

ABSTRAK

Efektivitas Pemberian Jus Tomat dan Wedang Tomat Terhadap Penurunan Tekanan Darah Pada Lansia dengan Hipertensi di Wilayah Puskesmas Krembangan Selatan Surabaya

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Latar Belakang: Banyak lansia kesulitan menurunkan tekanan darah meskipun sudah mendapat obat. Salah satu terapi non farmakologis yang dapat menurunkan tekanan darah adalah tomat. Penelitian ini bertujuan untuk mengetahui perbedaan efektivitas jus tomat dan wedang tomat terhadap penurunan tekanan darah pada lansia hipertensi di Wilayah Puskesmas Krembangan Selatan Surabaya.

Metode: Penelitian ini menggunakan *Quasi Eksperiment* dengan *pretest posttest nonequivalent control design*, sampel berjumlah 21 orang terdiri dari kelompok jus tomat, wedang tomat, dan kontrol. Variabel independen yaitu jus tomat dan wedang tomat. Variabel dependen yaitu tekanan darah. Instrumen menggunakan tensimeter, stetoskop, dan lembar observasi. Analisa data menggunakan *paired sample t test* dan ANOVA dilanjutkan *Post Hoc LSD*.

Hasil: Hasil uji ANOVA nilai signifikansi sistolik $0,008 < 0,05$ dan diastolik $0,001 < 0,05$ sehingga disimpulkan terdapat perbedaan penurunan tekanan darah pada ketiga kelompok. Pada uji LSD didapatkan selisih rata-rata tekanan darah antara kelompok jus tomat dan wedang tomat sistolik $16,14 > 7,14$ dan diastolik $12,71 > 6,43$ sehingga disimpulkan jus tomat paling efektif dalam menurunkan tekanan darah pada lansia hipertensi di Wilayah Puskesmas Krembangan Selatan.

Kesimpulan: Penderita hipertensi diharapkan dapat menerapkan terapi jus tomat sebagai terapi tambahan karena jus tomat mengandung likopein, bioflavonoid, dan kaliumnya tetap. Sedangkan wedang tomat meskipun kandungan likopein meningkat tetapi terdapat kandungan yang hilang atau berkurang akibat pemanasan.

Kata Kunci: Tekanan Darah, Jus Tomat, Wedang Tomat, Penderita Hipertensi.

ABSTRACT

Effectiveness Of Giving Tomato Juice And Tomato Wedang On Reducing Blood Pressure In Elderly People With Hypertension In The Region Puskesmas Krembangan Selatan Surabaya

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Background: Many elderly people have difficulty lowering blood pressure even though they have received medication. One non-pharmacological therapy that can lower blood pressure is tomatoes. This study aims to determine the difference in the effectiveness of tomato juice and tomato wedang in reducing blood pressure in hypertensive elderly in the South Krembangan Health Center Area, Surabaya.

Method: This research used a Quasi Experiment with a pretest posttest nonequivalent control design, a sample of 21 people consisting of the tomato juice, tomato wedang, and control groups. The independent variables are tomato juice and tomato wedang. The dependent variable is blood pressure. The instrument uses a sphygmomanometer, stethoscope and observation sheet. Data analysis used paired sample t test and ANOVA followed by Post Hoc LSD.

Results: The results of the ANOVA test showed a significance value of $0.008 < 0.05$ for systolic and $0.001 < 0.05$ for diastolic, so it was concluded that there were differences in blood pressure reduction in the three groups. In the LSD test, it was found that the difference in average blood pressure between the tomato juice and tomato wedang groups was $16.14 > 7.14$ systolic and $12.71 > 6.43$ diastolic, so it was concluded that tomato juice was the most effective in lowering blood pressure in hypertensive elderly in the Community Health Center area. South Krembangan.

Conclusion: Hypertension sufferers are expected to be able to apply tomato juice therapy as additional therapy because tomato juice contains lycopene, bioflavonoids, and potassium. Meanwhile, although the lycopene content of tomato wedang increases, some of the content is lost or reduced due to heating.

Keywords: Blood Pressure, Tomato Juice, Tomato Wedang, Hypertension Sufferers.