16 | 32% | 16 | 32% |
| Dizziness | 2 | 4% | 4 | 8% |
| Pale sink | 0 | 0% | 0 | 0% |
| Chest pain, shortness of breath and headache | 1 | 2% | 0 | 0% |

**Table No-4.24 show** that reveals that female have anemia 48% and not have anemia 52% and male have anemia 40% and not have anemia 60%

In which anemia appears found some problem in female have weakness 32%, dizziness 4%, pale sink 0%, chest pain 2% in male have appears found some problem weakness32%,dizziness 4%,pale sink 0%,cheast pain, shortness breast 0%

TABLE NO- 4.25

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS DO YOU HAVE ARTHRITIS PROBLEM

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CV DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| Yes | 27 | 54% | 37 | 74% |
| No | 27 | 54% | 13 | 26% |
| IF YES, WHICH ANGLE DOES IT FORM-- | | | | |
| Pain | 17 | 34% | 20 | 40% |
| Swelling | 8 | 16% | 11 | 22% |
| Redness | 1 | 2% | 4 | 8% |
| stiffness | 1 | 2% | 2 | 4% |

**Table No-4.25 show** that reveals that female have arthritis 54% and not have arthritis 54% and male have arthritis 74% and not have arthritis 26%

In which arthritis appears found some problem in female have pain 34%, swelling 16%, redness 2%, stiffness 2% in male have appears found some problem female have pain 40%, swelling 22%, redness 8%, stiffness 4%

TABLE NO-4.26

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS DO YOU HAVE DENTAL PROBLEM

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CV DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| Yes | 28 | 56% | 23 | 46% |
| No | 22 | 44% | 27 | 54% |
| IF YES, WHICH ANGLE DOES IT FORM-- | | | | |
| Bleeding | 7 | 14% | 4 | 8% |
| Sensitive teeth | 9 | 18% | 5 | 10% |
| Dry mouth | 7 | 14% | 6 | 12% |
| Bad breath | 5 | 10% | 8 | 16% |

**Table No-4.26 show** that reveals that female have dental problem 56% and not have dental problem 44% and male have dental problem46% and not have dental problem54%

In which arthritis appears found some problem in female have bleeding 14%, sensitive teeth 18%, dry mouth 14%, bad breast10% in male have appears found some problem female have bleeding 14%, sensitive teeth 18%, dry mouth 14%, bad breast10%

TABLE NO- 4.27

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS, DO YOU HAVE HYPERTENSION

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CV DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| Yes | 15 | 30% | 19 | 38% |
| No | 35 | 70% | 31 | 62% |
| IF YES, WHICH ANGLE DOES IT FORM-- | | | | |
| Chest pain, shortness breath | 0 | 0% | 0 | 0% |
| Headaches | 12 | 24% | 15 | 30% |
| Irregular heartbeat | 2 | 4% | 2 | 4% |
| Visual problem | 1 | 2% | 2 | 4% |

**Table No-4.27 show** that reveals that female have hypertension 30% and not have hypertension70% and male have hypertension38% and not have hypertension62%

In which arthritis appears found some problem in female have chest pain ,shortness breast0%, headaches4%, irregular heartbeat4%, visual problem% in male have appears found some problem male have chest pain shortness breast0%, ,headaches30%, irregular heartbeat4%, visual problem4%

TABLE NO- 4.28

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS DO YOU HAVE CATARACT

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CV DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| Yes | 0 | 0 | 0 | 0 |
| No | 50 | 100% | 50 | 100% |
| IF YES, WHICH ANGLE DOES IT FORM-- | | | | |
| Double vision in a single eyes | 0 | 0% | 0 | 0% |
| Increasing difficulty with vision night | 0 | 0% | 0 | 0% |
| Change in the way you | 0 | 0% | 0 | 0% |

**Table No-4.28 show** that reveals that female have cataract 0% and not have cataract100% and male have cataract 0% and not have cataract 100%

In which arthritis appears found some problem in female have double vision in a single eyes0%, increasing difficulty0%,change in the way 0%, in male have appears found some problem male have double vision in a single eyes0%, increasing difficulty0%,change in the way 0%

TABLE NO- 4.29

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS DO YOU HAVE ASTHMA

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CV DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| Yes | 45 | 90% | 49 | 98% |
| No | 5 | 10% | 1 | 2% |
| IF YES, WHICH ANGLE DOES IT FORM-- | | | | |
| Shortness of breath | 20 | 40% | 10 | 20% |
| Chest lightness pain | 12 | 24% | 12 | 24% |
| Difficulty taking | 6 | 12% | 6 | 12% |
| fatigue | 7 | 14% | 21 | 42% |

**Table No-4.29 show** that reveals that female have asthma 0% and not have asthma 100% and male have asthma 0% and not have asthma 100%

In which arthritis appears found some problem in female have shortness of breast0%, chest lightness or pain0%,difficulty taking 0%, fatigue % in male have appears found some problem male have shortness of breast0%, chest lightness or pain0%,difficulty taking 0%, fatigue %

TABLE NO- 4.30

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS PARKINSON’S DISEASE

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CV DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| Yes | 1 | 2% | 1 | 2% |
| No | 49 | 98% | 49 | 98% |
| IF YES, WHICH ANGLE DOES IT FORM-- | | | | |
| Tremor | 0 | 0% | 0 | 0% |
| Slowed movement | 1 | 2% | 0 | 0% |
| Speech change | 0 | 0% | 1 | 2% |
| Writing | 0 | 0% | 0 | 0% |

**Table No-4.30 show** that reveals that female have Parkinson’s disease2% and not have Parkinson’s disease 98% and male have Parkinson’s disease 2% and not have Parkinson’s disease 98%

In which Parkinson’s disease appears found some problem in female have tremor 0%, slowed movement2%,change speech 0%, writing% in male have appears found some problem male have tremor 0%, slowed movement0%,change speech 2 %, writing 2%

TABLE NO- 4.31

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS DO YOU HAVE PARALYTIC ATTACK

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **CV DISEASE** | **NO OF RESPONDENTS (FEMALE)(N-50)** | **PERCENTAGE** | **NO OF RESPONDENTS (MALE)(N-50)** | **PERCENTAGE** |
| Yes | 4 | 8% | 1% | 2% |
| No | 46 | 92% | 49% | 98% |
| IF YES, WHICH ANGLE DOES IT FORM-- | | | | |
| Serve headache | 1 | 2% | 1% | 2% |
| Memory loss | 2 | 4% | 0% | 0% |
| Confusion | 1 | 2% | 0% | 0% |
| Poor balance& dizziness | 0 | 0% | 0% | 0% |

**Table No-4.31 show** that reveals that female have paralytic attack 8% and not have paralytic attack 92% and male have paralytic attack 2% and not have paralytic attack 98%

In which arthritis appears found some problem in female have Serve headache 2%,memory loss4%,confusion 2 %, poor balance & dizziness 0% in male have appears found some problem male have Serve headache 2%, memory loss0% ,confusion 0%, poor balance & dizziness 0%.

TABLE NO- 4.32

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS ARE YOU DIABETIES

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CV DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| Yes | 16 | 32% | 27 | 54% |
| No | 34 | 68% | 23 | 46% |
| IF YES, WHICH ANGLE DOES IT FORM-- | | | | |
| Weight loss | 15 | 30% | 27 | 54% |
| Urinary tract infection | 1 | 2% | 0 | 0% |
| Blurred vision | 0 | 0% | 0 | 0% |
| Red, swollen, or tender gums | 0 | 0% | 0 | 0% |

**Table No-4.32 show** that reveals that female have diabetes 0% and not have diabetes100% and male have diabetes 0% and not have diabetes 100%

In which diabetes appears found some problem in female have weight loss 30%,urinary tract infection 2%,blurred vision 0%, red, swollen or tender gums 0% in male have appears found some problem male have weight loss 54%,urinary tract infection 0%,blurred vision 0%, red, swollen, or tender gums 0%

TABLE NO- 4.33

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS DO YOU TAKE MEALES REGULARLY

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CV DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| Yes | 31 | 62% | 34 | 68% |
| No | 19 | 38% | 16 | 32% |

**Table No -4.33** show that 50 respondents in **female** about 62% take meals regularly and **38%respondents** are not about take meals regularly and that 50 respondents in **male** about 68% take meals regularly and **34% respondents** are not about take meals regularly

TABLE NO- 4.34

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS IF YES, WHICH BEVERAGE DO YOU CONSUME AT BREAKFAST

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CV DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| Milk/coffee | 7 | 14% | 19 | 38% |
| Fruit juice | 10 | 20% | 11 | 22% |
| Tea | 33 | 66% | 20 | 40% |

**Table No 4.34** show that 50 respondents in female about 14% respondents milk and coffee, 20% respondents fruits juice, 66% respondents tea Andshow that 50 respondents in male about 34% respondents milk and coffee, 18% respondents fruits juice, 30% respondents tea

TABLE NO- 4.35

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS HOW MUCH WATER DO YOU DRINK WATER

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CV DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| 4 to 5 glass | 15 | 30% | 11 | 22% |
| 5 to 6 glass | 13 | 26% | 16 | 32% |
| 6 to 7 glass | 16 | 32% | 12 | 24% |
| 7 to 8 glass | 5 | 10% | 7 | 14% |

**Table No 4.35** show that 50 respondents in female about 30% respondents 4to 5 glass, 26% respondents 5 to 6 glass, 32% respondents 6 to7 glass, 10% 7 to 8 glass Andshow that 50 respondents in male about 22 % respondents 4to 5 glass, 32% respondents 5 to 6 glass, 24% respondents 6 to7 glass, 14% 7 to 8 glass

TABLE NO- 4.36

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS DO YOU EAT BREAKFAST, LUCH, AND DINNER EVERY DAY

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CV DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| Yes | 23 | 46% | 20 | 40% |
| No | 27 | 54% | 30 | 60% |

**Table No -4.36** show that 50 respondents in **female** about 46% eat breakfast, lunch, and dinner every day and **54%respondents** are not about eat breakfast, lunch, and dinner every day and that 50 respondents in **male** about 40% eat breakfast, lunch , and dinner every day and **60% respondents** are not about eat breakfast, lunch, and dinner every day

TABLE NO- 4.37

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS DO YOU LIKE FRIED FOOD

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CV DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| Yes | 36 | 72% | 32 | 64% |
| No | 14 | 28% | 18 | 36% |

**Table No -4.37** show that 50 respondents in **female** about 72% like fried food and **28%respondents** are not about like fried food and that 50 respondents in **male** about 64% like fried food and **36% respondents** are not abut like fried food

TABLE NO- 4.38

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS DO YOU EAT FRUITS

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CV DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| Always | 19 | 38% | 22 | 44% |
| Often | 10 | 20% | 12 | 24% |
| Sometimes | 10 | 20% | 10 | 20% |
| Never | 11 | 24% | 6 | 12% |

**Table No 4.38** show that 50 respondents in female about 38% respondents always 20% respondents often, 10% respondent sometimes, 22% never Andshow that 50 respondents in male about 44% respondents always 24% respondents often, 20% respondent sometimes, 12% never

TABLE NO- 4.39

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS DO YOU TAKE ANY DIETERY SUPPLEMENTS

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CV DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| Yes | 30 | 60% | 30 | 60% |
| No | 20 | 40% | 20 | 40% |

**Table No -4.39** show that 50 respondents in **female** about 60% take any dietary supplements and **40%respondents** are not about take any dietary supplements and that 50 respondents in **male** about 60% take any dietary supplements and **40% respondents** are not abut take any dietary supplements

TABLE NO- 4.40

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS WHICH KIND OF FOOD YOU LIKE

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CV DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| Simple food | 34 | 68 % | 36 | 72% |
| Spicy food | 16 | 32% | 14 | 28% |

**Table No -4.40** show that 50 respondents in **female** about 60% take any dietary supplements and **40%respondents** are not about take any dietary supplements and that 50 respondents in **male** about 60% take any dietary supplements and **40% respondents** are not abut take any dietary supplements

TABLE NO- 4.41

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS IF ARE YOU VEG/NON-VEGETARIAN

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **CV DISEASE** | **NO OF RESPONDENTS (FEMALE)(N-50)** | **PERCENTAGE** | **NO OF RESPONDENTS (MALE)(N-50)** | **PERCENTAGE** |
| vegetarian | 37 | 74% | 37 | 74% |
| Non-vegetarian | 13 | 26% | 13 | 26% |

**Table No -4.41** show that 50 respondents in **female** about 74%vegetarion and **26%respondents** are not about non vegetarian and that 50 respondents in **male** about 74%vegeatrion and **26% respondents** are not abut non vegetation

TABLE NO- 4.42

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS IF NON-VEG, HOW MANY TIMES IN A WEEK

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CV DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| 1-2 Time | 13 | 26% | 13 | 26% |
| 2-3 Time | 0 | 0% | 0 | 0% |
| 3-4 Time | 0 | 0% | 0 | 0% |

**Table No -4.42** show that 50 respondents in **female** about 1-2 time **26%respondents non vegetarian and** 50 respondents in **male** about1-2 time 26% non vegetarian

TABLE NO- 4.43

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS ARE YOU EATING WELL

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CV DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| Yes | 12 | 24% | 15 | 30% |
| No | 38 | 76% | 35 | 70% |

**Table No -4.43** show that 50 respondents in **female** about 24% eating well and **76%respondents** are not about eating well and that 50 respondents in **male** about 30% eating well and **70% respondents** are not about eating well

TABLE NO- 4.44

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS DO YOU TAKE YOUR MEAL / ALONE / WITH FAMILY / WITH FRIENDS.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CV DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| Alone | 13 | 26% | 20 | 40% |
| With Family | 31 | 62% | 20 | 40% |
| With Friends | 6 | 12% | 10 | 20% |

**Table No -4.44** show that 50 respondents in **female** about 26% alone, 62 % with family, 12% with friends and that 50 respondents in **male** about 40% alone, 40% with family, 20% with friends.

TABLE NO- 4.45

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS DO YOU HAVE FAST FOOD / JUNK FOOD.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CV DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| Fast food | 32 | 64% | 40 | 80% |
| Junk food | 18 | 36% | 10 | 10% |

**Table No -4.45** show that 50 respondents in **female** about 64%fast food and **36%respondents** are not about junk food and that 50 respondents in **male** about 80%fast food and **10% respondents** are not about junk food