

Program Studi S1 Keperawatan

STIKes MERCUBAKTIJAYA PADANG

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Pengaruh Rebusan Daun Belimbing Wuluh Terhadap Tekanan Darah Pada Penderita Hipertensi Di Kelurahan Andalas Wilayah Kerja Puskesmas Andalas Kota Padang

xiii + 57 halaman, 6 tabel, 2 gambar, 11 lampiran

ABSTRAK

Kandungan kimia tanaman belimbing sangat tinggi. Banyak penderita hipertensi belum mengetahui tentang khasiat daun belimbing wuluh. Tujuan penelitian ini untuk mengetahui pengaruh rebusan daun belimbing wuluh terhadap penderita hipertensi di Kelurahan Andalas Wilayah Kerja Puskesmas Andalas Kota Padang tahun 2023. Metode dan Jenis penelitian yang digunakan dalam penelitian ini yaitu *kuantitatif quasy-eksperiment one only group pretest dan posttest*. Waktu penelitian ini dilaksanakan dari bulan Juli 2023-Agustus 2023. Pengumpulan pengambilan data telah dilakukan pada tanggal 29 Juli – 5 Agustus 2023 di kelurahan Andalas wilayah kerja Puskesmas Andalas Kota Padang. Populasi dalam penelitian ini berjumlah 197 jiwa yang diperoleh selama 1 bulan terakhir, pengambilan sampel menggunakan teknik *purposif sampling* sebanyak 17 responden. Data dianalisis secara univariat dan bivariat menggunakan uji menggunakan uji *t-test paired sample*. Hasil penelitian terdapat rata-rata MAP tekanan darah sistol sebelum diberikan rebusan daun belimbing wuluh yaitu 155.76 dengan standar deviasai 6.815, dan rata-rata tekanan darah sistol sesudah diberikan rebusan daun belimbing wuluh yaitu 129 dengan standar deviasai 7.350. dari separuh yaitu (45.5%) responden memiliki kecanduan *game online* tinggi. ada pengaruh rebusan daun belimbing wuluh terhadap tekanan darah pada penderita hipertensi di Kelurahan Andalas wilayah kerja Puskesmas Andalas Kota Padang tahun 2023. Saran, Melalui pimpinan Puskesmas, diharapkan kepada petugas kesehatan agar dapat memberikan penkes terapi non farmakologi khususnya pemberian daun belimbing wuluh terhadap tekanan darah pada penderita hipertensi.

Daftar Bacaan : 2013-2021

Kata Kunci : Daun Belimbing Wuluh, Tekanan Darah.

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xiii + 57 pages, 6 tables, 2 figures, 11 attachments

ABSTRACT

The chemical content of starfruit plants is very high. Many people with hypertension do not know about the benefits of starfruit leaves. The purpose of this study was to determine the effect of boiled belimbing wuluh leaves on hypertension sufferers in Andalas Village, Andalas Health Center, Pandanag City, in 2023. The method and type of research used in this study were quantitative quasy-experimental one only group pretest and posttest. The time of this research was carried out from July 2023-August 2023. Data collection was carried out on July 29 - August 5 2023 in the Andalas sub-district, the working area of the Andalas Health Center, Padang City. The population in this study amounted to 197 people obtained during the last 1 month, taking samples using a purposive sampling technique of 17 respondents. Data were analyzed univariately and bivariately using paired sample t-test. The results showed that the average systolic blood pressure MAP before being given a decoction of starfruit leaves was 155.76 with a standard deviation of 6,815, and the average systolic blood pressure after being given a decoction of starfruit leaves was 129 with a standard deviation of 7,350. than half (45.5%) of respondents have high online game addiction. there is an effect of decoction of belimbing wuluh leaves on blood pressure in hypertensive patients in Andalas Village, working area of Andalas Health Center, Padang City in 2023. Suggestions, Through the leadership of the Puskesmas, it is expected that health workers can provide health education non-pharmacological therapy, especially giving starfruit leaves to blood pressure in hypertension.

Reading List: 2013-2021

Keywords: Belimbing Wuluh Leaves, Blood Pressure.