Resume
RESUME

Psychological stress play a significant impact on certain physical diseases like blood pressure and some other chronic diseases. Chronically high blood pressure, known as hypertension, is the most common and dangerous problem in the present society. Brief changes in blood pressure occur in the course of temporary emotional states. It has been observed that prolong emotional changes can lead to sustained hypertension. People working in stressful occupations, gradually develop essential hypertension. On the other hand middle-aged men those with responsible job, are prone to develop high blood pressure.

When the blood pressure is not due to arterial disease or kidney disease or to other physical causes is termed as essential hypertension. Clinical and experimental observations demonstrate the effect of emotions on blood pressure. States of bottled up anxiety, stress, aggression, hostility, resentment and many others can result in a sustained rise of blood pressure.

As the essential hypertension is common disorder in modern society and prevalent widely among people irrespective of caste, creed, and class. Although many studies has been made about essential hypertension in this country, but, until recently, there has been little study about motivational aspects of hypertension to address this issue.

The purpose of this research project is to test the following hypothesis.
1. Hypertensive patients score high on n. Achievement in comparison to Normotensive.
2. Hypertensive patients score low on n. Affiliation compared to Normotensive.
3. Hypertensive patients score high on the n. Power of AAPAS test than in comparison to Normotensive.

4. Hypertensive patients are high on n. Aggression.

5. Hypertensive patients have high security motives compared to Normotensive.


7. Hypertensive patients experience more stress during past one year than the counterpart.

8. Hypertensive patients experience more stress during their life time in comparison to Normotensive.

9. Male subjects experience more stress than female subjects of both group together on PSLE Scale.

METHOD

(a) Two groups are taken for this study and each groups containing 120 Hypertensive Patients, and 120 Normotensive Subjects age ranging from 30 to 50 years. Hypertensive group consist of 60 nos. of male and 60 nos. of female patients. Like this Normotensive group consist of 60 male and 60 female subjects.

(b) Measures adopted

(i) Semi structured interview schedule : It includes the informations relating to demographic and some other relevant study.

(ii) AAPAS Motive Test : This test contains 10 pictures design to assess five motives viz. n.Achievement, n.Affiliation, n.Power, n.Aggression, n.Security. A set of two cards are included for each motive. Each cards are presented serially and subjects are asked to write a meaningful story. Thus 10 pictures are to be completed within an hour or one and half hour. As per convenience the APPAS test was
administered profitably in small group ranging from one to three subjects. The stories written by the subjects for different motives were scored as per manual of the test.

(iii) **PSLE Scale:** Subjects are requested to give ✓ marks on the stressful events of past one year & life time according to instruction written, in case the subjects do not follow, the investigator made them clear.

**Independent Variables:** Test is conducted comprising two variables.

1. Independent variables:

   - Hypertensive
     - (i) Hypertension
       - Normotensive

   - Male
     - (ii) Sex
       - Female

2. Dependent Variables:

   (i) AAPAS - Five different motives

      (a) Achievement
      (b) Affiliation
      (c) Power
      (d) Aggression
      (e) Security
(ii) PSLE Scales -

(a) Stress (Past one year)

(b) Stress (Life time)

Statistical Analysis

Statistical analysis has been done in the following manner:

(i) Hypertensive Vs Normotensive

(ii) Independent sample of sex: Female Hypertensive Vs Male Hypertensive

(iii) Normotensive groups on sex: Female Vs Male

(iv) Both groups together: Female Vs Male

(v) Male Hypertensive Vs Male Normotensive

Findings

1. Interview Schedule:

The following three relevant items are included.

(i) Family History: This has been found that 55% parents of hypertensives do not show any evidence of hypertension. In few cases of father (20%) and mother (16.66%) showed evidence of hypertension.

(ii) Diet Habit: It is observed that generally the hypertensives have average rich diet (60%) whereas a portion of hypertensive consumes a highly rich diet (36.66%).

(iii) Drug addiction: The data indicated that a number of hypertensive patients have the tendency to consume nicotine (66.67%) whereas 25% of hypertensive takes alcohol. But a little number of patients are reported to have addiction like Aphime and Ganja.

n. Achievement: Results indicated that hypertensive patients are high on
n.Achievement than in comparison to Normotensive subjects. It is found significant at .01 level.

Thus, the hypothesis no.1 is accepted. The results reflects that hypertensive patients generally have the tendency to excel whenever they are working they have consistent effort in achieving standards in different areas of life.

n.Affiliation: Hypertensive patients are low on n.Affiliation than in comparison to Normotensive subjects. It is significant at .01 level.

Thus the hypothesis no.2 is accepted. This indicated that in hypertensive patients have the lesser capacity to associate with others. They are hasitent in developing friendly relations with others and that may lead them in a stage of tension and stress.

n.Power: The n.Power of the hypertensive patients are found to be high than in comparison to Normotensive Subjects in AAPAS test and it is found to be significant at .01 level. Thus the hypothesis no. 3 is accepted. It reveals that the hypertensive have the tendency to influence other with their ideas planning and decision making.

n.Aggression: Hypertensive patients are high on n.Aggression than in comparison to Normotensive subjects. It is found significant at .01 level. Thus the hypothesis no.4 is accepted. It indicated that hypertensive patients are high in n.Aggression and they have to adopt some method to self control the aggression. As it has been reported anger, aggression, coping style play an active role in predisposing an individual to elevate essential hypertension.

n.Security: Hypertensive patients are high on n.Security than in comparison to Normotensive and it is found to be significant at .01 level. Thus the hypothesis no.5 is accepted. Results reveal that hypertensive showed dis-satisfied for insecurity and they are much concern over the possibility of losing in future,
the secure and favourable atmosphere.

The obtained result indicated that scores on AAPAS test showed similar trend on both sexes (Male and Female). Therefore, t-values are found insignificant on these five needs viz. n.Achievement, n.Affiliation, n.Power, n.Aggression and n.Security.

Thus the hypothesis no.6 is rejected.

PSLE Scale:

PSLE₁: Hypertensive patients and Normotensive subjects are almost similar score on PSLE scale in past 1yr. It is found to be insignificant at .01 level. So, the hypothesis no.7 is rejected. It can be reported that Hypertensive as well as Normotensive have experience similar level of stress during their past 1yr.

PSLE₂ : Hypertensive Patients experience more stress than in comparison to Normotensive subjects on PSLE scale in life time and it is found to be significant at .01 level. Thus the hypothesis no.8 is accepted. Thus it can be inferred that Hypertensive patients experienced more stress during their life time than in comparison to Normotensive subjects. It is reported that the high stress in one of the precursor of the hypertension.

The results indicated that the male subjects experience similar level of stress in past one yr. as well as in life time on PSLE scale than in comparison to Female subjects (Both groups together). Therefore, it is found insignificant. Thus the hypothesis no.9 is rejected.

The discussed research findings allow several conclusions, and in fact they are offered herein as tentative generalisations.

Prolong exposure to stress may lead to persistent hypertension & hence this precursor factor may be better avoided for the persons who are prone to develop hypertension. Other predisposing factors like, prolong emotional changes, anxiety, stressful occupations, hostility, resentment etc. are better to avoid.

It suggests for further study to make an extensive investigation on motivational aspects, stress and some other personality determinants relevant in case of hypertensive patients.

There is need of experimental research to find out the relationship between motives and stress of hypertensive patients. Therefore, investigator feels to suggest a longitudinal study to be conducted on hypertensive patients, so that the gradual development of hypertension may be observed for a longer period to make accurate diagnosis of hypertensive patients. This may further help the clinician to develop therapeutic and preventive measures of hypertension.