

Effects of Stress Management Counseling on Blood Pressure among Hypertensive Patients

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Abstract: *Hypertension remains one of the leading risk factors for cardiovascular morbidity and mortality worldwide. Psychological stress has been identified as an important contributor to elevated blood pressure through neuroendocrine and behavioral pathways. Stress management counseling has emerged as a non-pharmacological intervention aimed at reducing stress and improving blood pressure control among hypertensive patients. This review examines the evidence regarding the effectiveness of stress management counseling on blood pressure outcomes. Findings from systematic reviews and meta-analyses indicate that interventions such as cognitive-behavioral counseling, mindfulness-based stress reduction, relaxation therapy, meditation, breathing exercises, and health coaching can significantly reduce systolic and diastolic blood pressure. Although evidence supports short-term benefits, long-term effects require further investigation. Stress management counseling should be considered an adjunctive strategy alongside pharmacological treatment and lifestyle modifications*

Keywords: Stress Management Counseling, Blood Pressure, Mindfulness, Relaxation Therapy, Health Education