

**DESCRIPTION OF STRESS LEVELS OF HYPERTENSIVE ELDERLY AT
NGEMPLAK HEALTH CENTER BOYOLALI DISTRICT**

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ABSTRACT

Background: *the elderly are prone to various health problems, one of which is hypertension. Stress is one of the factors that affect blood pressure in the elderly. In 2023 boyolali district reported 216,490 cases of hypertension, ngemplak health centre is the highest health centre for hypertension 19,279 cases. Objective:* to determine the description of stress levels in elderly people with hypertension at the ngemplak health centre, boyolali district. **Method:** *descriptive quantitative with a cross sectional approach. The sample consisted of 84 elderly hypertensive patients who participated in prolanis activities, selected using purposive sampling technique. Data were collected using the DASS-42 questionnaire. Results:* the study showed that most elderly hypertensive patients experienced stress in the normal category with a value of 42.9%. Factors that affect stress levels include age, gender, occupation, marital status, education and family conditions. **Conclusion:** *most of the elderly with hypertension are women aged 60-74 years, married, have the last education level of junior high school, work as farmers, and live with family. The majority of them experience grade 1 hypertension and are at a stress level that includes mild, moderate, severe.*

Keywords: *stress, elderly, hypertension*