

TABLE OF CONTENTS

FOREWORD	i
ORIGINALITY STATEMENT PAGE.....	iii
STATEMENT OF CONSENT PAGE FOR PUBLICATION	iv
MOTTO DAN DEDICATION.....	v
ABSTRAK	vi
ABSTRACT.....	vii
TABLE OF CONTENTS	viii
LIST OF TABLES.....	xi
LIST OF FIGURES.....	xiii
ATTACHMENT	xiv
CHAPTER I INTRODUCTION	1
1.1 Background	1
1.2 Problem Formulation.....	9
1.3 Research Objectives	9
1.4 Research Benefits	10
CHAPTER II LITERATURE REVIEW	12
2.1 Basic Concepts Of Hypertension.....	12
2.1.1 Definition Of Hypertension	12
2.1.2 Risk Factors For Hypertension	13
2.1.3 Diagnostic/Clinical Tests For Hypertension	21
2.1.4 Classification Of Hypertension.....	24
2.1.5 Signs And Symptoms Of Hypertension.....	28
2.1.6 Pathophysiology Of Hypertension.....	29
2.1.7 Complications Of Hypertension	30
2.1.8 Management Of Hypertension.....	33
2.2 Basic Concepts Of The Dietary Approaches To Stop Hypertension (DASH) Diet	37
2.2.1 Definition Of DASH Diet.....	37
2.2.2 DASH Diet Principles.....	39
2.2.3 DASH Diet Requirements	41
2.2.4 Composition Of Food In The DASH Diet (Serving).....	43

2.2.5 Food Arrangement In DASH Diet	46
2.2.6 DASH Diet Assistance	48
2.3 Basic Concepts Of The Elderly	50
2.3.1 Definition Of The Elderly	50
2.3.2 Aging Process	51
2.3.3 Factors Affecting The Aging Process	55
2.3.4 Changes That Occur In The Elderly	56
2.3.5 Health Problems In The Elderly	61
2.4 Difference In Blood Pressure Before And After Implementing DASH Diet In Elderly People With Hypertension	62
2.5 Conceptual Framework	65
2.6 Research Hypothesis	66
CHAPTER III RESEARCH METHODS	67
3.1 Research Design	67
3.2 Population, Sample And Sampling	69
3.2.1 Population	69
3.2.2 Sample	69
3.2.3 Sampling Techniques	70
3.2.4 Inclusion Criteria	70
3.2.5 Exclusion Criteria	71
3.3 Framework	72
3.4 Research Variables	73
3.4.1 Independent Variable	73
3.4.2 Dependent Variable	74
3.5 Operational Definition	75
3.6 Location And Time Of Research	77
3.6.1 Research Location	77
3.6.2 Research Time	77
3.7 Data Collection Method	77
3.8 Research Instruments	79
3.9 Steps Of The Research	81
3.10 Data Processing Techniques	83
3.11 Data Analysis	85
3.11.1 Univariate Analysis	85

3.11.2 Bivariate Analysis	86
3.12 Data Presentation.....	87
3.13 Research Ethics	87
3.13.1 Basic Principles And Ethical Guidelines Of Research	88
3.13.2 Health Research Ethics	89
CHAPTER IV RESULTS AND DISCUSSION	90
4.1 Research Results.....	90
4.1.1 General Description Of The Research Location.....	90
4.1.2 Respondent Characteristics.....	92
4.1.3 Implementation Of The DASH Diet.....	95
4.1.4 Results Of Respondents Blood Pressure Measurement.....	98
4.2 Discussion	103
4.2.1 Blood Pressure Before Intervention.....	103
4.2.2 Implementation Of The DASH Diet.....	108
4.2.3 Blood Pressure After Intervention	113
4.2.4 Analysis Of Blood Pressure Differences Before And After The DASH Diet Implementation Intervention.....	116
4.2.5 Analysis Of Blood Pressure Differences After Intervention In The Treatment group And Control Group.....	118
4.3 Research Limitations	121
CHAPTER V CONCLUSION AND SUGGESTIONS	123
5.1 Conclusion.....	123
5.2 Suggestions.....	124
BIBLIOGRAPHY	128
ATTACHMENT	137
BIODATA	177

LIST OF TABLES

Table 2. 1 Classification Of Hypertension From JNC 7	26
Table 2. 2 Classification Of Hypertension From ACC/AHA.....	27
Table 2. 3 Classification Of Hypertension From WHO	28
Table 2. 4 Blood Pressure Thresholds For Initiation Of Medication	37
Table 2. 5 Composition Of Foods In The DASH Diet	43
Table 2. 6 Food Arrangement In DASH Diet.....	46
Table 3. 7 Non-equivalent Control Group Design Scheme.....	68
Table 3. 8 Operational Definition Of The Application Of The DASH Diet On Blood Pressure Changes In Elderly	75
Table 4. 9 Distribution Of Respondents Based On Age In Elderly People With Hypertension In RT 03 RW 01 Sekarpuro Village Pakis District Malang Regency In May 2025	92
Table 4. 10 Distribution Of Respondents Based On Gender In Elderly People With Hypertension In RT 03 RW 01 Sekarpuro Village Pakis District Malang Regency In May 2025	93
Table 4. 11 Distribution Of Respondents Based On Education Level In Elderly People With Hypertension In RT 03 RW 01 Sekarpuro Village Pakis District Malang Regency In May 2025	93
Table 4. 12 Distribution Of Respondents Based On Occupation Level In Elderly People With Hypertension In RT 03 RW 01 Sekarpuro Village Pakis District Malang Regency In May 2025	94
Table 4. 13 Distribution Of Respondents Based On History Of Hypertension In Elderly People With Hypertension In RT 03 RW 01 Sekarpuro Village Pakis District Malang Regency In May 2025	95
Table 4. 14 Overall Distribution Of DASH Diet Composition Intake Assessment In The Treatment Group Of Elderly People With Hypertension In RT 03 RW 01 Sekarpuro Village Pakis District Malang Regency In May 2025	97
Table 4. 15 Distribution Of Blood Pressure Change Ratio In The Control Group In RT 03 RW 01 Sekarpuro Village Pakis District Malang Regency In May 2025 ..	98
Table 4. 16 Distribution Of Blood Pressure Change Ratio In The Treatment Group After Intervention In RT 03 RW 01 Sekarpuro Village Pakis District Malang Regency In May 2025	98
Table 4. 17 Results Of Paired Sample T-Test Analysis Of Differences In Blood Pressure Before And After Intervention In The Control Group Of Elderly People With Hypertension In RT 03 RW 01 Sekarpuro Village Pakis District Malang Regency In May 2025	101
Table 4. 18 Results Of Paired Sample T-Test Analysis Of Differences In Blood Pressure Before And After Intervention In The Treatment Group Of Elderly People With Hypertension In RT 03 RW 01 Sekarpuro Village Pakis District Malang Regency In May 2025	102
Table 4. 19 Results Of The Mann-Whitney Test Analysis Of Differences In Blood Pressure After The DASH Diet Intervention In The Control And Treatment Groups	

Of Elderly People With Hypertension In RT 03 RW 01 Sekarpuro Village Pakis
District Malang Regency In May 2025 103

LIST OF FIGURES

Figure 1 Conceptual Framework Of The Difference In Blood Pressure Before And After Implementing Dietary Approaches To Stop Hypertension (DASH) Diet In Elderly People With Hypertension In RT 03 RW 01 Sekarpuro Village Pakis District Malang Regency.....	66
Figure 3. 2 Research Framework	73

ATTACHMENT

Attachment 1 Plan Of Action (POA)	137
Attachment 2 Research Permit Letter	138
Attachment 3 Research Permit Reply Letter From Research Site	139
Attachment 4 Statement Of Completion Of Research Letter.....	140
Attachment 5 Ethical Compliance Letter	141
Attachment 6 Explanation Sheet Before Respondent Approval	142
Attachment 7 Informed Consent Form	144
Attachment 8 Thesis Guidance Page.....	145
Attachment 9 Respondent Characteristic Data Questionnaire Sheet	153
Attachment 10 24 Hour Food Recall Observation Sheet.....	155
Attachment 11 Mentoring Monitoring Form	156
Attachment 12 Blood Pressure Measurement Results	158
Attachment 13 Food Recall Observation Results	160
Attachment 14 DASH Diet Guidelines	164
Attachment 15 DASH Diet Leaflet.....	169
Attachment 16 General Group Data.....	170
Attachment 17 Blood Pressure Difference Statistical Results	172
Attachment 18 Distribution Of Respondents Diet Composition Intake Assessment Based On Food Recall.....	174
Attachment 19 Documentation Of Activities.....	175