

ABSTRACT

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THE CORRELATION BETWEEN STRESS AND HYPERTENSION IN SOCIETY

The Backgrounds: Hypertension is a disease of high blood pressure in which the blood pressure in the arteries exceeds normal limits. It is caused by various factors, such as increasing age, stress, unhealthy consumption patterns, obesity, and heredity. Stress is a physical and psychological pressure that occurs on oneself and takes place continuously.

The Objective: This study was to determine the correlation between stress and hypertension in the community.

The Methods: The method used in this study was a literature review by accessing the Google Scholar and PubMed databases using the keywords “Stress” AND “Hypertension” AND “Society”.

The Results: The results of the study indicated that there was a relationship between stress and hypertension in the community.

The Conclusions: There is a correlation between stress and hypertension in the community. It is hoped that it can provide further nursing intervention in overcoming stress and hypertension problems in the community.

Keywords: Stress, Hypertension, Public