ABSTRACT
THE CORELATION BETWEEN FACTORS IN CONTROLLING HYPERTENSION WITH BLOOD PRESSURE OF ELDERLY IN UPTD GRIYA WERDHA SURABAYA
A Cross Sectional Study
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Hypertension is a common disease in the world. Living a healthy lifestyle has been shown to lower blood pressure and reduce the risk of a cardiovascular disease. The purpose of this study was to analyze the factors controlling hypertension on blood pressure of elderly hypertensive. This study used a cross-sectional design. The population was elderly with hypertension. Eighteen clients as sample respondents were chosen by using purposive sampling. The independent variable were the DASH diet, BMI, stress, and physical activity. The dependent variable was blood pressure. Data were collected by using observation sheet DASH, physical activity observation sheet, DASS 42 and analyzed by using Spearman test with significance level $\alpha \leq 0.05$.

The results showed that the factors controlling hypertension had no significant correlation with blood pressure (BMI $p = 0.432$ and Stress $p = 0.63$). It can be concluded that DASH diet, stress, BMI, physical activity had no correlation with blood pressure due to elderly in aged care had the same activities schedule and meal schedule. The results showed factors in controlling hypertension had not correlation in blood pressure. Further study need to analyze the other range of place in controlling hypertension.

Keyword: Hypertension, DASH, BMI, Stress, Physical activity