

Exploring the Impact of Information and Health Literacy on Health Management of Senior Adults with Hypertension

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ABSTRACT

This research examines the relationship between information literacy and health issues in senior adults with age-related conditions such as hypertension. Utilizing Chatman's Theory of Life in the Round and drawing from data sourced from Reddit posts, surveys, and interviews, the study investigates the influence of higher education and literacy levels on the frequency of health-related inquiries among a marginalized group, seniors. It also identifies the digital divide as a notable barrier to accessing health information for specific senior individuals. The study underscores the significance of factors such as physical exercise, stress management, educational attainment, and a well-balanced diet in shaping seniors' management of hypertension. Additionally, it emphasizes the vital role of information and health literacy in empowering seniors to make informed decisions about their well-being and health.

Furthermore, the study sheds light on seniors' proactive approach to seeking health information and recommends targeted interventions to ensure comprehensive access to health information for all seniors. These interventions are crucial in addressing the unique challenges this demographic faces. The findings from this dissertation provide valuable insights that could aid in designing valuable and practical guidelines and best practices for supporting the management of hypertension in seniors, contributing significantly to understanding how information literacy and health literacy can be harnessed to help seniors effectively manage their health.

ALISE RESEARCH TAXONOMY TOPICS

Information literacy; Information needs; Specific populations; Knowledge management; Social media.

AUTHOR KEYWORDS

Information literacy; Hypertension; Marginalized; Senior adults; Reddit.

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