

Literature Review: The Anxiety Levels Of The Elderly With Hypertension

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ABSTRACT

The Background: Elderly is someone who has reached the age of 60 years and over. The elderly population in both developed and developing countries is increasing very rapidly. Degenerative disease in the elderly, who has high morbidity and mortality, is namely hypertension will experience stress, depression, hostility, anger, and anxiety. One of the factors that can trigger an increase in blood pressure is anxiety.

The Purpose: The purpose of this study was to describe the anxiety level of the elderly with hypertension.

The Methods: It was searching of articles using the Google Scholar database from 2010-2020 with the keyword “anxiety; elderly; hypertension”, “elderly hypertension and anxiety”. The analysis technique in this study used descriptive analysis using a sample of 5 research articles that have been published from 2010-2020, according to keyword, written in Indonesian / English, and the research respondents are elderly hypertension.

The Results: Based on the 5 articles analyzed, the results showed that the age of the respondents who had hypertension was more than half, namely the range of 60-74 years, most of which were experienced by women, most of whom had primary school education and nearly half were working as housewives. Based on the degree of hypertension, almost half of the elderly experienced hypertension in the mild hypertension degree category and based on the level of anxiety, almost half of the hypertension elderly experienced the moderate anxiety level category.

The Conclusion: Based on the results and discussion of the articles that have been analyzed, it can be concluded that the anxiety level of the elderly with hypertension can be caused by factors such as age, gender, education level, and occupation.

Keywords: *Anxiety, Elderly, Hypertension*

Bibliography: 36 (2010-2020)