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**"ANXIETY RELATED INCIDENT WITH HYPERTENSION IN ELDERLY  
IN PUSKESMAS PORIS PLAWAD TANGERANG YEAR 2014 "**

Xiv + 7 Chapters + 51 Pages + 8 Tables + 3 Schemes + 5 Appendicies

**ABSTRACT**

**Background** : Hypertension or high blood pressure is a condition a person experiences an increase in blood pressure above normal on examination of blood pressure. Hypertension is often found in the elderly and usually increased systolic pressure. One of the risk factors for hypertension is anxiety. Results of preliminary studies in the last 3 months (September-November 2013) at the Puskesmas Poris Plawad Tangerang are 55 elderly. There are 35 elderly people with hypertension, and 22 elderly who experience anxiety .

**Objective** : This study aimed to identify the relationship of anxiety level to the incidence of hypertension in the elderly in the Puskesmas Plawad Poris Tangerang.

**Methods**: The sample used is the elderly who visited the health center Plawad Poris many as 53 elderly people with non-probability sampling technique that is accidental sampling. The study design is cross sectional.

**Results**: The incidence of hypertension in the elderly in Puskesmas Poris Plawad is lightweight at 35.8% hypertension, 28.3% were hypertensive, 20.8% without hypertension, and 15.1% severe hypertension. The majority of elderly people experiencing severe anxiety that is equal to 81.1 % . The majority of the elderly do not have a family with hypertension (60 %). Elderly who have a habit of smoking (54.7%) more than the elderly who do not have the habit of smoking (45.3%). Elderly who have a habit of drinking coffee as much as 64.2% more than the elderly who do not have the habit of drinking coffee (35.8%). The majority of elderly people have the habit of eating too much salt is as much as 67.9% and the majority of elderly people sometimes do exercise as much as 54.7%. There was a significant association between anxiety with incident hypertension. ( $P < 0,05$ ).

**Conclusion** : The higher the level of anxiety elderly, the higher the incidence of hypertension. It is recommended to do a community nurse promotive and preventive efforts to reduce the incidence of hypertension in the elderly through health education on stress management to reduce anxiety in the elderly.

Keywords : Hypertension, Anxiety, Elderly.  
Bibliography : 33 (2001-2013)