

ABSTRACT

Title: The influence of loneliness on hypertension in the elderly

Objectives: The main aim was to estimate the influence of loneliness on hypertension in people over 50 years old.

Methods: This Bachelor thesis was constructed as a cross-sectional study. Data were obtained from the 6th wave of the international project Survey of Health Ageing and Retirement in Europe (SHARE). Generalized linear models for binominal variables were used to estimate the influence of loneliness on hypertension.

Results: Data from 32,431 women and 26,245 men were included in the analyses. The average age was 67.3 ± 9.6 . Almost all the regression models showed statistically significant ($p < 0.05$) influence of loneliness on hypertension, except in males after adjusting for age and the other covariates. The highest influence of loneliness on hypertension was found in females where $OR = 1,649$ ($p < 0.001$).

Conclusions: The results of this study showed that loneliness could have a statistically significant influence on hypertension in females over 50 years old.

Keywords: hypertension, loneliness feeling, SHARE