

PENGARUH PEMBERIAN MINUMAN ROSELLA CAMPURAN JELLY MENTIMUN TERHADAP TEKANAN DARAH PENDERITA HIPERTENSI DI KELURAHAN MOROKREMBANGAN SURABAYA

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ABSTRAK

Hipertensi merupakan penyakit degeneratif ke-3 di dunia. Mentimun dan rosella mengandung tinggi kalium, magnesium, *anthocyanin* yang dapat menurunkan tekanan darah. Di wilayah Puskesmas Morokrembangan Surabaya prevalensi hipertensi berdasarkan jenis kelamin laki-laki 4,77% dan perempuan 3,54%. Penelitian ini bertujuan untuk mengetahui pengaruh pemberian minuman rosella campuran jelly mentimun terhadap tekanan darah penderita hipertensi di Kelurahan Morokrembangan Surabaya.

Metode penelitian ini adalah *Quasi Eksperimental* dengan pendekatan *Pre-test post-test control group design*. Subyek penelitian yaitu klasifikasi prehipertensi dan hipertensi stage I sebanyak 32 orang yang dibagi menjadi 2 kelompok yaitu kelompok kontrol dan perlakuan. Kelompok perlakuan mendapat minuman rosella campuran jelly mentimun selama 7 hari. Analisis statistik menggunakan uji *paired t-test*.

Hasil pemberian minuman terhadap kelompok perlakuan mengalami penurunan tekanan darah sistolik dan diastolik sebanyak 8 orang, pada kelompok kontrol penurunan tekanan darah sistolik sebanyak 8 orang, dan diastolik sebanyak 6 orang. Namun uji statistik tidak ada pengaruh terhadap tekanan darah sistolik dan diastolik ($P = 0,227$, $0,067 \geq 0,05$). Kesimpulan dari penelitian ini pada kelompok perlakuan asupan lemak meningkat 12% dan asupan natrium meningkat 6%. Minuman ini mengandung kalium 154 mg dan flavonoid. Tekanan darah responden sebelum pemberian minuman sebagian besar tergolong hipertensi stage I dengan sistolik pada 11 orang (68,75%) dan diastolik pada 13 orang (81,25%). Tekanan darah responden sesudah pemberian minuman sebagian besar tergolong hipertensi stage I dengan sistolik pada 6 orang (37,5%) dan diastolik pada 11 orang (68,75%). Pemberian minuman tidak ada pengaruh terhadap tekanan darah dikarenakan asupan makan dan status gizi responden tidak terkontrol. Penderita hipertensi diharapkan dapat mengontrol pola makan dan diimbangi dengan konsumsi makanan yang tinggi kalium dan magnesium.

Kata kunci : *Minuman Rosella Campuran Jelly Mentimun, Tekanan darah, Hipertensi*

THE EFFECT OF ROSELLA JELLY CUCUMBER MIXTURE DRINK ON BLOOD PRESSURE OF HYPERTENSION PATIENTS IN MOROKREMBANGAN SURABAYA

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ABSTRACT

Hypertension is the third degenerative disease in the world. Cucumbers and rosella contains high potassium, magnesium, *Anthocyanin* Which capable to lower blood pressure. Meanwhile, in Puskesmas Morokrembangan Surabaya, the prevalence of hypertension based on the sex are 4.77% for men and 3.54% for women. Objective of the study is to determine the effect of rosella jelly cucumber mixture drink towards the blood pressure of hypertensive patients in kelurahan Morokrembangan Surabaya.

The research method used *Quasi Experimental with Pretest post-test control group design approach*. The research subjects are prehypertension classification and 32 people of stage 1 hipertension which divided into 2 groups: control and treatment groups. The treatment group received rosella jelly cucumber mixture drink for 7 days. Statistical analysis using test *Paired T-test*.

The result of beverage giving to the treatment group found that it had decreased systolic and diastolic within 8 people, while in the control group, it decreased the systolic blood pressure within 8 people, and diastolic in 6 people. However, statistical tests had no effect on systolic and diastolic blood pressure ($P = 0.227, 0.067 \geq 0.05$). It concluded that in the fat intake treatment group had increased 12% and sodium intake had increased 6%. This drink contains of flavonoids and 154 mg potassium. The blood pressure of respondents prior giving beverage was classified as first stage hypertension with systolic in 11 people (68.75%) and diastolic in 13 people (81.25%). The blood pressure of respondents after giving the beverage was mostly classified as stage I hypertension with systolic in 6 people (37.5%) and diastolic in 11 people (68.75%). Provision of beverages does not affect the blood pressure because food consumption and nutritional status uncontrol in hypertension patients. People with hypertension are expected to control the diet and balanced the consumption of foods which contains of high potassium such as cucumbers and rosella.

Keywords : *Rosella Jelly Cucumber Mixture Drink, Blood Pressure, Hypertension*