

https://simdos.unud.ac.id/uploads/file_penelitian_1_dir/3f252a705ddbef7abf69a6a9ec69b2fd.pdf

Yunus, M. H., Kadir, S., & Lalu, N. A. S. (2023). Hubungan pola konsumsi garam dengan kejadian hipertensi pada lansia di Puskesmas Kota Tengah. *Gorontalo Journal Health and Science Community*, 7(1), 163–171. <https://doi.org/10.35971/gojhes.v7i1.16279>

Zainuddin, R., Ahmad, E. H., Syahrani, S., Mahmud, Y., & Nurbaiti, N. (2022). Efektivitas Terapi Zikir Terhadap Penurunan Tekanan Darah Pada Pasien Hipertensi. *Jurnal Ilmiah Kesehatan Sandi Husada*, 11(1), 255–261. <https://doi.org/10.35816/jiskh.v11i1.745>

ATTACHMENT LIST

Attachment 1 *Plan Of Action (POA)*

No	Activities	2024								2025																							
		November				DseMBER				January				February				March				April				May				June			
		1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4
1	Preparation Of Research Proposal	■	■	■	■	■	■	■	■	■	■																						
2	Proposal Defense Examination											■																					
3	Proposal Revision And Approval												■	■																			
4	Ethical Clearance												■	■																			
5	Field Work Practice												■	■	■	■	■	■	■	■	■	■	■	■	■								
6	Preparation Of Data Collection																				■												
7	Data Collection																					■	■										
8	Data Processing																						■	■	■	■	■	■	■				
9	Thesis Defense Examination																														■	■	
10	Thesis Revision And Approval																														■	■	

Attachment 2 Consent Form to Become a Respondent**RESPONDENT CONSENT FORM**

To,

Research respondent candidates

At

Posyandu RW 10 Madyopuro Village

With respect,

With this letter, I, the undersigned:

Name : Monicka Patrisia Tilana

NIM : P17211217154

Address : Perumahan Bumi Mondoroko Raya Singosari

A student from the Applied Nursing Program at Malang Polytechnic is conducting a research study titled “The Relationship Between Hypertension Knowledge Levels and Self-Management in the Elderly at the Posyandu RW 10 Madyopuro Village.” The research to be conducted by the researcher will not cause any harm to potential respondents, as all information obtained from respondents will be kept confidential and used solely for research purposes. The researcher hopes for the willingness of individuals to participate as respondents in this study without any coercion.

If you are willing to participate as a respondent in this study, the researcher requests your willingness to sign a consent form to participate as a respondent and expresses gratitude for the attention and cooperation of all parties involved.

Sincerely,
Researcher

Respondent

(Monicka Patrisia Tilana)

()

Attachment 3 Informed Consent Form

INFORMED CONSENT FORM

I, the undersigned:

Name (initial) :

Age :

Address :

I hereby agree to participate as a research respondent in a study conducted by Monicka Patrisia Tilana, a student of the Applied Nursing Program at Poltekkes Malang, titled **“The Relationship Between Hypertension Knowledge Levels and Self-Management in the Elderly at Posyandu RW 10 Madyopuro Village.”** I understand that in this research, my identity and the data used will be kept confidential and used solely for research purposes, therefore I am willing to be a respondent in this research.

Researcher

Malang,
Respondent

(Monicka Patrisia Tilana)

()

Attachment 4 Questionnaire Guideline Sheet

Modification guidelines for the Hypertension Knowledge Level Scale (HK-LS) questionnaire

Variable	Statement	Knowledge Level	Question Number
Hypertension Knowledge Level	Definition of Hypertension	Know	1
	Signs and Symptoms	Know	2
	Characteristics and management of hypertension	Understanding	3
	Adherence to hypertension treatment	Understanding	4
	Management of Hypertension	Understanding	5
	Diet for people with hypertension	Know	6
	Complications of hypertension	Understanding	7
	Causal factors or risk factors hypertension	Understanding	8
	Food and drink restrictions for people with hypertension	Know	9
	False statements about hypertension	Know	10

**Modification guidelines for the Hypertension Self-Management
Behavior Questionnaire (HSMBQ)**

Variable	Indicator	Statement	Question No
Self Management	Self-monitoring	Healthy eating habits	1
	Self-regulation	Regular light activity	2
	Interaction with health professionals	Consultation at a health facility	3
	Self-integration	Rest and stress management	4
	Self-regulation	Healthy eating habits	5
	Adherence to the recommended regimen	Take medication as prescribed by a doctor	6
	Self-monitoring	Measured light activity	7
	Self-regulation	Unhealthy eating habits	8
	Self-regulation	Lack of time management (negative indicator)	9
	Interaction with health professionals	Lack of compliance	10

Attachment 5 Questionnaire Sheet

KUISIONER
HUBUNGAN TINGKAT PENGETAHUAN HIPERTENSI
DENGAN SELF
MANAGEMENT PADA LANSIA HIPERTENSI DI POSYANDU
RW 10 KELURAHAN MADYOPURO

Kode Responden : *(diisi oleh peneliti)*

Tanggal Pengisian :

A. Petunjuk Pengisian Kuisisioner

1. Kuisisioner ini terdiri dari 10 pernyataan pada kuisisioner tingkat pengetahuan (tahu dan memahami) dan 10 pertanyaan pada kuisisioner self management.
2. Mohon untuk menjawab semua pertanyaan yang tersedia pada kuisisioner ini (tidak boleh dikosongkan).
3. Semua data dan informasi yang diberikan dijamin kerahasiannya.

B. Data Umum

1. Nama (Inisial) :
2. Umur :
3. Jenis Kelamin : Laki-laki Perempuan
4. Pendidikan Terakhir : Tidak Sekolah Diploma
 SD Sarjana
 SMP
 SMA
5. Alamat :
6. Pekerjaan :

C. Kuisiener Tingkat Pengetahuan Hipertensi

No	Pernyataan	Benar	Salah
1	Hipertensi merupakan penyakit tidak menular yang dapat menyebabkan komplikasi berbagai organ		
2	Tanda dan gejala tekanan darah tinggi seperti sakit kepala, kelelahan, mual sesak nafas.		
3	Hipertensi tidak bisa disembuhkan tetapi dapat dikontrol		
4	Konsumsi obat hipertensi sesuai dosis dan tepat waktu merupakan hal yang harus diperhatikan		
5	Penanganan hipertensi yaitu dengan rutin kontrol tekanan darah ke pelayanan kesehatan dan minum obat antihipertensi		
6	Pasien hipertensi membatasi konsumsi garam maksimal 2,3 gram perhari		
7	Bahaya yang mengancam hipertensi yaitu stroke, penyakit jantung dan penyakit ginjal		
8	Faktor penyebab hipertensi yaitu merokok, stress, gaya hidup dan faktor lingkungan		
9	Seseorang yang mengalami hipertensi tidak di larang mengonsumsi kopi namun dibatasi konsumsi maksimal 300 gram perhari		
10	Hipertensi merupakan penyakit yang mengharuskan seseorang istirahat total tanpa melakukan aktivitas		

D. Kuisioner Self Management Hipertensi

No	Pernyataan	SL	SR	KK	TP
1	Saya mempertimbangkan porsi seperti nasi, lauk, sayur dan konsumsi buah				
2	Saya melakukan rutinitas saya seperti menyapu di rumah dan melakukan gerakan ringan di rumah				
3	Saya kontrol ke layanan kesehatan seminggu sekali dan apabila kurang dari seminggu saya mengalami gejala hipertensi saya pergi ke layanan kesehatan				
4	Melakukan istirahat yang cukup minimal 8 jam sehari dan menghindari stress				
5	Saya memilih makanan rendah garam				
6	Rutin konsumsi obat antihipertensi				
7	Menghindari aktivitas yang berlebihan atau berat yang menyebabkan kelelahan				
8	Konsumsi makanan yang mengandung tinggi kolestrol				
9	Akibat banyak pekerjaan membuat saya kurang istirahat				
10	Sering menunda waktu untuk kontrol ke layanan kesehatan				

Attachment 6 Data Tabulation Sheet

No	Gender	Age	Job	Education	Knowledge Level	Self - management
1	M	63 years old	Retiree	Senior High School	1	1
2	F	61 years old	Swasta	Senior High School	1	2
3	M	68 years old	Housewife	Senior High School	1	1
4	F	60 years old	Retiree	Bachelor	1	1
5	F	62 years old	Swasta	Senior High School	1	1
6	M	72 years old	Retiree	Bachelor	1	1
7	F	65 years old	Housewife	Elementary School	2	2
8	F	65 years old	Housewife	Senior High School	1	1
9	M	74 years old	Retiree	Senior High School	2	2
10	F	62 years old	Housewife	Junior High School	2	2
11	F	62 years old	Retiree	Bachelor	1	1
12	M	65 years old	Retiree	Bachelor	1	1
13	F	64 years old	Housewife	Senior High School	1	1
14	M	62 years old	Retiree	Sarjana	1	2
15	F	73 years old	Housewife	Elementary School	2	2
16	M	66 years old	Retiree	Senior High School	1	1
17	M	67 years old	Retiree	Diploma	1	2
18	F	60 years old	Housewife	Elementary School	2	2
19	F	60 years old	Housewife	Senior High School	1	1
20	F	63 years old	Housewife	Senior High School	1	2
21	F	61 years old	Housewife	Junior High School	2	2
22	F	65 years old	Swasta	Senior High School	1	2
23	F	65 years old	Housewife	Not School	2	2
24	F	62 years old	Swasta	Elementary School	2	2

No	Gender	Age	Job	Education	Knowledge Level	Self - management
25	F	60 years old	Swasata	Elementary School	2	2
26	F	65 years old	Swasta	Senior High School	1	1
27	F	64 years old	Housewife	Junior High School	1	2
28	F	68 years old	Swasta	Junior High School	1	1

Knowledge Level:

1 : Good




2 : Bad

Self-Management:

1 : Good

2 : Bad

Attachment 7 Preliminary Permit Letter

 Kemenkes	Kementerian Kesehatan Poltekkes Malang Jalan Besar Ijen 77C Malang, Jawa Timur 65112 (0341) 566075 https://poltekkes-malang.ac.id
Nomor : PP.06.02/F.XXI.15/1795/2024 27 Desember 2024 Penhal : Permohonan Ijin Studi Pendahuluan untuk Penyusunan Proposal Skripsi Mahasiswa Jurusan Keperawatan Poltekkes Kemenkes Malang	
Kepada Yth: Ketua Posyandu RW. 10 Kelurahan Madyopuro Jl. Danau Panial III, Madyopuro di - <u>Tempat</u>	
Bersama ini kami mohon bantuan demi terlaksananya kegiatan Studi Pendahuluan untuk bahan penyusunan Proposal Skripsi bagi Mahasiswa Sarjana Terapan Keperawatan Malang Jurusan Keperawatan Poltekkes Kemenkes Malang di wilayah kerja Posyandu RW. 10 Kelurahan Madyopuro .	
Adapun mahasiswa yang akan melaksanakan Studi Pendahuluan adalah: Nama : Monicka Patrisia Tilana NIM/Semester : P17211217154 / VII Asal Program Studi : Sarjana Terapan Keperawatan Malang Judul Skripsi : Hubungan Tingkat Pengetahuan Hipertensi dengan Self-Management pada Lansia Hipertensi di Posyandu RW. 10 Kelurahan Madyopuro No. HP : 085156521036	
Demikian atas perhatian dan kerjasamanya disampaikan terima kasih.	
Ketua Jurusan Keperawatan Poltekkes Kemenkes Malang,	
	
Dr. Erlina Suci Astuti, S.Kep, Ns, M.Kep	
Kementerian Kesehatan tidak menerima suap dan/atau gratifikasi dalam bentuk apapun. Jika terdapat potensi suap atau gratifikasi silahkan laporkan melalui HALO KEMENKES 1500567 dan https://wbs.kemkes.go.id . Untuk verifikasi keaslian tanda tangan elektronik, silahkan unggah dokumen pada laman https://tts.kominfo.go.id/verifyPDF .	
	

Attachment 8 Data Collection Permit Letter



Kementerian Kesehatan
Direktorat Jenderal
Sumber Daya Manusia Kesehatan
 Politeknik Kesehatan Malang
 Jalan Besar Ijen 77C
 Malang, Jawa Timur 65112
 t 0341 565075
 https://poltekkes-malang.ac.id

Nomor : PP.06.02/F.XIII/2548/2025 23 Mei 2025
 Hal : Permohonan Ijin Pengambilan Data untuk Penyusunan Skripsi Mahasiswa
 Jurusan Keperawatan Poltekkes Kemenkes Malang

Kepada Yth:
 Ketua Posyandu RW. 10 Kelurahan Madyopuro
 Jl. Danau Panjai III, Madyopuro, Kec. Kedungkandang
 di -

Tempat

Bersama ini kami mohon bantuan demi terlaksananya kegiatan Pengambilan Data untuk bahan penyusunan Skripsi bagi Mahasiswa Jurusan Keperawatan Poltekkes Kemenkes Malang di wilayah kerja Posyandu RW. 10 Kelurahan Madyopuro. Pengambilan data yang dimaksud akan dilaksanakan mulai tanggal 27 Mei 2025.

Adapun mahasiswa yang akan melaksanakan Pengambilan Data adalah:

Nama : Monicha Patrisia Tilana
 NIM/Semester : P17211217154 / VIII
 Asal Program Studi : Sarjana Terapan Keperawatan Malang
 Judul Skripsi : Hubungan Tingkat Pengetahuan Hipertensi dengan Self Management Pada Lansia Hipertensi di Posyandu RW. 10 Kelurahan Madyopuro
 No. HP : 085156521036

Demikian atas perhatian dan kerjasamanya disampaikan terima kasih.

a.n. Direktur
 Ketua Jurusan Keperawatan Poltekkes Kemenkes
 Malang,





Dr. Erlina Suci Astuti, S.Kep, Ns, M.Kep
 NIP. 197608102002122001


Kementerian Kesehatan tidak menerima suap dan/atau gratifikasi dalam bentuk apapun. Jika terdapat potensi suap atau gratifikasi silahkan laporkan melalui HALO KEMENKES 1500567 dan <https://wbs.kemkes.go.id>. Untuk verifikasi keaslian tanda tangan elektronik, silahkan unggah dokumen pada laman <https://tte.kominfo.go.id/verifyPDF>.



Attachment 9 Reply Letter from Madyopuro Sub-District Office

	<p>PEMERINTAH KOTA MALANG KECAMATAN KEDUNGKANDANG KELURAHAN MADYOPURO Jl. Raya Madyopuro No. 40 Telp. (0341) 711538 Malang KODE POS 65138</p>
<p><u>SURAT KETERANGAN</u> Nomor : 474/36/35.73.03.1009/2025</p>	
<p>Yang bertandatangan dibawah ini :</p>	
a. Nama	: FREDY JOHARI ANDIANSYAH, S.Ap
b. Jabatan	: LURAH
<p>Menindaklanjuti surat Nomor : PP.06.02/F.XIII/3342/2025 perihal Permohonan Ijin Pengambilan Data untuk Penyusunan Skripsi Mahasiswa Jurusan Keperawatan Poltekkes Kemenkes Malang. Dengan memberikan izin penelitian di Posyandu RW 10 Kelurahan Madyopuro kepada :</p>	
Nama	: MONICA PATRISIA TILANA
NIM / Semester	: P17211217154/VIII
Program Studi	: Sarjana Terapan Keperawatan Malang
Judul Skripsi	: Hubungan Tingkat Pengetahuan Hipertensi dengan Self Management Pada Lansia Hipertensi di Posyandu RW.10 Kelurahan Madyopuro
No.Hp	: 0851 5652 1036
Waktu Pelaksanaan	: 27 Mei 2025
<p>Demikian atas perhatian dan kerjasama disampaikan terima kasih.</p>	
<p>Malang, 13 Juni 2025 LURAH MADYOPURO,</p>	
<p> FREDY JOHARI ANDIANSYAH, S. Ap Penata NIP. 19821109 200112 1 004</p>	

Attachment 10 Ethical Approval



**Kemenkes
Poltekkes Malang**

Kementerian Kesehatan
**Direktorat Jenderal
 Sumber Daya Manusia Kesehatan**
 Politeknik Kesehatan Malang
Komisi Etik Penelitian Kesehatan
 Jalan Besar Ijen Nomor 77 C. Malang
 ☎ (0341) 566075
 ✉ komisetik@poltekkes-malang.ac.id

KETERANGAN LAYAK ETIK
DESCRIPTION OF ETHICAL APPROVAL
"ETHICAL APPROVAL"

No.DP.04.03/F.XXI.30/00610/2025

Protokol penelitian versi 2 yang diusulkan oleh :
The research protocol proposed by

Peneliti utama : Monicka Patrisia Tilana
Principal In Investigator

Nama Institusi : Poltekkes Kemenkes Malang
Name of the Institution


Dengan judul:
Title
"Hubungan Tingkat Pengetahuan Hipertensi dengan Self Management Pada Lansia Hipertensi di Posyandu RW10 Kelurahan Madyopuro"
"Relationship between Hypertension Knowledge Level and Self Management in Hypertensive Elderly at Posyandu RW10 Madyopuro Village"

Dinyatakan layak etik sesuai 7 (tujuh) Standar WHO 2011, yaitu 1) Nilai Sosial, 2) Nilai Ilmiah, 3) Pemerataan Beban dan Manfaat, 4) Risiko, 5) Bujukan/Eksploitasi, 6) Kerahasiaan dan Privacy, dan 7) Persetujuan Setelah Penjelasan, yang merujuk pada Pedoman CIOMS 2016. Hal ini seperti yang ditunjukkan oleh terpenuhinya indikator setiap standar.


Declared to be ethically appropriate in accordance to 7 (seven) WHO 2011 Standards, 1) Social Values, 2) Scientific Values, 3) Equitable Assessment and Benefits, 4) Risks, 5) Persuasion/Exploitation, 6) Confidentiality and Privacy, and 7) Informed Consent, referring to the 2016 CIOMS Guidelines. This is as indicated by the fulfillment of the indicators of each standard.

Pernyataan Laik Etik ini berlaku selama kurun waktu tanggal 19 Juni 2025 sampai dengan tanggal 19 Juni 2026.

This declaration of ethics applies during the period June 19, 2025 until June 19, 2026.




June 19, 2025
 Chairperson,



Dr. Susi Milwati, S.Kp., M.Pd.

Attachment 11 Research Completion Certificate



PEMERINTAH KOTA MALANG
KECAMATAN KEDUNGKANDANG
KELURAHAN MADYOPURO
 Jl. Raya Madyopuro No. 40 Telp. (0341) 711538 Malang
 KODE POS 65138

SURAT KETERANGAN SELESAL PENELITIAN

Nomor : 474/230/35.73.01.1009/2025

Yang bertandatangan dibawah ini :

a. Nama : FREDY JOHARI ANDIANSYAH, S.Ap
 b. Jabatan : LURAH


Menerangkan dengan sebenarnya bahwa :

a. Nama : MONICA PATRISIA TILANA
 b. NIM / Semester : P17211217154/VIII
 c. Fakultas : Keperawatan
 d. Program Studi : Sarjana Terapan Keperawatan Malang
 e. Universitas : POLITEKNIK KESEHATAN KEMENKES MALANG
 f. Judul Penelitian : Hubungan Tingkat Pengetahuan Hipertensi dengan Self Management Pada Lansia Hipertensi di Posyandu RW.10 Kelurahan Madyopuro

Telah melakukan penelitian di Kelurahan Madyopuro Kecamatan Kedungkandang Kota Malang dengan perincian tersebut di atas pada tanggal 27 Mei 2025.

Demikian surat keterangan ini dibuat untuk dipergunakan seperlunya.

Malang, 13 Juni 2025
 LURAH MADYOPURO,



FREDY JOHARI ANDIANSYAH, S. Ap
 Penata
 NIP. 19821109 200112 1 004

Attachment 12 SPSS Results

Gender

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Laki-laki	8	28.6	28.6	28.6
	Perempuan	20	71.4	71.4	100.0
	Total	28	100.0	100.0	

Job

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Pensiunan	10	35.7	35.7	35.7
	Swasta	7	25.0	25.0	60.7
	IRT	11	39.3	39.3	100.0
	Total	28	100.0	100.0	

Last Education

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Tidak Sekolah	1	3.6	3.6	3.6
	SD	3	10.7	10.7	14.3
	SMP	3	10.7	10.7	25.0
	SMA	15	53.6	53.6	78.6
	Diploma	1	3.6	3.6	82.1
	Sarjana	5	17.9	17.9	100.0
	Total	28	100.0	100.0	

Age

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	60-65	21	75.0	75.0	75.0
	66-71	4	14.3	14.3	89.3
	71-75	3	10.7	10.7	100.0
	Total	28	100.0	100.0	

Knowledge Level

	Benar	Salah	Total
P1	20 (71.4%)	8 (28.6%)	28 (100%)
P2	21 (75%)	7 (25%)	28 (100%)
P3	20 (71.4%)	8 (28.6%)	28 (100%)
P4	20 (71.4%)	8 (28.6%)	28 (100%)
P5	19 (67.9%)	9 (32.1%)	28 (100%)
P6	22 (78.6%)	6 (21.4%)	28 (100%)
P7	19 (67.9%)	9 (32.1%)	28 (100%)
P8	18 (64.3%)	10 (35.7%)	28 (100%)
P9	18 (64.3%)	10 (35.7%)	28 (100%)
P10	21 (75%)	7 (25%)	28 (100%)

Self Management

	SL	SR	KK	TP	Total
SM 1	5 (17.9%)	2 (7.1%)	9 (32.1%)	12 (42.9%)	28 (100%)
SM 2	22 (78.6%)	4 (14.3%)	1 (3.6%)	1 (3.6%)	28 (100%)
SM 3	3 (10.7%)	2 (7.1%)	6 (21.4%)	17 (60.7%)	28 (100%)
SM 4	6 (21.4%)	6 (21.5%)	15 (53.6%)	1 (3.6%)	28 (100%)
SM 5	6 (21.5%)	5 (17.19%)	12 (42.9%)	5 (17.9%)	28 (100%)
SM 6	10 (35.7%)	0	6 (21.4%)	12 (42.9%)	28 (100%)
SM 7	5 (17.9%)	4 (14.3%)	10 (35.7%)	9 (32.1%)	28 (100%)
SM 8	7 (25%)	7 (25%)	11 (39.3%)	3 (10.7%)	28 (100%)
SM 9	8 (28.6%)	5 (17.9%)	12 (42.9%)	3 (10.7%)	28 (100%)
SM 10	3 (10.7%)	6 (21.4%)	7 (25%)	12 (42.9%)	28 (100%)

Knowledge Level Categories

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Baik	19	67.9	67.9	67.9
	Buruk	9	32.1	32.1	100.0
	Total	28	100.0	100.0	

Self Management Categories

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Baik	13	46.4	46.4	46.4
	Buruk	15	53.6	53.6	100.0
	Total	28	100.0	100.0	

Relationship between Knowledge Level and Self Management

Correlations

		Skor_Pengetahuan	Skor_SM
Spearman's rho Skor_Pengetahuan	Correlation Coefficient	1.000	.687**
	Sig. (2-tailed)	.	.000
	N	28	28
Skor_SM	Correlation Coefficient	.687**	1.000
	Sig. (2-tailed)	.000	.
	N	28	28









** . Correlation is significant at the 0.01 level (2-tailed).

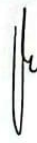









Attachment 13 Guidance Page





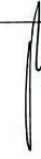





THESIS GUIDANCE PAGE
BACHELOR OF APPLIED NURSING STUDY PROGRAM
NURSING DEPARTEMENT OF POLYTECHNIC OF HEALTH
MALANG

Sudent Name : **Monicka Patrisia Tilana**
 NIM : **P17211217154**
 Supervisor Name : **Joko Wiyono, S.Kp.,M.Kep.,Sp.Kom**
 Thesis Title : **Relationship between Hypertension Knowledge Level and Self Management in Hypertensive Elderly at Posyandu RW 10 Madyopuro Village**

NO	DATE	ADVISOR RECOMMENDATION	SIGNATURE	
			ADVISER	STUDENT
1.	January, 2nd 2025	1. Initial guidance for thesis writing		
2.	January, 4th 2025	1. Submission and consultation of titles 2. Search for related journals		
3.	January, 8th 2025	1. Title consultation: ACC title 2. Continue working on Chapter 1		
4.	January 10th 2025	1. Consultation on Chapter: - Write down problems ranging from knowledge level to self-management. - Previous research data is combined with the scale. 2. Continue with chapters 2 and 3.		

5.	January, 15th 2025	<ol style="list-style-type: none"> 1. Consultation on revisions to Chapter 1: Chapter 1 ACC. 2. Consultation on Chapter 2: <ul style="list-style-type: none"> - Write down the changes in the elderly that affect knowledge. - Knowledge that influences self-management 		
6.	January, 17th 2025	<ol style="list-style-type: none"> 1. Consultation on revisions to Chapter 2: <ul style="list-style-type: none"> - Create a conceptual framework with inputs, processes, and outputs. 2. Consultation on Chapter 3: <ul style="list-style-type: none"> - First, understand univariate and bivariate analysis. - Adjust the population and sample size according to the results of the preliminary study. 		
7.	January, 19th 2025	<ol style="list-style-type: none"> 1. Consultation on revisions to chapters 2 and 3: ACC chapters 2 and 3 2. Complete the proposal to proceed to the proposal seminar 		
8.	January, 21st 2025	<ol style="list-style-type: none"> 1. ACC seminar proposal 		
9.	May, 25th 2025	<ol style="list-style-type: none"> 1. Revision of thesis proposal 2. ACC revision of thesis proposal 		

10.	May, 28th 2025	1. Consultation on Chapter 4: - Only important written interpretations - Tidy up the writing of the discussion - Only include the main tables, put the rest in the attachment. - Continue to chapter 5		
11.	June, 4th 2025	1. Consultation on revisions to Chapter 4: Chapter 4 ACC 2. Consultation chapter 5 - The conclusion should address the objectives. - Suggestions are taken from what has been discussed.		
12.	June, 10th 2025	1. Revised Consul Chapter 4 and 5: Write a Conclusion based on the results 2. Complete the Attachment		
13.	June, 16th 2025	Seminar results		



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Attachement 14 Documentation

