

Table 2. The absolute and relative frequency of demographic characteristics of the elderly (n=120)

Demographic characteristics	Number	Percentage
Age range, year		
< 70	60	50.0
>71	60	50.0
Gender		
Male	58	Mar-48
Female	62	Jul-51
Marital status		
Married, widowed and divorced	117	May-97
Single	3	2-May
Occupation		
Governmental, retired	15	12-May
Agriculture and Livestock	53	Feb-44
Housewife	52	Mar-43
Educational level		
Illiterate	96	80.0
Below diploma	16	13-Mar
Upper diploma	8	6-Jul
Systolic blood pressure		
Yes	49	Aug-40
No	71	Feb-59
Diastolic blood pressure		
Yes	39	May-32
No	81	May-67
Duration of hypertension		
Less than 1	34	28-Mar
1-3	39	May-32
3-5	23	19-Feb
More than 5	24	20.0
Family history of hypertension		
Yes	93	May-77
No	27	22-May
Body mass index (kg/m²)		
>25	67	Aug-55
25-29.9	29	24.2
≥30	24	20.0

Table 2. Comparison of systolic-diastolic blood pressure (mmHg) and scores of social support, perceived barriers, self-efficacy, self-care and quality of life before and after educational intervention in rural elderly

Variables	Before intervention	After intervention	P value
Systolic blood pressure	144.33±14.92	133.58±13.70	0.001
Diastolic blood pressure	81.00±8.49	78.37±6.58	0.008
Social support	2.65±0.47	3.58±0.88	0.001
Perceived barriers	3.66±0.84	2.85±0.50	0.001
Self-efficacy	2.73±0.56	3.74±0.79	0.001
Self-care	2.69±1.00	3.78±0.43	0.001
Quality of life	69.67±14.63	75.53±11.92	0.0008

Table 4. Comparison of the correlation coefficient of self-care behavior with the scores of social support, perceived barriers, self-efficacy and quality of life before and after educational intervention in rural elderly

Variables	Correlation coefficient before intervention	Correlation coefficient after intervention	Z-score	P value
Social support	0.624	0.401	-2.87	0.004
Perceived barriers	0.601	0.479	-1.59	0.011
Self-efficacy	0.044	0.345	3.23	0.001
Quality of life	0.283	0.643	9.15	0.001