ABSTRACT

JAKI-MAAP (Jalan Kaki, Markisa, dan Air Putih) INFLUENCE TO
CHANGES CHOLESTEROL AND BLOOD PRESSURE IN
HYPERTENSION ELDERLY

Quasy-Experimental Research

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Introduction: Hypertension was one of degenerative diseases commonly
in elderly. Hypertension is a problem in elderly because could be a risk factor for
stroke, heart failure, and coronary diseases. One factors of hypertension is high
blood cholesterol level. The combination between walking, passionfruit juice and
water effectively to decrease cholesterol levels and blood pressure. Method: This
research used quasy experimental design. Respondent in this research is 30 people
(15 people intervention group and 15 control group). Respondent selected by
purposive sampling. The independent variables was JAKI-MAAP, and dependent
variable was cholesterol and blood pressure. Results: The results showed that there
was influence JAKI-MAAP to decreased cholesterol both of intervention group
(p= 0,000) and control group (p= 0,003). There was influence JAKI-MAAP to
decreasing sistolic blood pressure in intervention group (p= 0,000) in other wise
no influence in control group (p= 0,104). As influence as to decreasing diastolic
blood pressure in intervention group (p= 0,000), nor influence in control group
(p= 0,189). Analysis: Data were collected using observation and analyzed by
paired T-test and Independent T-test with significance level α ≤ 0,05. Discussion: It
can be concluded that in JAKI-MAAP had a influence to decrease cholesterol and
blood pressure in elderly hypertension. Further studies should use this result as an
evidence based to increasing cholesterol and blood pressure in elderly.

Keywords : Walking, passionfruit, water, cholesterol, blood presure, hypertension
in elderly