

**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 peopleintervention group and 15 control group). Responden selected by purposive sampling. The independent variables was JAKI-MAAP, and dependent variable was cholesterol and blood presure. **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  $\alpha \leq 0,05$ .**Discusion:**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