

## ABSTRAK

### **Pengaruh Pemberian Pisang Ambon Terhadap Derajat Hipertensi Pada Pasien Lansia Dengan Hipertensi Di UPTD Griya Wreda Surabaya**

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**Latar Belakang :** Hipertensi pada lansia masih banyak terjadi dikarenakan perubahan fisiologi yang dialami lansia sehingga meningkatnya prevalensi penyakit hipertensi pada lansia disebabkan karena konsumsi kalium yang tidak adekuat. Tujuan penelitian ini adalah untuk mengetahui pengaruh pemberian pisang ambon terhadap penurunan derajat hipertensi pada pasien lansia dengan hipertensi di UPTD Griya Wreda Surabaya.

**Metode :** Jenis penelitian ini adalah *pre eksperimental* dengan pendekatan *one group pre test and post test design*, populasi penelitian adalah lansia penderita hipertensi di UPTD Griya Wreda Surabaya. Sampel penelitian sebanyak 32 klien dengan teknik *purposive sampling*. Variabel independen adalah konsumsi pisang ambon, variabel dependen adalah derajat hipertensi lansia penderita hipertensi. Instrumen penelitian menggunakan Sphygmomanometer digital, analisa data menggunakan *uji Chi Square*.

**Hasil :** Tekanan darah sistolik pre test didapatkan hampir setengah sebanyak 13 lansia (40,6%) pada kategori hipertensi tahap II dan tekanan darah sistolik post test sebanyak 16 lansia (50,0%) setengah pada kategori hipertensi tahap I. Tekanan darah diastolik pre test didapatkan hampir setengah sebanyak 12 lansia (37,5%) pada kategori hipertensi tahap I dan tekanan darah diastolik post test setengah sebanyak 16 lansia (50,0%) pada kategori normal. Hasil uji *Chi Square* di dapatkan ada pengaruh pemberian pisang ambon terhadap derajat hipertensi pada pasien lansia dengan hipertensi.

**Kesimpulan :** Pemberian buah pisang ambon sebanyak 2 kali per hari selama 6 hari dapat digunakan sebagai salah satu intervensi pengobatan non-farmakologi hipertensi pada lansia dalam mengontrol tekanan darah.

**Kata Kunci : Pisang Ambon, Derajat Hipertensi, Hipertensi**

## ABSTRACT

### **The Effect of Giving Ambon Bananas on the Degree of Hypertension in Elderly Patients with Hypertension at UPTD Griya Wreda Surabaya**

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**Background :** Hypertension in the elderly still occurs due to physiological changes experienced by the elderly so the increasing prevalence of hypertension in the elderly is caused by inadequate potassium consumption. The purpose of this study was to determine the effect of giving ambon bananas on reducing the degree of hypertension in elderly patients with hypertension at UPTD Griya Wreda Surabaya.

**Method :** This type of research is pre-experimental with a one-group pre-test and post-test design approach, the study population is elderly people with hypertension at UPTD Griya Wreda Surabaya. The research sample was 32 clients with purposive sampling techniques. The independent variable is the consumption of Ambon bananas, and the dependent variable is the degree of hypertension in elderly people with hypertension. The research instrument uses a digital Sphygmomanometer, and data analysis using the Chi-Square test.

**Results :** Pre-test systolic blood pressure was found in almost half of 13 elderly people (40.6%) in the stage II hypertension category and half of the post-test systolic blood pressure was found in 16 elderly people (50.0%) in the stage I hypertension category. Pre-test diastolic blood pressure It was found that almost half of 12 elderly people (37.5%) were in the stage I hypertension category and half of the post-test diastolic blood pressure was 16 elderly people (50.0%) in the normal category. The results of the Chi Square test showed that there was an effect of giving Ambon bananas on the degree of hypertension in elderly patients with hypertension.

**Conclusion :** Giving Ambon bananas as much as 2 times per day for 6 days can be used as one of the interventions for non-pharmacological treatment of hypertension in the elderly in controlling blood pressure.

**Keywords:** Ambon Bananas, Degrees of Hypertension, Hypertension