

**PERSONALITY AND STRESS AMONG HYPERTENSIVE PERSONS IN THE
REGION OF PRIZREN**

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ABSTRACT

Hypertension commonly known as high blood pressure (BP) is a psycho physiological disorder and the main problem linked with it is its risk potential. The purpose of the present study is to describe personality type and to explain levels of stress in a sample of persons with high blood pressure in Prizren region. Data collection was done during the routine visits of the patients identified with hypertension at the family medicine centre where I work as resident physician in family medicine also at private ambulance in Zhur "NDERIMED". Participants were 233 patients diagnosed with hypertension in the region of Prizren, Kosovo. In terms of gender composition there were 109 (47%) men and 124 (53%) women; Age group most affected was over 65 years (45.5%) than age group 55-64 years (30.9%). According to Glazer scale which determines the type of personality, type A were 147 (67.1%), type B 43 (19.6%) and type AB 29 (13.3%). No significant gender differences were found in the levels of reported stress; it seems that although men and women might experience different types of stressors, the overall levels experienced by both are similar. Also no significant relationships were found between stress and age, despite the wide age range of almost 30 years (45 to 74 years old). Variations in marital status also did not contribute to explain stress levels. Nonetheless these results might have a statistical explanation, since they might be due to the absence of variation of the sample; in fact most of the participants were married (77.7%), unmarried was one (0.4%), 1.7% were divorced and 20.2% widowed. Finally the only hypothesis confirmed was that of the relationship between personality types and stress.

Keywords: Personality, stress, hypertension, Prizren region.