

Pupils' Knowledge Level about the Contraindications of Cardiovascular Diseases of the Heart like Dilated Cardiomyopathy (DCM), Hypertensive Heart Disease (HHD) and Pulmonary Heart Disease (PHD) as Health Education Strategy in Preventive Health

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Abstract

Aim: The objective of this study was to point out pupils' knowledge level about the contraindications of cardiovascular diseases of the heart like Dilated Cardiomyopathy (DCM), Hypertensive Heart Disease (HHD) and Pulmonary Heart Disease (PHD) as health education strategy in preventive health cased at University Secondary School, Njala. **Method:** The researcher interviewed mainly high school pupils with a sampled number of one hundred and twenty (n=120). 46% (n=55) female and 54% (n=65) male; 67% (n=80) Christians; 33% (n=40) Muslims; were selected using the stratified random sampling. Also stratified were 58% (n=70) from the option Pure Science-to-General Science; 42% (n=50) from the option Social Science-to-Applied Art; 29.2% (n=35) from SSS(One-to-Two); 70.8% (n=85) from SSS(Three-to-Four); 62.8% (n=75) within the age circle of (13-to-17); 37.5% (n=45) within the age circle of (18-to-25+) in years. **Results:** The variables of the finding were tested @ level of significance $p < 0.05$ through a statistical instrument of T-test. Analysis from the study objective, shows negative skewedness in all three variables as placed in tabulated values (t-scores of -0.802, 0.529 and 2.129) of 2, 4 and 6 when tested @ $p < 0.05$. **Conclusion:** In summing up due to the negative skewedness in all of the variables tested, the finding has demonstrated majority view of high school pupils' low level of knowledge about the contraindications of cardiovascular diseases of the heart as health education strategy in preventive health cased at University Secondary School. The researchers recommend that health education as a teaching subject be included in the schools' curriculum to help in the teaching of preventive health to school pupils.

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