

TABLE OF CONTENTS

TABLE OF CONTENTS	xi
LIST OF TABLES	xii
LIST OF FIGURES	xiii
LIST OF APPENDICES	xiii

CHAPTER I.INTRODUCTION

1. 1. Background	1
1. 2. Formulation of The Problem	2
1. 3. The purpose of The Problem	2
1. 4. Benefits of The Research.....	3
1. 5. Authenticity of Research.....	4

CHAPTER IILITERATURE REVIEW

2. 1. Hypertension	7
2. 2. Date Palm	17
2. 3. Theoretical Framework	22
2. 4. Conceptual Framework	22
2. 5. Research Hypothesis	22

CHAPTER IIIMETHOD OF RESEARCH

3. 1. Research Design	23
3. 2. Place and Time of Implementation.....	23
3. 3. Research Subject	24
3. 4. Research Variable	25
3. 5. Research Tools and Materials.....	25
3. 6. Operational Definition.....	26
3. 7. Manufacturing Procedure	27
3. 8. Data and Data Sources	27
3. 9. Research Flow	28
3. 10 Data Analysis Method.....	28

3. 11. Research Ethics	29
------------------------------	----

CHAPTER IV. RESULT AND DISCUSSION

4.1 Result.....	31
4.2. Discussion	41

CHAPTER V. CLOSING

5.1. Conclusion.....	47
5.2 Recommendations	47
REFERENCES.....	49

LIST OF TABLES

Table 1. Authenticity of Research.....	4
Table 2. Hypertension Classification According to JNC-7	8
Table 3. Classification of Hypertension According to WHO-ISH.....	8
Table 4. Hypertension Classification PHI Consensus Results.....	9
Table 5. Nutrients Composition of Dry Dates	18
Table 6. Operational Definition	26
Table 7. The Characteristics of Hypertensive Respondents by Age and Sex	32
Table 8. Systolic Experimental Group Before and After Treatment.....	32
Table 9. Diastolic Experiment Group Before and After Treatment	33
Table 10. Systolic in the Control Group	35
Table 11. Diastolic in the Control Group.....	36
Table 12. Test Results of Independent Samples T test for Systolic Before Testing Experimental Group with Control Group.....	37
Table 13. Test Results of Independent Samples T test for Diastolic Before Testing Experimental Group with Control Group	38
Table 14. Results of Paired Samples T test for Systolic Testing Before	

	and After Treatment	38
Table 15.	Results of Paired Samples T test for Diastolic Testing Before and After Treatment	39
Table 16.	Test Results of Independent Samples T test for Systolic After Testing Experimental Group with Control Group.....	40
Table 17.	Test Results of Independent Samples T test for Diastolic After Testing Experimental Group with Control Group.....	40

LIST OF FIGURES

Figure 1.	Pathophysiology Hypertension.....	11
Figure 2.	Khalas Dates.....	17
Figure 3.	Theoretical Framework.....	22
Figure 4.	Conceptual Framework	22
Figure 5.	The Research Design with Control Group Pre-Posttest	23
Figure 6.	Manufacturing Procedure	27
Figure 7.	Research Flow	28
Figure 8.	Systolic Diagram of the Experimental Group	33
Figure 9.	Diastolic Diagram of the Experimental Group.....	34
Figure 10.	Systolic Diagram in the Control Group.....	35
Figure 11.	Diastolic Diagram in the Control Group	36

LIST OF APPENDICES

Appendix 1.	Informed consent.....	56
Appendix 2.	Statement letter for ethical clearance	57
Appendix 3.	Statement letter after doing research.....	58
Appendix 4.	Documentation during research	59
Appendix 5.	Statistic Test	63