

READJUSTMENT TO LIFE EVENTS IN HYPERTENSIVE AND HEALTHY CONTROL MEN AND WOMEN

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ABSTRACT

Psychologists have been studying stress and its impact on physical and psychological health for decades. Stress is frequently seen as a significant contributor to disease and clinical evidence in mounting for specific effects of stress on immune system and hypertension. Research in this area suggests that genetic susceptibility to hypertension and frequent stress exposure are important modulating factors in stress related hypertension. This study attempts to compare the perception of stress and coping difficulties of hypertensives and healthy control as well as male and female participants. The study adopted a 2 (hypertensives and healthy controls) x 2 (males and females) factorial design. Two hundred and forty participants (120 chronic hypertensives and 120 healthy controls) are selected from Gurgaon, Delhi. Out of 120 hypertensives, there are 60 males and 60 females. Similarly 60 healthy males and 60 healthy females, not suffering from hypertension or any other disease are selected. The participants of all the four groups are compared with respect to their appraisal of stress and coping difficulties. The result indicates that hypertensives perceived more stress and coping difficulties in personal, family and finance related stressful events compared to healthy controls. Males perceived more stress and coping difficulties in personal and finance related events and females in family related events.

ABSTRACT: Psychologists, Stress, health, personal and finance.

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