

ABSTRAK

Efektifitas Pemberian Jus Mentimun Terhadap Tekanan Darah Pada Klien Hipertensi Di Masyarakat Wilayah Krembangan Selatan Surabaya

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Latar belakang : Hipertensi adalah kondisi medis dimana tekanan darah terhadap dinding arteri terus-menerus tinggi yang dapat menyebabkan berbagai masalah kesehatan serius, seperti penyakit jantung, stroke, dan masalah ginjal. Pengendalian tekanan darah yang efektif melibatkan kombinasi perubahan gaya hidup, pengobatan, dan pemantauan rutin. Terapi komplementer tanaman herbal yang sering di konsumsi oleh klien hipertensi yaitu buah belimbing, daun alpukat, daun seledri, dan mentimun. **Metode :** Desain penelitian menggunakan *Quasy experiment (pre-post test with control grup)*. Sampel berjumlah 36 orang terdiri dari kelompok perlakuan dan kelompok kontrol. Pada kelompok perlakuan diberikan jus mentimun 200gr selama 7 hari setiap pagi hari, sedangkan kelompok kontrol tidak diberikan jus mentimun tetapi rutin meminum obat sesuai standart pengobatan dari puskesmas. Pengumpulan data dengan lembar observasi tekanan darah. Analisa data menggunakan uji *Wilcoxon Signed Rank Test* dan *Mann-Whitney Test*. **Hasil :** Hasil penelitian menunjukkan bahwa rata-rata tekanan darah pada kelompok perlakuan sistolik diastolik sebelum intervensi adalah 150,56/95,56 (SD=9,218/8,024), dan setelah diberikan intervensi menjadi 128,06/80,00 (SD=6,673/5,941) dengan nilai α 0,00. Untuk kelompok kontrol rata-rata tekanan darah sistolik diastolik sebelum adalah 148,33/87,22 (SD=8,575/8,085) dan tekanan darah sesudah pada kelompok kontrol menjadi 142,22/88,33 (SD=10,603/6,860) dengan nilai $\alpha > 0,05$. Berdasarkan hasil rata-rata tekanan darah, terapi jus mentimun pada kelompok perlakuan lebih efektif dibandingkan dengan kelompok kontrol. **Kesimpulan :** Pemberian jus mentimun dapat dijadikan sebagai terapi alternatif untuk menurunkan tekanan darah tinggi dan tetap melakukan tatalaksana terapi dari pihak layanan kesehatan. **Kata kunci :** Jus mentimun, hipertensi, tekanan darah

ABSTRACT

Effectiveness of Cucumber Juice on the Blood Pressure of Hypertensive Clients in the Krembangan Area, South of Surabaya

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Background : Hypertension is a medical condition where the blood pressure against the artery walls is persistently high, which can lead to various serious health problems such as heart disease, stroke, and kidney issues. Effective blood pressure management involves a combination of lifestyle changes, medication, and regular monitoring. Complementary herbal therapies commonly consumed by hypertensive clients include star fruit, avocado leaves, celery leaves, and cucumbers. **Method** : Research design uses a Quasi-experiment (pre-post test with control group). The sample consists of 36 people divided into treatment and control groups. The treatment group was given 200 grams of cucumber juice every morning for 7 days, while the control group was not given cucumber juice but continued taking medication according to the standard treatment from the health center. Data collection was done using blood pressure observation sheets. Data analysis was conducted using the Wilcoxon Signed Rank Test and the Mann-Whitney Test. **Results** : The research results show that the average systolic/diastolic blood pressure in the treatment group before the intervention was 150.56/95.56 (SD=9.218/8.024), and after the intervention, it became 128.06/80.00 (SD=6.673/5.941) with a significance value of 0.00. In the control group, the average systolic/diastolic blood pressure before the intervention was 148.33/87.22 (SD=8.575/8.085), and after the intervention, it became 142.22/88.33 (SD=10.603/6.860) with a significance value of >0.05. Based on the average blood pressure results, cucumber juice therapy in the treatment group was more effective compared to the control group. **Conclusion** : The administration of cucumber juice can be used as an alternative therapy to lower high blood pressure while continuing to follow the treatment management provided by healthcare services. **Keyword** : Cucumber juice, Hypertension, High blood pressure