

DEPARTMENT OF PSYCHOLOGY

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HEALTHPSYCHOLOGY, SEM.3

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HEALTH PSYCHOLOGY

# Hypertension

Hypertension is also known as high blood pressure which is a predictor of both heart attack and stroke, which leads to eye damage, kidney failure.

## **1. Primary hypertension(essential hypertension)**

Approx. 90% of people suffer from primary hypertension or essential hypertension. Major reason of this hypertension is stress other reason may include intake of NaCl (salt), obesity, diabetes or lack of exercise.

## **2. Secondary hypertension**

Approx. 10% of people suffer from secondary hypertension. Major reason of secondary hypertension is intake of

steroid tablets i.e., glucocorticoid, mineralocorticoid, testosterone, other reason may include kidney failure or during pregnancy.

## **Psychosocial factors of hypertension**

- Psychosocial factors plays a very primary role in the development of hypertension.
- The role of psychosocial factors such as the type A behavior pattern, depressive symptom (depression), anxiety, in the etiology of hypertension has been proved in many researches.
- Psychosocial factors may include social support, loneliness, marriage status, relationship problems, social

disruption, work environment, social status, and social integration, lower general health, emotional demands, role-conflict.

- Type A personality person highly suffer from hypertension, as they are highly motivated and impatient about their work or anything. They have a high risk of suffering from hypertension.