

# **DIFFERENCES IN THE LEVEL OF KNOWLEDGE OF THE ELDERLY ABOUT DIETARY APPROACHES TO STOP HYPERTENSION (DASH) BEFORE AND AFTER RECEIVING EDUCATION THROUGH VIDEO IN RW 04 AREA, SAMAAAN VILLAGE, KLOJEN DISTRICT, MALANG CITY.**

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## **ABSTRACT**

**Background:** Hypertension poses a significant global health challenge with increasing prevalence among the elderly, including in Indonesia where knowledge about the effective Dietary Approaches to Stop Hypertension (DASH) diet remains limited. **Research Objectives:** This study aimed to evaluate the impact of video-based education on the DASH diet knowledge among elderly hypertension patients in RW 04 Kelurahan Samaan, Malang, as a crucial step towards improving local health literacy. **Research Methods:** A quantitative pre-experimental design with a One-Group Pretest-Posttest approach was employed, involving 30 elderly hypertension patients from the specified area. Knowledge levels were assessed via a 10-item questionnaire before and after the video education delivered through a WhatsApp group, with data analyzed using the Wilcoxon Signed Rank Test. **Research Result:** Prior to the intervention, the majority of respondents (73.33%) exhibited only "Fair" knowledge, with 26.67% categorized as "Poor". However, following the video education, all respondents (100%) achieved a "Very Good" knowledge level. Statistical analysis confirmed a highly significant increase in knowledge ( $p = 0.000$ ). **Conclusions:** These findings conclusively demonstrate that video-based education is a highly effective and practical method for significantly enhancing DASH diet knowledge among elderly hypertension patients, thereby promoting better self-management of their condition and contributing to improved public health outcomes for this vulnerable population.

**Keywords :** DASH Diet, Hypertension, Knowledge level, Video-based Education