

ABSTRAK

PENGARUH PEMBERIAN AIR REBUSAN SELEDRI TERHADAP TEKANAN DARAH PADA PENDERITA HIPERTENSI DI DESA GEDANGAN KEC KUTOREJO KAB MOJOKERTO

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Hipertensi merupakan penyakit degeneratif yang masih menjadi masalah besar kesehatan. Penderita hipertensi umumnya mengkonsumsi obat antihipertensi untuk menurunkan tekanan darah. Salah satu penanganan non farmakologis yang dipergunakan untuk menurunkan hipertensi adalah pemberian air rebusan seledri. Kandungan apigenin pada seledri (*Apium Graveolens*) terbukti dapat menurunkan hipertensi dan dapat mencegah penyempitan pembuluh darah. Tujuan penelitian untuk mengetahui pengaruh pemberian air rebusan seledri terhadap tekanan darah pada penderita hipertensi di Desa Gedangan Kec.Kutorejo Kab.Mojokerto. Desain penelitian ini adalah *pra eksperimen* dengan pendekatan *one group pre-post test design*. Teknik pengambilan sampel menggunakan *purposive sampling* dan didapatkan sampel sebanyak 30 orang. Pengumpulan data dilakukan dengan cara pengukuran tekanan darah menggunakan alat *sphygmomanometer*. Perlakuan berupa pemberian air rebusan seledri 300 cc/hari selama tujuh hari. Hasil penelitian menunjukkan rata-rata sistolik *pre-test* 154.93 mmHg dan diastolik *pre-test* 98.30 mmHg, sedangkan rata-rata sistolik *post-test* 150.10 mmHg dan diastolik *post-test* 96.00 mmHg. Analisis statistik *paired t-test* menunjukkan adanya perbedaan tekanan darah sistolik maupun diastolik sebelum dan sesudah perlakuan yaitu *p-value* (0.005) dan (0.013) $< \alpha$ (0,05) artinya ada pengaruh pemberian air rebusan seledri terhadap tekanan darah pada penderita hipertensi di Desa Gedangan Kec.Kutorejo Kab.Mojokerto. Penelitian ini menunjukkan bahwa air rebusan seledri itu efektif untuk menurunkan tekanan darah sehingga dapat menjadi alternatif pengobatan dalam menurunkan tekanan darah.

Kata Kunci : Tekanan Darah Sistolik, Diastolik, Seledri

ABSTRACT

EFFECT OF CELERY BOILED WATER ON BLOOD PRESSURE IN HYPERTENSION SUFFERERS IN GEDANGAN VILLAGE, KUTOREJO DISTRICT, MOJOKERTO REGENCY

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Hypertension is a degenerative disease that is still a major health problem. People with hypertension generally take antihypertensive drugs to lower blood pressure. One of the non-pharmacological treatments used to reduce hypertension is the administration of celery boiled water. The content of apigenin in celery (*Apium Graveolens*) is proven to reduce hypertension and can prevent narrowing of blood vessels. The purpose of the study was to determine the effect of celery boiled water on blood pressure in hypertension sufferers in Gedangan Village, Kutorejo District, Mojokerto Regency. The design of this study is a pre-experiment with a one group pre-post test design approach. The sampling technique used purposive sampling and a sample of 30 people was obtained. Data collection is carried out by measuring blood pressure using a sphygmomanometer. The treatment is in the form of giving celery boiled water 300cc/day for seven days. The results showed that the average pre-test systolic was 154.93 mmHg and the pre-test diastolic was 98.30 mmHg, while the average post-test systolic was 150.10 mmHg and the post-test diastolic was 96.00 mmHg. Statistical analysis of paired t-test shows that there are differences in systolic and diastolic blood pressure before and after treatment, namely p-values (0.005) and (0.013) $< \alpha$ (0.05) meaning that there is an effect of celery boiled water on blood pressure in hypertensive patients in Gedangan Village, Kutorejo District, Mojokerto Regency. This research shows that celery boiled water is effective for lowering blood pressure so that it can be an alternative treatment in lowering blood pressure.

Keywords : Systole Blood Pressure, Diastole, Celery