

## LIST OF TABLES

Table 1. Preliminary Research.....	5
Table 2. Nutritional content in every 100 grams of honey .....	9
Table 3. Classification of Blood Pressure According to JNC-7.....	13
Table 4. Characteristic distribution of respondents .....	30
Table 5. Distribution of mean systolic and diastolic blood pressure measurements before and after intervention.....	32
Table 6. Effect of honey water on systolic and diastolic blood pressure	33
Table 7. The results of the measurement of the difference in mean systolic and diastolic blood pressure after intervention.....	33

## LIST OF FIGURES

Figure 1. The effect of flavonoids to protect the cardiovascular system	19
Figure 2. Theoretical Framework of research.....	21
Figure 3. The research design with control group pre-posttest.....	23
Figure 4. Research flow diagram.....	24

## LIST OF APENDICES

Appendix 1. Informed consent.....	48
Appendix 2. Statement letter for ethical clearance .....	49
Appendix 3. Statement letter after doing research.....	50
Appendix 4. Documentation during research .....	51
Appendix 5. Statistic Test .....	54