

ATTACHMENT

Attachment 1 Plan Of Action (POA)

No	Activities	2024								2025																									
		November				December				January				February				March				April				May				June				July	
		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				
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 Research Permit Letter



Kementerian Kesehatan
Direktorat Jenderal
Sumber Daya Manusia Kesehatan
Politeknik Kesehatan Malang
Jalan Besar Ijen 77C
Malang, Jawa Timur 65112
(0341) 566075
<https://poltekkes-malang.ac.id>

Nomor : PP.06.02/F.XIII/2553/2025 23 Mei 2025
Perihal : Permohonan Ijin Pengambilan Data untuk Penyusunan Skripsi Mahasiswa
Jurusan Keperawatan Poltekkes Kemenkes Malang

Kepada Yth:
Kepala Desa Sekarpuro, Kec. Pakis
Jl. Raya Sekarpuro No.44, Ngadipuro Lor, Sekarpuro, Kec. Pakis, Kabupaten Malang
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 Desa Sekarpuro, Kec. Pakis. Pengambilan data yang dimaksud akan dilaksanakan mulai tanggal 05 - 19 Mei 2025.

Adapun mahasiswa yang akan melaksanakan Pengambilan Data adalah:

Nama : Pramitha Yudha Nurul Hidayah
NIM/Semester : P17211217152 / VIII
Asal Program Studi : Sarjana Terapan Keperawatan Malang
Judul Skripsi : Pengaruh Penerapan Diet *Dietary Approaches To Stop Hypertension* (DASH) Terhadap Perubahan Tekanan Darah Pada Lansia Hipertensi di RT. 03 RW. 01 Kelurahan Sekarpuro Kecamatan Pakis Kabupaten Malang
No. HP : 085646087608

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://tts.kominfo.go.id/verifyPDF>.



Dokumen ini telah diandatangani secara elektronik menggunakan sertifikat elektronik yang diterbitkan oleh Balai Besar Sertifikasi Elektronik (BS/E), Badan Siber dan Sandi Negara

Attachment 3 Research Permit Reply Letter From Research Site



**PEMERINTAH KABUPATEN MALANG
KECAMATAN PAKIS
DESA SEKARPURO**

Jalan Raya Sekarpuro No.44 Kode Pos - 65154
Email : sekarpurocity@gmail.com - Website : www.sekarpuro.desa.id

SURAT KETERANGAN
Nomor : 41 /35.07.18.2009/2025

Yang bertanda tangan dibawah ini :

a. Nama : SULIRMANTO, S.M
b. Jabatan : Kepala Desa

Menindaklanjuti surat Nomor PP.06.02/F.XII/2553/ 20025 perihal Permohonan Ijin Pengambilan Data untuk Penyusunan Skripsi Mahasiswa Jurusan Keperawatan Poltekkes Kemenkes Malang. Dengan ini memberikan izin penelitian di JL. Locari RT. 03 RW 01, Desa sekarpuro kecamatan pakis kepada :

Nama : PARAMITHA YUDHA NURUL HIDAYAH
NIM / Semester : P17211217152
Program Studi : Sarjana Terapan Keperawatan Malang
Judul Skripsi : Pengaruh Penerapan Diet *Dietary Approaches To Stop Hypertension (DASH)* Terhadap Tekanan Darah Pada Lansia Hipertensi di RT 03 RW 01 Desa Sekarpuro Kecamatan Pakis Kabupaten Malang
No HP : 085646087608
Waktu Pelaksanaan : 05 - 19 Mei 2025

Demikian atas perhatian dan kerjasama disampaikan terimakasih.

Malang, 23 MEI 2025

SULIRMANTO, S.M.

Attachment 4 Statement Of Completion Of Research Letter

 **PEMERINTAH KABUPATEN MALANG**
KECAMATAN PAKIS
DESA SEKARPURO
Jalan Raya Sekarpuro No.44 Telp. 0341 - 3022518
Email : desasekarpuro@gmail.com - Website : www.sekarpuro.desa.id
Kode Pos - 65154

SURAT KETERANGAN SELESAI PENELITIAN
Nomor : 070/ ~~339~~ /35.07.18.2009/2025

Yang bertanda tangan di bawah ini:

a. Nama : ERFAN DARMAWAN
b. Jabatan : Sekretaris Desa

Menerangkan dengan sebenarnya bahwa :

a. Nama : PRAMITHA YUDHA NURUL HIDAYAH
b. NIM/NPM : P17211217152
c. Fakultas : Keperawatan
d. Program Studi : Sarjana Terapan Keperawatan
e. Universitas : Politeknik Kesehatan Kemenkes Malang
f. Judul Penelitian : Pengaruh Penerapan Diet *Dietary Approaches To Stop Hypertension (DASH)* Terhadap Tekanan Darah Pada Lansia Hipertensi di RT 03 RW 01 Desa Sekarpuro Kecamatan Pakis Kabupaten Malang

Telah melakukan penelitian di Desa Sekarpuro Kecamatan Pakis Kabupaten Malang dengan perincian tersebut di atas pada tanggal 05 - 19 Mei 2025.

Demikian surat keterangan ini dibuat untuk dipergunakan seperlunya.

Malang, 27 Mei 2025
a.n KEPALA DESA
Sekretaris Desa


ERFAN DARMAWAN

Attachment 5 Ethical Compliance Letter



Kementerian Kesehatan

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

KETERANGAN LAYAK ETIK
DESCRIPTION OF ETHICAL APPROVAL
"ETHICAL APPROVAL"

No.DP.04.03/F.XXI.30/00486/2025

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

Peneliti utama : Pramitha Yudha Nurul Hidayah
Principal In Investigator

Nama Institusi : Poltekkes Kemenkes Malang
Name of the Institution

Dengan judul:
Title

"PENGARUH PENERAPAN DIET DIETARY APPROACHES TO STOP HYPERTENSION (DASH) TERHADAP PERUBAHAN TEKANAN DARAH PADA LANSIA HIPERTENSI DI RT 03 RW 01 KELURAHAN SEKARPURO KECAMATAN PAKIS KABUPATEN MALANG"

"THE IMPACT OF THE DIETARY APPROACHES TO STOP HYPERTENSION (DASH) DIET ON BLOOD PRESSURE CHANGES IN ELDERLY PEOPLE WITH HYPERTENSION IN RT 03 RW 01 SEKARPURO VILLAGE PAKIS DISTRICT MALANG REGENCY"

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 17 Juni 2025 sampai dengan tanggal 17 Juni 2026.

This declaration of ethics applies during the period June 17, 2025 until June 17, 2026.



June 17, 2025
Chairperson,



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

EXPLANATION SHEET BEFORE RESPONDENT APPROVAL

Research Title : 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.

Brief Description of the Research : My name is Pramitha Yudha Nurul Hidayah, a student of the Malang Nursing Applied Bachelor Study Program, Health Polytechnic, Ministry of Health, Malang, will conduct a research to compile a final assignment or thesis with the title "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". This study aims to determine 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 in 2025.

Treatment : Researchers will ask for consent from respondents containing respondent characteristic data including name (initials only), age, gender, occupation, last education, history of hypertension and observations regarding changes in blood pressure.

Benefits : The benefits obtained by respondents after participating in this study are that they can increase public knowledge about the importance of a healthy diet in preventing and managing hypertension, as well as encouraging changes in a healthier lifestyle.

Confidentiality : All data related to this study will be kept confidential. The data obtained is only known to researchers and respondents. The data obtained will be presented in the study while maintaining the confidentiality of identity and is only

intended for the development of geriatric nursing science and will not be used for other purposes.

Right to Withdraw : Respondents participation in this study is voluntary. Respondents have the right to withdraw at any time, without causing consequences that may harm the respondents.

***If there are things that require explanation, you can contact the researcher :**

Researcher Name : Pramitha Yudha Nurul Hidayah

Phone No./Mobile : 085646087608

Institution of Origin : Health Polytechnic Ministry of Health Malang

Attachment 7 Informed Consent Form

LEMBAR PERSETUJUAN
Informed Consent (Surat Persetujuan Setelah Penjelasan)

Saya yang bertanda tangan dibawah ini:

Nama (inisial) : Ny. L
Umur : 67 tahun
Jenis Kelamin : (L) (P)
Alamat : Jl. Locari, Sekarpuro
Pekerjaan : Tidak bekerja
Pendidikan Terakhir : SD

Setelah mendapat keterangan dari penelitian yang berjudul "Pengaruh Penerapan Diet DASH Terhadap Perubahan Tekanan Darah Pada Lansia Hipertensi Di RT 03 RW 01 Kelurahan Sekarpuro Kecamatan Pakis Kabupaten Malang" maka dengan ini saya menyatakan

BERSEDIA / ~~TIDAK BERSEDIA~~*

Diikut sertakan dalam penelitian dengan catatan apabila sewaktu-waktu merasa dirugikan dalam hal apapun berhak membatalkan persetujuan ini. Saya percaya informasi yang saya berikan akan dijamin kerahasiaannya.


Malang, 05 Mei 2025

Peneliti

Responden



Pramitha Yudha Nurul Hidayah
NIM P17211217152

(..... )

Keterangan: *coret yang tidak perlu

Attachment 8 Thesis Guidance Page

**THESIS PROPOSAL GUIDANCE PAGE
BACHELOR OF APPLIED NURSING STUDY PROGRAM
NURSING DEPARTMENT OF POLYTECHNIC OF HEALTH MALANG**

Student Name : Pramitha Yudha Nurul Hidayah
 Student ID : P17211217152
 Advisor Name : Imam Subekti, S.Kp., M.Kep., Sp.Kom
 Thesis title : 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

NO	DATE	ADVISOR RECOMMENDATION	SIGNATURE	
			ADVISOR	STUDENT
1.	2 January 2025	Initial introduction to the thesis and steps in compiling the thesis Submission of thesis title Revision of thesis title		
2.	3 January 2025	Explanation and suggestions regarding the thesis title to be used Approve the thesis title Continue compiling chapter I		
3.	7 January 2025	Consultation/guidance Chapter I: Replacing literature sources in chapter I to a maximum of the last 5 years Adding more specific explanations related to novelty in the research to be conducted Replacing points on specific objectives in chapter I Replacing specific benefits for health workers and for further researchers		
4.	8 January 2025	Acc Chapter I Continue compiling chapter II		
5.	13 January 2025	Consultation/guidance Chapter II: Adding 1 last sub-chapter Replacing symbols in table captions with numbers, and including them after the sentence Trimming the contents of sub-chapters on the basic concept of the elderly		
6.	14 January 2025	Acc Chapter II Continue compiling chapter III		
7.8	16 January 2025	Consultation/guidance Chapter III: Remove excessive explanations Add an explanation of what treatment/treatment will be used in the research to be conducted If the hypertension population at the research site is known, state the number Change the inclusion and exclusion criteria to be more specific Add a more specific explanation in the operational definition Prioritize the data collection method sub-chapter before the research instrument Add a new sub-chapter, namely research steps Replace the univariate analysis used in the research to be conducted		
8.	17 January 2025	Acc Chapter III Continue to register for the thesis proposal defense exam		





 Head of the Applied Bachelor's Nursing Study Program
 Dr. Arief Bachtiar, S.Kep., Ns., M.Kep
 Employee ID. 197407281998031002

Malang, 2nd July 2025
 Advisor,

 Imam Subekti, S.Kp., M.Kep., Sp.Kom
 Employee ID. 196512051989121001

THESIS PROPOSAL EXAM REVISION PAGE
BACHELOR OF APPLIED NURSING STUDY PROGRAM
NURSING DEPARTMENT OF POLYTECHNIC OF HEALTH MALANG

Student Name : Pramitha Yudha Nurul Hidayah
 Student ID : P17211217152
 Examiner Name : Dr. Arief Bachtiar, S.Kep., Ns., M.Kep
 Examiner : Chief Examiner
 Thesis title : 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
 Exam Date : 06th February 2025






NO	CHAPTER/ PAGE	EXAMINER REVISION DETAILS	NOTE	SIGNATURE
1.	Chapter I	Revise or delete the third point on the specific objectives in chapter 1 "Analyze the effects of implementing the DASH diet"	Revised	
2.	Chapter II	Describe in detail the increased intake of minerals (potassium, calcium and magnesium) in the body in relation to changes in blood pressure in the conceptual framework	Revised	
3.	Chapter III	Revise the contents of the data instrument. SOP is not an instrument because SOP is only a guide to carry out treatment	Revised	


 July 2025
 Head of the Applied Bachelor's
 Nursing Study Program

 Dr. Arief Bachtiar, S.Kep., Ns., M.Kep
 Employee ID: 197407281998031002

**THESIS PROPOSAL EXAM REVISION PAGE
BACHELOR OF APPLIED NURSING STUDY PROGRAM
NURSING DEPARTMENT OF POLYTECHNIC OF HEALTH MALANG**

Student Name : Pramitha Yudha Nurul Hidayah
 Student ID : P17211217152
 Examiner Name : Joko Wiyono, S.Kp., M.Kep., Sp.Kom
 Examiner : 1st Examiner
 Thesis title : 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
 Exam Date : 06th February 2025

NO	CHAPTER/ PAGE	EXAMINER REVISION DETAILS	NOTE	SIGNATURE
1.	Chapter I	Revise chapter 1 using the PSCS method (problem-scale-chronology-solution)	Revised	
2.	Chapter II	Added a subsection in chapter 2 that addresses DASH diet support	Revised	
3.	Chapter III	Revised operational definition. Operational definition added information on dietary assistance once every three days for 2 weeks	Revised	
4.	Attachment	Revise the title section of the mentoring observation sheet to become a mentoring monitoring form	Revised	
5.	Attachment	Revised the explanation sheet section in the attachment so that it does not require a description of potential hazards	Revised	


Malang, 2nd July 2025
 Head of the Applied Bachelor's
 Nursing Study Program



Dr. Arief Bachtiar, S.Kep., Ns., M.Kep
 Employee ID: 197407281998031002

THESIS PROPOSAL EXAM REVISION PAGE
BACHELOR OF APPLIED NURSING STUDY PROGRAM
NURSING DEPARTMENT OF POLYTECHNIC OF HEALTH MALANG

Student Name : Pramitha Yudha Nurul Hidayah
 Student ID : P17211217152
 Examiner Name : Imam Subekti, S.Kp., M.Kep., Sp.Kom
 Examiner : 2nd Examiner
 Thesis title : 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
 Exam Date : 06th February 2025

NO	CHAPTER/ PAGE	EXAMINER REVISION DETAILS	NOTE	SIGNATURE
1.	Attachment	Revised food recall form in the attachment. Added one more column for cooking method (fried, steamed, boiled, baked, raw)	Revised	









Malang, 2nd July 2025
 Head of the Applied Bachelor's
 Nursing Study Program



Dr. Arief Bachar, S.Kep., Ns., M.Kep
 Employee ID: 197407281998031002


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

Student Name : Pramitha Yudha Nurul Hidayah
 Student ID : P17211217152
 Advisor Name : Imam Subekti, S.Kp., M.Kep., Sp.Kom
 Thesis title : 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

NO	DATE	ADVISOR RECOMMENDATION	SIGNATURE	
			ADVISOR	STUDENT
1.	28 May 2025	Consultation/guidance Chapter IV: - Revise and readjust the thesis title - Explain further the general description of the research location - Explain further the results of the implementation of the intervention - Add analysis tables as needed for each sub-chapter		
2.	31 May 2025	Consultation/guidance Chapter IV: - Adjustment and completion of table names and their explanations - Explaining the discussion section in more detail		
3.	10 June 2025	Consultation/guidance Chapter IV: - Replacing and adjusting previous research results Consultation/guidance Chapter V: - Adjusting conclusions with objectives, results and discussion - Adding suggestions for clients, health services, educational institutions and further research		
4.	12 June 2025	Ace Chapter IV and V - Complete the abstract and attachments - Continue to register for the thesis results defense exam		




Know,
 Head of the Applied Bachelor's Nursing Study Program,

 Dr. Arief Bachtiar, S.Kep., Ns., M.Kep
 Employee ID. 197407281998031002

Malang, 2nd July 2025
 Advisor,

 Imam Subekti, S.Kp., M.Kep., Sp.Kom
 Employee ID. 196512051989121001

THESIS EXAM REVISION PAGE
BACHELOR OF APPLIED NURSING STUDY PROGRAM
NURSING DEPARTMENT OF POLYTECHNIC OF HEALTH MALANG

Student Name : Pramitha Yudha Nurul Hidayah
 Student ID : P17211217152
 Examiner Name : Dr. Arief Bachtiar, S.Kep., Ns., M.Kep
 Examiner : Chief Examiner
 Thesis title : 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
 Exam Date : 24th June 2025

NO	CHAPTER/PAGE	EXAMINER REVISION DETAILS	NOTE	SIGNATURE
1.	Results	Adjust the blood pressure change distribution table according to the operational definition	Revised	
2.	Discussion	Add in limitations regarding the risks of using food recalls	Revised	
3.	Discussion	Add in the limitations if the researcher does not pay attention to 3 things in the characteristics of the respondents (smoking, medicine consumption, caffeine consumption)	Revised	



Malang, 2nd July 2025
 Head of the Applied Bachelor's
 Nursing Study Program



Dr. Arief Bachtiar, S.Kep., Ns., M.Kep
 Employee ID. 197407281998031002

THESIS EXAM REVISION PAGE
BACHELOR OF APPLIED NURSING STUDY PROGRAM
NURSING DEPARTMENT OF POLYTECHNIC OF HEALTH MALANG

Student Name : Pramitha Yudha Nurul Hidayah
 Student ID : P17211217152
 Examiner Name : Joko Wiyono, S.Kp., M.Kep., Sp.Kom
 Examiner : 1st Examiner
 Thesis title : 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
 Exam Date : 24th June 2025

NO	CHAPTER/ PAGE	EXAMINER REVISION DETAILS	NOTE	SIGNATURE
1.	Discussion	Add to the limitations that researchers did not consider other factors that influence hypertension such as smoking, caffeine consumption, medicine consumption, physical activity, and rest/sleep	Revised	
2.	Discussion	Add to the discussion the process of how the DASH diet can affect changes in blood pressure	Revised	





Malang, 2nd July 2025
 Head of the Applied Bachelor's
 Nursing Study Program



Dr. Arief Bachtiar, S.Kep., Ns., M.Kep
 Employee ID: 197407281998031002

THESIS EXAM REVISION PAGE
BACHELOR OF APPLIED NURSING STUDY PROGRAM
NURSING DEPARTMENT OF POLYTECHNIC OF HEALTH MALANG

Student Name : Pramitha Yudha Nurul Hidayah
 Student ID : P17211217152
 Examiner Name : Imam Subekti, S.Kp., M.Kep., Sp.Kom
 Examiner : 2nd Examiner
 Thesis title : 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
 Exam Date : 24th June 2025

NO	CHAPTER/PAGE	EXAMINER REVISION DETAILS	NOTE	SIGNATURE
1.	Discussion	Add in the limitations if the researcher does not pay attention to 3 things in the characteristics of the respondents (smoking, medicine consumption, caffeine consumption)	Revised	
2.	Discussion	Add to the limitations regarding education through leaflets and lectures which are less effective, so that it can be a suggestion for further research	Revised	
3.	Discussion	Add to the discussion of the implementation of the DASH diet about why there are more respondents in the sufficient category than those in the good category. and add about the reasons why respondents did not consume milk and dairy products during the intervention	Revised	
4.	Suggestions	Add suggestions related to research limitations	Revised	

Malang, 2nd July 2025
 Head of the Applied Bachelor's
 Nursing Study Program


 Dr. Arief Bachtiar, S.Kep., Ns., M.Kep
 Employee ID. 197407281998031002

Attachment 9 Respondent Characteristic Data Questionnaire Sheet

LEMBAR KUESIONER DATA KARAKTERISTIK RESPONDEN

"Pengaruh Penerapan Diet Dietary Approaches To Stop Hypertension (DASH)

Terhadap Perubahan Tekanan Darah Pada Lansia Hipertensi Di RT 03 RW 01

Kelurahan Sekarpuro Kecamatan Pakis Kabupaten Malang"

Peneliti : Pramitha Yudha Nurul Hidayah

I. DATA KARAKTERISTIK RESPONDEN

1. Tanggal wawancara : 05 / 05 / 2025
2. Nama : Ny. L
3. Jenis kelamin : Laki-laki Perempuan
4. Usia : 67 tahun
5. Alamat : Jl. Locati, Sekarpuro
6. No. Telp/HP : -
7. Penanggung jawab : Ta. N
8. Pendidikan terakhir :
 Tidak lulus SD/ sederajat SD/ Sederajat
 SMP/ Sederajat SMA/ Sederajat Perguruan Tinggi
9. Pekerjaan :
 Tidak bekerja Petani Lain-lain.....
 Pensiunan Wiraswasta
 Karyawan swasta Pedagang

II. DATA TEKanan DARAH

Tekanan Darah : 160 / 100 mmHg

Lama menderita : 20 tahun

III. DATA PENDUKUNG

- Kebiasaan merokok : Ya,batang/hari Tidak
- Konsumsi alkohol : Ya, sering/jarang/kadang-kadang*
.....gelas Tidak
- Konsumsi obat/suplemen : Ya, nama obat: Amlopidin...
diminum: 1 x/hari Tidak

Attachment 10 24 Hour Food Recall Observation Sheet

LEMBAR OBSERVASI FOOD RECALL

Kode : 01
 Hari/Tanggal Pengisian : Rabu, 07 Mei 2025
 Nama : N.L.
 Jenis Kelamin : Perempuan
 Usia : 67 tahun
 Alamat : Jl. Ixari, Setarpuro
 Kondisi saat wawancara : (Biasa) Hajatan/Hari Raya/Puasa/Diet/Sakit/Lainnya

Waktu Makan	Nama Masakan	Cara Memasak	Bahan Makanan			Keterangan
			Jenis	Banyaknya		
				URT	Gram	
07.00	Nasi ayam goreng	Kukus goreng goreng	Nasi putih	1 Mangkok	100 gr	130 Kal
			Ayam	1 potong	50 gr	166 Kal
			Kerupuk	2 lembar	20 gr	110 Kal
10.00	Roti panggang dengan meses	Panggang	Roti meses	1 lembar	50 gr	185 Kal
				1 sdm	15 gr	
12.00	Nasi putih dengan gula kambing & sayur bayam	Rebus	Nasi	1 Mangkok	100 gr	130 Kal
			Gula kambing	1 porsi	100 gr	229 Kal
			Sayur bayam	1 Mangkok	100 gr	12 Kal
15.00	Buah pisang	Mentah	Buah pisang	2 potong	30 gr	28 Kal
18.30	Nasi putih dengan ikan bakar & sayur bayam	Kukus Bakar Rebus	Nasi	1 Mangkok	100 gr	130 Kal
			Ikan bakar	1 Potong	100 gr	74 Kal
			Sayur bayam	1 Mangkok	100 gr	12 Kal
						1205 Kal Sodium : 574 mg

Attachment 11 Mentoring Monitoring Form

Ny.L

FORMULIR MONITORING PENDAMPINGAN

Pendampingan ke-1

Hari/tanggal : Rabu, 07 Mei 2025

Tingkat Konsumsi	Kondisi Kesehatan	Keterangan
Masalah: Tidak ada	Masalah: Tidak ada	-
Nasihat: Teruskan pola makan sehat	Nasihat: Monitor asupan garam	-
Tindak lanjut: Jadwalkan evaluasi selanjutnya	Tindak lanjut: Evaluasi setiap minggu	-

Pendampingan ke-2

Hari/tanggal : Sabtu, 10 Mei 2025

Tingkat Konsumsi	Kondisi Kesehatan	Keterangan
Masalah: Sulit menahan untuk idk makan yg berminyak seperti gorengan	Masalah: Tidak ada	-
Nasihat: Mengalihkan makanan yg berminyak dgn makanan yg dibakar / dipanggang	Nasihat: Monitor asupan garam dan minyak	-
Tindak lanjut: Jadwalkan evaluasi selanjutnya	Tindak lanjut: Evaluasi setiap minggu	-

Pendampingan ke-3

Hari/tanggal : Rabu, 14 Mei 2025

Tingkat Konsumsi	Kondisi Kesehatan	Keterangan
Masalah: Tidak ada	Masalah: Tidak ada	-
Nasihat: Teruskan pola makan sehat	Nasihat: Monitor asupan garam dan minyak	-
Tindak lanjut: Jadwalkan evaluasi selanjutnya	Tindak lanjut: Evaluasi setiap minggu	-

Pendampingan ke-4

Hari/tanggal : Sabtu, 17 Mei 2025

Tingkat Konsumsi	Kondisi Kesehatan	Keterangan
Masalah: Tidak ada	Masalah: Tidak ada	-
Nasihat: Teruskan pola makan sehat	Nasihat: Monitor asupan garam dan minyak	-
Tindak lanjut: Jadwalkan kontrol kesehatan secara rutin	Tindak lanjut: Teruskan diet DASH	-

Attachment 12 Blood Pressure Measurement Results

BLOOD PRESSURE MEASUREMENT RESULTS

NO.	NAME	BLOOD PRESSURE VALUE			
		BEFORE		AFTER	
		SYSTOLIC	DIASTOLIC	SYSTOLIC	DIASTOLIC
TREATMENT GROUP					
1.	Mrs. L	160	100	150	90
2.	Mrs. R	150	100	140	90
3.	Mrs. B	180	100	150	90
4.	Mrs. P	180	90	150	90
5.	Mr. T	140	80	120	80
6.	Mrs. S	140	90	120	80
7.	Mrs. J	150	90	130	90
8.	Mrs. Tm	140	90	120	80
9.	Mrs. N	140	90	130	80
10.	Mr. J	170	120	150	90
11.	Mrs. Pi	150	70	140	70
12.	Mrs. K	150	100	130	70
13.	Mrs. Ta	140	90	120	80
14.	Mrs. M	140	90	130	90
15.	Mrs. Y	160	100	150	80
AVERAGE		152,67	93,33	135,33	83,33
CONTROL GROUP					
16.	Mr. N	150	100	150	80
17.	Mr. Sn	140	90	140	80
18.	Mr. M	150	100	160	100
19.	Mrs. Sp	140	90	140	80
20.	Mrs. T	140	80	140	80
21.	Mr. A	140	90	150	90

22.	Mrs. Si	170	100	160	90
23.	Mrs. Sr	140	90	140	90
24.	Mrs. Ty	140	80	150	90
25.	Mr. D	140	90	140	90
26.	Mrs. Rs	160	100	150	90
27.	Mrs. Km	140	90	140	90
28.	Mrs. Nt	140	80	130	90
29.	Mrs. So	140	100	140	100
30.	Mr. Ma	150	90	160	100
AVERAGE		145,33	91,33	146,00	90,00

Attachment 13 Food Recall Observation Results

FOOD RECALL OBSERVATION RESULTS

Wednesday, 07 May 2025

Resp.	DASH diet composition									Note
	Whole grain rice (6-8 portion)	Vegetb (4-5 portion)	Fruits (4-5 portion)	Nuts (4-5 portion)	Animal protein (Max 2 portion)	Fat/oil (2-3 portion)	Sweet foods (Max 5/Week*)	Milk and dairy pr (2-3 portion)	Salt (Max 1.500 mg)	
Mrs. L	4 portion	2 portion	2 portion	-	3 portion	3 portion	1 portion	-	574 mg	
Mrs. R	4 portion	3 portion	1 portion	3 portion	-	3 portion	1 portion	-	70 mg	
Mrs. B	4 portion	-	1 portion	1 portion	2 portion	3 portion	1 portion	-	104 mg	
Mrs. P	4 portion	3 portion	2 portion	3 portion	-	-	1 portion	-	85 mg	
Mr. T	4 portion	1 portion	1 portion	1 portion	2 portion	4 portion	3 portion	-	163 mg	
Mrs. S	4 portion	3 portion	1 portion	3 portion	1 portion	4 portion	1 portion	-	986 mg	
Mrs. J	3 portion	2 portion	1 portion	2 portion	1 portion	5 portion	1 portion	-	127 mg	
Mrs. Tm	3 portion	2 portion	1 portion	3 portion	-	2 portion	3 portion	-	76 mg	
Mrs. N	4 portion	-	1 portion	-	3 portion	3 portion	1 portion	-	114 mg	
Mr. J	4 portion	3 portion	1 portion	-	2 portion	2 portion	2 portion	-	150 mg	
Mrs. Pi	4 portion	3 portion	1 portion	3 portion	1 portion	2 portion	1 portion	-	52 mg	
Mrs. K	3 portion	1 portion	2 portion	1 portion	3 portion	2 portion	-	-	85 mg	
Mrs. Ta	4 portion	3 portion	1 portion	-	1 portion	1 portion	1 portion	-	157 mg	
Mrs. M	4 portion	2 portion	2 portion	-	1 portion	4 portion	1 portion	-	123 mg	
Mrs. Y	3 portion	2 portion	2 portion	1 portion	2 portion	3 portion	2 portion	-	175 mg	

Saturday, 10 May 2025

Resp.	DASH diet composition									
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	Whole grain rice (6-8 portion)	Vegetb (4-5 portion)	Fruits (4-5 portion)	Nuts (4-5 portion)	Animal protein (Max 2 portion)	Fat/oil (2-3 portion)	Sweet foods (Max 5/Week*)	Milk and dairy pr (2-3 portion)	Salt (Max 1.500 mg)	N o t e
Mrs. L	4 portion	2 portion	-	2 portion	1 portion	3 portion	2 portion	-	47 mg	
Mrs. R	4 portion	2 portion	2 portion	3 portion	-	3 portion	1 portion	-	246 mg	
Mrs. B	3 portion	3 portion	1 portion	1 portion	2 portion	3 portion	-	-	78 mg	
Mrs. P	4 portion	3 portion	1 portion	3 portion	-	2 portion	1 portion	-	50 mg	
Mr. T	3 portion	1 portion	2 portion	1 portion	2 portion	3 portion	2 portion	-	97 mg	
Mrs. S	3 portion	1 portion	2 portion	3 portion	2 portion	2 portion	1 portion	-	89 mg	
Mrs. J	4 portion	1 portion	1 portion	1 portion	2 portion	1 portion	1 portion	-	50 mg	
Mrs. Tm	3 portion	4 portion	1 portion	3 portion	-	2 portion	2 portion	-	78 mg	
Mrs. N	3 portion	2 portion	2 portion	2 portion	1 portion	3 portion	-	-	117 mg	
Mr. J	4 portion	2 portion	1 portion	-	3 portion	3 portion	2 portion	-	233 mg	
Mrs. Pi	3 portion	3 portion	1 portion	3 portion	1 portion	3 portion	-	-	945 mg	
Mrs. K	3 portion	3 portion	2 portion	1 portion	1 portion	2 portion	-	-	64 mg	
Mrs. Ta	3 portion	1 portion	2 portion	1 portion	3 portion	2 portion	-	-	85 mg	
Mrs. M	3 portion	2 portion	1 portion	2 portion	1 portion	5 portion	1 portion	-	127 mg	
Mrs. Y	4 portion	1 portion	1 portion	1 portion	2 portion	4 portion	3 portion	-	163 mg	

Wednesday, 14 May 2025

Resp.	DASH diet composition									N o t e
	Whole grain rice (6-8 portion)	Vegetb (4-5 portion)	Fruits (4-5 portion)	Nuts (4-5 portion)	Animal protein (Max 2 portion)	Fat/oil (2-3 portion)	Sweet foods (Max 5/Week*)	Milk and dairy pr (2-3 portion)	Salt (Max 1.500 mg)	
Mrs. L	4 portion	2 portion	-	-	3 portion	3 portion	2 portion	-	197 mg	
Mrs. R	4 portion	2 portion	1 portion	-	3 portion	3 portion	2 portion	-	424 mg	

Mrs. B	3 portion	1 portion	2 portion	3 portion	2 portion	2 portion	-	-	51 mg	
Mrs. P	3 portion	3 portion	2 portion	3 portion	-	2 portion	-	-	10 mg	
Mr. T	3 portion	3 portion	1 portion	3 portion	-	1 portion	2 portion	-	95 mg	
Mrs. S	5 portion	2 portion	1 portion	4 portion	1 portion	3 portion	3 portion	-	453 mg	
Mrs. J	4 portion	3 portion	1 portion	3 portion	-	2 portion	1 portion	-	50 mg	
Mrs. Tm	3 portion	2 portion	2 portion	3 portion	1 portion	3 portion	2 portion	-	64 mg	
Mrs. N	4 portion	3 portion	2 portion	-	1 portion	4 portion	1 portion	-	123 mg	
Mr. J	3 portion	1 portion	2 portion	3 portion	2 portion	2 portion	1 portion	-	102 mg	
Mrs. Pi	4 portion	3 portion	1 portion	2 portion	1 portion	2 portion	1 portion	-	57 mg	
Mrs. K	3 portion	3 portion	1 portion	1 portion	2 portion	3 portion	-	-	78 mg	
Mrs. Ta	3 portion	3 portion	1 portion	2 portion	3 portion	2 portion	1 portion	-	108 mg	
Mrs. M	3 portion	3 portion	2 portion	3 portion	-	2 portion	-	-	69 mg	
Mrs. Y	3 portion	3 portion	2 portion	4 portion	-	1 portion	2 portion	-	124 mg	

Saturday, 17 May 2025

Resp.	DASH diet composition									Note
	Whole grain rice (6-8 portion)	Vegetb (4-5 portion)	Fruits (4-5 portion)	Nuts (4-5 portion)	Animal protein (Max 2 portion)	Fat/oil (2-3 portion)	Sweet foods (Max 5/Week*)	Milk and dairy pr (2-3 portion)	Salt (Max 1.500 mg)	
Mrs. L	3 portion	-	2 portion	2 portion	3 portion	4 portion	-	-	87 mg	
Mrs. R	4 portion	3 portion	1 portion	3 portion	-	2 portion	1 portion	-	78 mg	
Mrs. B	3 portion	1 portion	2 portion	3 portion	2 portion	2 portion	-	-	66 mg	
Mrs. P	3 portion	3 portion	2 portion	2 portion	1 portion	2 portion	-	-	132 mg	
Mr. T	4 portion	3 portion	1 portion	3 portion	-	2 portion	3 portion	-	333 mg	
Mrs. S	3 portion	1 portion	2 portion	3 portion	2 portion	2 portion	1 portion	-	102 mg	
Mrs. J	3 portion	3 portion	2 portion	3 portion	-	2 portion	-	-	69 mg	

Mrs. Tm	3 portion	3 portion	2 portion	1 portion	2 portion	3 portion	2 portion	-	119 mg	
Mrs. N	3 portion	2 portion	2 portion	2 portion	1 portion	2 portion	-	-	46 mg	
Mr. J	3 portion	1 portion	2 portion	3 portion	2 portion	2 portion	1 portion	-	89 mg	
Mrs. Pi	3 portion	3 portion	1 portion	-	1 portion	4 portion	1 portion	-	99 mg	
Mrs. K	5 portion	2 portion	-	-	3 portion	3 portion	2 portion	-	131 mg	
Mrs. Ta	3 portion	3 portion	2 portion	3 portion	2 portion	2 portion	-	-	95 mg	
Mrs. M	3 portion	4 portion	2 portion	-	2 portion	3 portion	-	-	110 mg	
Mrs. Y	4 portion	3 portion	2 portion	1 portion	2 portion	3 portion	3 portion	-	177 mg	

*Recap of sweet food/sugar consumption per week (Max 5 portions/week) based on food recall :

Resp.	Week 1	Week 2
Mrs. L	3 portion	2 portion
Mrs. R	2 portion	3 portion
Mrs. B	1 portion	-
Mrs. P	2 portion	-
Mr. T	5 portion	5 portion
Mrs. S	2 portion	4 portion
Mrs. J	2 portion	1 portion
Mrs. Tm	5 portion	4 portion
Mrs. N	1 portion	1 portion
Mr. J	4 portion	2 portion
Mrs. Pi	1 portion	2 portion
Mrs. K	-	2 portion
Mrs. Ta	1 portion	1 portion
Mrs. M	2 portion	-
Mrs. Y	5 portion	5 portion

Nb : A tool to help calculate the number of calories and sodium in patient food using the Nutrisurvey for Windows application.

DASH DIET GUIDELINES

Definition

A diet high in fiber and low in fat, known as DASH, is a non-pharmacological approach to treating hypertension. The diet is designed to support heart health by limiting saturated fat and cholesterol intake and reducing salt intake. Based on the principles of the DASH diet, the diet is believed to help prevent and treat hypertension.

Indications

- Hypertension sufferers and individuals at risk of hypertension
- Individuals at high risk of heart disease
- Individuals who are obese/overweight

Contraindications

- Allergies to certain foods
- Chronic kidney disease sufferers because it can increase potassium levels in the blood, which causes a faster heartbeat
- Individuals with a history of gastritis/ulcers

Purpose

- Lowering systolic and diastolic blood pressure
- Increasing intake of essential nutrients including potassium, calcium, and magnesium
- Reducing the risk of cardiovascular disease
- Controlling weight
- Reducing intake of cholesterol and bad fats (SAFA)

DASH Diet Principles

- a. Consumption of fruits and vegetables that contain potassium, phytoestrogens and fiber

Foods including bananas, mangoes, and young coconut water that are rich in potassium help increase potassium concentrations in intracellular

fluids. This draws fluid from the extracellular part so that it can stabilize blood pressure, while maintaining the balance of sodium and potassium in the body. Phytoestrogens play a role in preventing symptoms of hot flashes or burning sensations in menopausal women and reducing the risk of certain cancers. Fiber, in addition to helping clean the digestive tract and making it easier to defecate, also affects the absorption of nutrients in the intestines. The following fiber content also provides important benefits in preventing colon cancer.

b. Consumption of low-fat dairy products

Low-fat milk that is rich in calcium is recommended for people with hypertension. Calcium helps regulate the function of hormones and growth factors in body fluids, both extracellular and intracellular. In addition, calcium plays a role in nerve transmission, muscle contraction, blood clotting, and maintaining the permeability of cell membranes. Elderly women are also advised to consume low-fat milk to get additional calcium, protein, vitamins, and minerals.

c. Consume fish, nuts, and poultry in moderation

Protein from fish, nuts, and poultry supports body balance by helping to maintain water levels, forming antibodies, maintaining body neutrality, and transporting important nutrients.

d. Reduce saturated fat (Saturated Fatty Acid/SAFA)

Reducing the consumption of saturated fats including uric acid, palmitic acid, and stearic acid is very important because of its atherogenic properties. The following saturated fats, often found in red meat, lard, coconut oil, chocolate, cheese, cream, and butter, can trigger arteriosclerosis, which is the accumulation of fat in the blood vessels that contributes to increased blood pressure.

e. Limit sugar and salt

Reducing sugar and salt intake can help prevent high blood pressure, edema, and heart disease. A low-salt diet involves reducing sodium from

various sources, including table salt, baking powder, MSG, flavorings, and food preservatives (for example in sauces, soy sauce, jam, and jelly).

- The Indonesian Ministry of Health provides guidelines for a low-salt diet :
 - Light diet : 3.75–7.5 grams of salt per day.
 - Medium diet : 1.25–3.75 grams of salt per day.
 - Strict diet : less than 1.25 grams of salt per day.
- WHO recommends a maximum sodium intake of 2,300 mg per day (about 1 tsp of salt), while the DASH diet is stricter, limiting sodium to 1,500 mg per day.

Food Composition In The DASH Diet

- Fruits : 4-5 Servings Per Day

The DASH diet recommends consuming four to five servings of fruit each day, with one serving equal to one medium-sized fruit. Fruits can be eaten directly or made into juice without added sugar. Bananas are one example of a fruit that is very good for people with hypertension because of their high potassium content, which helps reduce sodium levels in the body and lowers blood pressure.

- Rice And Wheat : 6-8 Servings Per Day

The DASH diet recommends consuming six to eight servings of rice and wheat per day. One serving is equivalent to one slice of bread or 28 grams of dry cereal. Foods made from rice and wheat, including bread, cereal, and pasta, are rich in fiber and nutrients, and low in fat, making them suitable to be part of the daily menu in the DASH diet.

- Vegetables : 4-5 Servings Per Day

The DASH diet recommends consuming four to five servings of vegetables each day, with one serving equal to one cup of raw vegetables or half a cup of cooked vegetables. Vegetables including broccoli, tomatoes, carrots, and sweet potatoes are rich in vitamins, fiber, and minerals that help lower blood pressure. Vegetables can be eaten directly or made into fresh

juice (1 serving of juice = 177 ml). Make sure to store them in the refrigerator to keep them fresh and last longer.

- **Milk And Dairy Products : 2-3 Servings Per Day**

In the DASH diet, it is recommended to consume milk and dairy products as much as two to three servings per day, with one serving equal to one cup of yogurt, 42 grams of cheese, or one glass of milk. The following dairy products are important for providing protein, calcium, and vitamin D. However, make sure to choose products that are fat-free or low in fat.

- **Fish, Chicken, Lean Meat : Maximum 2 Servings Per Day**

From the DASH diet, it is best to consume meat as much as two servings or no more than six ounces per day. Avoid frying meat because it can increase cholesterol levels, it is better to choose lean meat that is boiled or grilled without oil. For seafood choices that help lower cholesterol, fish including salmon or tuna which are rich in omega-3 are the best choices.

- **Fats And Oils : 2-3 Servings Per Day**

The DASH diet encourages the consumption of healthy fats or unsaturated fats, which are known to lower cholesterol and reduce the risk of heart disease. It is recommended to consume two to three servings of unsaturated fats per day. One serving of oil is equivalent to one teaspoon of butter, one tablespoon of mayonnaise, or one teaspoon of vegetable oil.

If eating out, people with hypertension can still follow the DASH diet by choosing a healthy menu including salad or raw vegetables, and drinking fruit juice without added sugar. It is recommended to avoid canned, instant, or fast food, because these foods contain a lot of sodium (salt) which can be harmful to health if consumed excessively.

Food Arrangement In The DASH Diet

Food Arrangement	
Recommended food ingredients	<ul style="list-style-type: none"> • Fresh food: Choose sources of vegetable and animal protein, as well as vegetables and fruits that are rich in fiber. • Minimal salt: Use little or no salt/sodium, MSG, or powdered broth when processing food.

	<ul style="list-style-type: none"> • Animal protein: Consume at least 100 grams of meat, chicken, or fish per day, and one chicken or duck egg every day. • Milk: Drink 200 milliliters of fresh milk per day.
Restricted food ingredients	<ul style="list-style-type: none"> • Table salt: Limit the use of salt in cooking. • Foods high in sodium: Avoid ingredients such as baking soda which contain sodium. • Sugar: Consume sweet foods to a maximum of five servings per week. • Fats and oils: Limit the use of fats and oils to two to three servings per day.
Foods to avoid	<ul style="list-style-type: none"> • Canned foods: Avoid sardines, sausages, corned beef, vegetables, or fruits in cans. • High-sodium foods: Limit consumption of crackers, pastries, crackers, chips, and other foods cooked with excess salt. • Preserved foods: Avoid jerky, shredded meat, salted fish, dried shrimp, salted eggs, and the like. • High-fat dairy products: Limit butter and cheese. • High-risk seasonings: Reduce soy sauce, salt, sauce, tomatoes, shrimp paste, chili sauce, tauco, and the like. • Fermented and alcoholic foods: Avoid durian, tape, and other fermented foods or drinks.

Reference

1. National Heart, Lung, and Blood Institute. (n.d.). DASH Eating Plan. Retrieved from [NHLBI](#).
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3. Siloam Hospitals. (2024). Diet DASH, Pola Makan Sehat untuk Menurunkan Tekanan Darah. <https://www.siloamhospitals.com/informasi-siloam/artikel/apa-itu-diet-dash>.
4. National Institutes of Health. (2006). *Your Guide To Lowering Your Blood Pressure With DASH*.

Attachment 15 DASH Diet Leaflet

Prinsip Diet DASH

1. Konsumsi buah dan sayur yang mengandung kalium, fitosterogen dan serat seperti pisang, mangga, air kelapa muda
2. Low-fat dairy product (menggunakan produk susu rendah lemak), lebih baik mengonsumsi susu mengandung banyak kalsium
3. Konsumsi ikan, kacang dan unggas secukupnya
4. Kurangi Saturates Fatty Acid (SAFA) seperti daging berlemak, daging merah, minyak kelapa, coklat, keju, krim, dan mentega
5. Membatasi gula, garam, dan bahan penyedap lainnya

Rekomendasi Porsi Makanan Dalam Diet DASH

6-8 Takaran taksi belah tangan (tanpa kulit) per hari
4-5 Takaran taksi per hari
4-5 Takaran taksi per hari
2-3 Takaran taksi per hari
4-5 Takaran taksi per hari
2-3 Takaran taksi per hari
6 Takaran taksi per hari
5 Takaran taksi per hari

Apa Itu Hipertensi?

Hipertensi atau yang biasa dikenal dengan darah tinggi adalah suatu keadaan dimana seseorang memiliki tekanan darah 140/90 mmHg atau lebih

Pembagian Hipertensi

Kategori	TDS (mmHg)	TDP (mmHg)
Normal	< 120 dan	< 80
Pra-hipertensi	120 - 139 atau	80 - 89
Hipertensi tingkat 1	140 - 159 atau	90 - 99
Hipertensi tingkat 2	> 160 atau	> 100
Hipertensi sistolik terisolasi	> 140 dan	< 90

Penyebab Hipertensi

- Genetik/ Keturunan
- Merokok
- Konsumsi Alkohol
- Kurang Aktivitas Fisik
- Obesitas/ Kegemukan
- Konsumsi Garam Berlebih
- Stress
- Konsumsi Makanan Berlemak

Ayo Kendalikan Hipertensi Dengan Diet DASH

DASH merupakan bentuk terapi tanpa obat dalam bentuk diet makanan sehari-hari dengan memperbanyak konsumsi sayuran, buah tinggi serat, susu rendah lemak, daging, dan kacang-kacangan pada pasien hipertensi, serta mengurangi asupan garam

Kesadaran Hipertensi

DIET HIPERTENSI

Disusun oleh

Mahasiswa Penelitian
Poltekkes Kemenkes Malang
Tahun 2025

Bahan Makanan Yang Dianjurkan

- Sayuran
- Buah-Buahan
- Gandum/ Biji-Bijian Utuh
- Produk Susu Rendah Lemak/Bebas Lemak
- Ikan
- Daging Ayam
- Kacang Polong
- Kacang-Kacangan Dan Biji-Bijian
- Minyak Nabati

Bahan Makanan Yang Dibatasi

- Daging Berlemak
- Produk Susu Berlemak
- Minuman Dengan Pemanis Buatan
- Gula-Gula/ Makanan Manis
- Bahan Makanan Yang Mengandung Garam

Tips Diet DASH

- Memilih Bahan Makanan Fresh Bukan Olahan
- Membaca Label Makanan Dan Memilih Makanan Dengan Kadar Garam Kurang Dari 140 Mg Per Sajian
- Menambahkan Bumbu Dan Rempah Seperti Bawang, Jahe, Lemon, Dsb Agar Dapat Mengurangi Pemakaian Garam
- Menggunakan Wajan Anti Lengket Agar Mengurangi Penggunaan Minyak
- Jangan Takut Memodifikasi Resep

Cara Membiasakan Diri Dalam Membatasi Asupan Garam

- Tidak Menambahkan Garam Secara Berlebihan Pada Masakan
- Hindari Makanan Kemasan, Terutama Kemasan Kaleng. Makanan Dalam Kemasan Biasanya Mengandung Garam Lebih Tinggi D daripada Makanan Segar
- Batasi Konsumsi Daging Hanya 6 Ons Per Hari. Sebaiknya Dalam Menyajikannya Perlu Diimbangi Dengan Sayuran
- Menambah Porsi Buah-Buahan Saat Makan Dan Lebih Memilih Mengonsumsi Susu Rendah Lemak

Rekomendasi Menu

Menu Sayuran

- ✓ Sayur Sop
- ✓ Sayur Bayam Bening
- ✓ Tumis Kacang Panjang
- ✓ Kentang/Brokoli Rebus
- ✓ Cah Kangkung
- ✓ Sop Tahu

Menu Olahan

- ✓ Ikan Bakar
- ✓ Ayam Panggang
- ✓ Pepes Jamur
- ✓ Perkedel Tahu
- ✓ Telur Dadar/Rebus
- ✓ Oseng-Oseng Tahu Tempé

Menu Selingan

- ✓ Buah Pisang
- ✓ Oatmeal
- ✓ Ubi
- ✓ Yogurt Rendah Lemak
- ✓ Oatmeal
- ✓ Buah Jeruk
- ✓ Buah Pepaya
- ✓ Buah Alpukat
- ✓ Buah Apel
- ✓ Buah Mangga

Attachment 16 General Group Data

GENERAL GROUP DATA

Resp.	Age	Gn	Edu.	Occupation	Long suffering	Smoke	Medicine consumption	Caffeine	Taboo foods
TREATMENT GROUP									
Mrs. L	67	F	ES	Unemployed	20 years	No	Yes (Amlodipin)	No	No
Mrs. R	68	F	SHS	Unemployed	1 year	No	No	No	No
Mrs. B	69	F	ES	Unemployed	10 years	No	Yes (Irbesartan)	No	No
Mrs. P	84	F	ES	Unemployed	1 year	No	No	No	No
Mr. T	70	M	JHS	Businessman	1 year	Yes (1 stck/day)	No	Yes (2 gls/day)	No
Mrs. S	68	F	ES	Unemployed	5 years	No	Yes (Amlodipin)	Yes (1 gls/day)	No
Mrs. J	66	F	ES	Unemployed	15 years	No	Yes (Amlodipin)	No	Yes (Fatty meat)
Mrs. Tm	67	F	ES	Unemployed	5 years	No	No	Yes (3 gls/day)	No
Mrs. N	69	F	ES	Unemployed	1 year	No	Yes (Amlodipin, Candesartan)	No	No
Mr. J	66	M	ES	Unemployed	5 years	No	Yes (Amlodipin)	Yes (1 gls/day)	No
Mrs. Pi	75	F	JHS	Unemployed	1 year	No	Yes (Candesartan)	No	No
Mrs. K	69	F	ES	Unemployed	5 years	No	Yes (Amlodipin)	No	Yes (Red meat, salty foods)
Mrs. Ta	66	F	SHS	Businesswoman	1 year	No	No	No	No
Mrs. M	67	F	ES	Unemployed	10 years	No	Yes (Amlodipin)	No	No
Mrs. Y	67	F	ES	Unemployed	2 years	No	No	Yes (2 gls/day)	No
CONTROL GROUP									
Mr. N	68	M	JHS	Businessman	1 year	Yes (2 stck/day)	No	Yes (1 gls/day)	No
Mr. Sn	67	M	ES	Businessman	5 years	Yes (1 stck/day)	No	Yes (3 gls/day)	No

Mr. M	66	M	ES	Unemployed	1 year	Yes (12 stck/day)	No	Yes (2 gls/day)	No
Mrs. Sp	90	F	ES	Unemployed	5 years	No	No	Yes (1 gls/day)	No
Mrs. T	72	F	ES	Unemployed	1 year	No	No	No	No
Mr. A	68	M	SHS	Businessman	1 year	Yes (12 stck/day)	No	Yes (3 gls/day)	No
Mrs. Si	80	F	ES	Unemployed	2 years	No	No	No	No
Mrs. Sr	67	F	ES	Unemployed	1 year	No	No	Yes (1 gls/day)	No
Mrs. Ty	70	F	ES	Unemployed	5 years	No	No	No	No
Mr. D	69	M	ES	Laborer	1 year	Yes (12 stck/day)	No	Yes (3 gls/day)	No
Mrs. Rs	68	F	ES	Unemployed	2 years	No	No	No	No
Mrs. Km	70	F	ES	Unemployed	2 years	No	Yes (Amlodipin)	No	No
Mrs. Nt	70	F	ES	Unemployed	1 year	No	No	Yes (1 gls/day)	No
Mrs. So	66	F	ES	Unemployed	2 years	No	No	No	No
Mr. Ma	70	M	ES	Unemployed	1 year	No	No	Yes (1 gls/day)	No

Attachment 17 Blood Pressure Difference Statistical Results

Paired Sample T-Test Analysis Results of Blood Pressure Differences

Paired Samples Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	SIS_SEBELUM_P	152.6667	15	14.37591	3.71184
	SIS_SESUDAH_P	135.3333	15	12.45946	3.21702
Pair 2	DIAS_SEBELUM_P	93.3333	15	11.12697	2.87297
	DIAS_SESUDAH_P	83.3333	15	7.23747	1.86871
Pair 3	SIS_SEBELUM_K	145.3333	15	9.15475	2.36375
	SIS_SESUDAH_K	146.0000	15	9.10259	2.35028
Pair 4	DIAS_SEBELUM_K	91.3333	15	7.43223	1.91899
	DIAS_SESUDAH_K	90.0000	15	7.55929	1.95180

Paired Samples Correlations

		N	Correlation	Sig.
Pair 1	SIS_SEBELUM_P & SIS_SESUDAH_P	15	.872	.000
Pair 2	DIAS_SEBELUM_P & DIAS_SESUDAH_P	15	.473	.075
Pair 3	SIS_SEBELUM_K & SIS_SESUDAH_K	15	.703	.003
Pair 4	DIAS_SEBELUM_K & DIAS_SESUDAH_K	15	.381	.161

Paired Samples Test

		Paired Differences				t	df	Sig. (2-tailed)	
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower				Upper
Pair 1	SIS_SEBELUM_P - SIS_SESUDAH_P	17.33333	7.03732	1.81703	13.43620	21.23047	9.539	14	.000
Pair 2	DIAS_SEBELUM_P - DIAS_SESUDAH_P	10.00000	10.00000	2.58199	4.46218	15.53782	3.873	14	.002
Pair 3	SIS_SEBELUM_K - SIS_SESUDAH_K	-.66667	7.03732	1.81703	-4.56380	3.23047	-.367	14	.719
Pair 4	DIAS_SEBELUM_K - DIAS_SESUDAH_K	1.33333	8.33809	2.15289	-3.28415	5.95082	.619	14	.546

Mann-Whitney Test Analysis Results of Blood Pressure Differences

Descriptive Statistics

	N	Mean	Std. Deviation	Minimum	Maximum
Sistolik_Sebelum	30	149.0000	12.41523	140.00	180.00
Diastolik_Sebelum	30	92.3333	9.35261	70.00	120.00
Sistolik_Sesudah	30	140.6667	12.01532	120.00	160.00
Diastolik_Sesudah	30	86.6667	8.02296	70.00	100.00
KELOMPOK	30	1.5000	.50855	1.00	2.00

Ranks

	KELOMPOK	N	Mean Rank	Sum of Ranks
Sistolik_Sebelum	Perlakuan	15	17.83	267.50
	Kontrol	15	13.17	197.50
	Total	30		
Diastolik_Sebelum	Perlakuan	15	16.30	244.50
	Kontrol	15	14.70	220.50
	Total	30		
Sistolik_Sesudah	Perlakuan	15	12.07	181.00
	Kontrol	15	18.93	284.00
	Total	30		
Diastolik_Sesudah	Perlakuan	15	12.30	184.50
	Kontrol	15	18.70	280.50
	Total	30		

Test Statistics^a

	Sistolik_Sebe lum	Diastolik_Seb elum	Sistolik_Sesu dah	Diastolik_Ses udah
Mann-Whitney U	77.500	100.500	61.000	64.500
Wilcoxon W	197.500	220.500	181.000	184.500
Z	-1.589	-.537	-2.204	-2.147
Asymp. Sig. (2-tailed)	.112	.591	.027	.032
Exact Sig. [2*(1-tailed Sig.)]	.148 ^b	.624 ^b	.033 ^b	.045 ^b

a. Grouping Variable: KELOMPOK

b. Not corrected for ties.

Attachment 18 Distribution Of Respondents Diet Composition Intake Assessment
Based On Food Recall

Diet Composition	Evaluation Criteria for Respondents		
	Good	Enough	Poor
Carbohydrates	0 (0%)	15 (100%)	0 (0%)
Vegetables	0 (0%)	13 (86,7%)	2 (13,3%)
Fruits	0 (0%)	0 (0%)	15 (100%)
Nuts	0 (0%)	9 (60%)	6 (40%)
Protein	5 (33,3%)	6 (40%)	4 (26,7%)
Fats and Oils	5 (33,3%)	10 (66,7%)	0 (0%)
Sugar (Sweet Foods)	2 (13,3%)	13 (86,7%)	0 (0%)
Calcium (Milk and Dairy Products)	0 (0%)	0 (0%)	15 (100%)
Sodium/Salt	0 (0%)	15 (100%)	0 (0%)

Attachment 19 Documentation Of Activities

Informed Consent



Respondents Blood Pressure Check



Assistance For Interviews Regarding The DASH Diet



DASH Diet Education



BIODATA

Name : Pramitha Yudha Nurul Hidayah
Place, Date Of Birth : Malang, 11 September 2003
Address : Locari Street No. 62 A, Sekarpuro, Pakis, Malang Reg.
Religion : Islam
Parents Name
 Father : Aiman
 Mother : Fitri Wahyuningsih
Number Of Siblings : 2
Child No. : 1st
Education History : College (2021-Present)