

## ABSTRACT

**Background:** Hypertension is a disease with the highest prevalence in the elderly in Yogyakarta. One of non-pharmacological control of hypertension is a healthy lifestyle by reducing food intake or reducing stress, one of which is by fasting.

**Objective:** To determine the relationship of fasting daud in fasting and control group to differences in blood pressure at the age of over 50 years in Sleman, Yogyakarta.

**Methods:** This study is a pre-post control design, involving 48 elderly >50 years of healthy (Normal glucose and Hb) were divided into two groups, the fasting daud group which is 11 times fasting (22 days of observation) and the control group who did not fast daud in Kab.Sleman, Yogyakarta. Subject measured blood pressure before and after the observation. Analysis of the difference in blood pressure by Mann Whitney test.

**Results:** Based on the results of systolic and diastolic pressure baseline in both groups ( $p = 0.876$  for systolic,  $p = 0.602$  for diastolic). After observation for 22 days, delta SBP and DBP in the fasting and the control group ( $p = 0.924$  systole,  $p = 0.721$  diastole). Similarly, there were no differences in blood pressure before and after fasting daud in both groups ( $p = 0.611$  systole, diastole  $p = 0.586$ ).

**Conclusions:** There were no differences in pre-post fasting daud with blood pressure in fasting and control group.

**Keywords:** Fasting Daud, Hypertension, Blood Pressure, Elderly.