Thesis Title   Daily Hassles, Social Support, Health Status and Blood Pressure Control in Essential Hypertensive Patients.

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ABSTRACT

The purpose of this descriptive study was twofold. First, to examine the relationships among daily hassles, social support, health status and diastolic blood pressure level in essential hypertensive patients. Second, to identify predictive variables of health status and diastolic blood pressure level. Study subjects, recruited by purpose sampling according to the predetermined criteria, consisted of 81 essential hypertensive patients from Khonkaen and Srinakarind regional hospitals and 41 essential hypertensive patients from Nampong and Khaosuankwang district hospitals. Daily hassles was assessed by the Daily Hassles Scale developed by DeLongis Folkman and Lazarus (1988). The Personal Resource Questionnaire : PRQ 85 Part 2 developed by Brandt and Weinert (1981) was used to assess social support. Health status was assessed by The General Health Questionnaire developed by David Goldberg (1972). Blood pressure control was determined from diastolic blood pressure level obtained 2-6 times at the follow up clinic, on the day of response to the questionnaires and 1-5 times within the past 6 months.

Results of the study indicated that health status was moderately correlated with daily hassles in negative direction ($r=-.31, p<.001$), and moderately correlated with social support in positive direction ($r=.39, p<.001$). But no relationship was found between daily hassles and social support. Patients from medical centers reported significantly better health status than patients from community hospitals. Significant predictors of health status in the stepwise multiple regression analysis were social support, daily hassles and types of hospital service, all variables were accounted for 25.7 % of variance in health status. Social support seemed to influence health status by main effect only when the daily hassles was low. The variables which significantly negative correlated with diastolic blood pressure level were duration of education ($r=-.20, p<.05$) and duration of disease ($r=-.19, p<.05$) and these two variables can predicted diastolic blood pressure level by accounted for 7.9 % of variance in diastolic blood pressure level.

This study support the validity of conceptualization of stress and health as proposed by Selye, Rahe and Arthur, and Lazarus that can be applied in essential hypertensive patients.