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## ANGER AND DEPRESSION IN THE OLD PEOPLE WITH HYPERTENSION

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**Introduction:** Hypertension is closely related with the anger control of the individual. While anger causes hypertension, the incapability to express anger in an appropriate way leads to depression. Depression is a mental problem occurring frequently in the old age period.

**Objective:** The present study was carried out in order to determine the anger and depression conditions in the old people diagnosed with hypertension.

**Method:** 418 old people diagnosed with hypertension and living in home with their families were included in the study. The data of the research were gathered with the individual information form, trait anger, anger types scale and depression scale for old people.

**Findings:** In the study, it has been understood that there are positive correlation between anger and depression in older people, and between hypertension during and depression ( $p < 0.05$ ). It was found out that the anger mean score is high in old people who were male, using cigarette and alcohol; likewise, the depression score is high in older people who were women, widow, interdependent to someone in order to carry out daily life activities, illiterate and having poor economic conditions.

**Results:** In old people with hypertension, depression increases as anger increases. As the hypertension diagnosis during of older people rises, depression rises, too. For this reason, it is needed to plan approaches for old people to recognize their anger, to ensure expressing their anger in an appropriate way and to prevent depression.