

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

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ABSTRACT

Background: Hypertension is a major cause of global death, especially in the elderly. In Malang Regency, health services for hypertension are still limited, while the implementation of the DASH diet in the elderly in Sekarpuro Village has not been widely studied. **Research Objective:** To determine the difference in blood pressure before and after the implementation of the DASH diet in elderly with hypertension. **Research Method:** This study used a quasi-experimental design with a non-equivalent control group approach, involving 30 respondents who were divided into treatment and control groups through purposive sampling. Respondents were selected based on the criteria of elderly with pre-hypertension, grade 1, and grade 2 hypertension. The independent variable was the DASH diet, while the dependent variable was changes in blood pressure. Data analysis included univariate analysis for respondent characteristics and comparison of blood pressure, as well as bivariate analysis using the Paired T-Test and Mann Whitney Test. **Research Results:** The Paired T-Test in the control group was 0.719 for systolic and 0.546 for diastolic. Paired T-Test test in the treatment group 0.000 in systolic and 0.002 in diastolic. Mann-Whitney Test in the control and treatment groups 0.027 in systolic and 0.032 in diastolic. **Conclusion:** There is a significant difference between systolic and diastolic blood pressure before and after the implementation of the DASH diet in elderly people with hypertension in RT 03 RW 01 Sekarpuro Village Pakis District Malang Regency.

Keywords : Blood Pressure, DASH Diet, Elderly, Hypertension