

**PROGRAM STUDI S1 KEPERAWATAN
FAKULTAS KEPERAWATAN
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU**

Skripsi, Juni 2024

**Ayu Azzahra Djohan
23311006**

Pengaruh Air Rebusan Daun Binahong Terhadap Tekanan Darah Pada Lansia Penderita Hipertensi Di Wilayah Kerja Puskesmas Payung Sekaki Pekanbaru.

xiii + 53 halaman + 15 tabel + 2 skema + 16 lampiran

ABSTRAK

Penggunaan obat anti hipertensi jangka panjang dapat menyebabkan Masalah Terkait Obat (*Medication Related Problems*) seperti ketidakpatuhan, interaksi obat, dan alergi, yang berpotensi membahayakan kesehatan pasien. Efek samping jangka panjang meliputi disfungsi ereksi, impotensi, gout, ginekomastia, bradikardi, fibrilasi ventrikel, hipertensi ortostatik, anemia hemolitik, angioedema, sedasi, depresi, ulkus peptikum, xerostomia, dan sindrom withdrawal. Oleh karena itu, pengobatan nonfarmakologis dianggap lebih aman. Terapi herbal, seperti air rebusan daun binahong tidak memiliki efek samping jangka panjang dan efektif mengurangi tekanan darah pada pasien hipertensi. Sekitar 972 juta orang di dunia mengidap hipertensi, dan angka ini diperkirakan meningkat menjadi 29.2% pada 2025. Pencegahan hipertensi bisa dilakukan dengan pengobatan nonfarmakologis seperti air rebusan daun binahong untuk mengetahui tekanan darah sebelum dan sesudah pemberian. Penelitian ini menggunakan desain *Quasy Eksperimen* dengan pendekatan *one group pretest-posttest* dilakukan pada 13-19 Mei 2024 di Puskesmas Payung Sekaki Pekanbaru dengan 16 responden. Hasil penelitian menunjukkan rata-rata tekanan darah sistolik turun dari 162.44 mmHg menjadi 137.06 mmHg, dan diastolik turun dari 97.25 mmHg menjadi 84.94 mmHg, dengan nilai $P\text{ Value} = 0.000 < \alpha = 0.05$. Ada pengaruh air rebusan daun binahong terhadap tekanan darah sebelum dan sesudah pemberian. Ini dapat menjadi masukan bagi tenaga kesehatan di Puskesmas Payung Sekaki Pekanbaru untuk menganjurkan penggunaan obat tradisional air rebusan daun binahong dalam menurunkan tekanan darah pada lansia penderita hipertensi.

Kata Kunci : Lansia, Hipertensi, Air Rebusan Daun Binahong
Daftar Pustaka : 81 (2014-2023)

**NURSING PROGRAM STUDY
FACULTY OF NURSE
INSTITUTE OF HEALTH SCIENCES PAYUNG NEGERI PEKANBARU**

Research, June 2024

**Ayu Azzahra Djohan
23311006**

The Effect Of Boiled Water From Binahong Leaves On Blood Pressure In Elderly People Suffering From Hypertension In The Working Area Of The Payung Sekaki Community Health Center, Pekanbaru

xiii + 53 pages + 15 tables + 2 schematics + 16 appendices

ABSTRACT

The long-term use of antihypertensive drugs can lead to Medication Related Problems (MRPs) such as noncompliance, drug interactions, and allergies, which can potentially harm patients' health. Long-term side effects include erectile dysfunction, impotence, gout, gynecomastia, bradycardia, ventricular fibrillation, orthostatic hypertension, hemolytic anemia, angioedema, sedation, depression, peptic ulcers, xerostomia, and withdrawal syndrome. Therefore, non-pharmacological treatments are considered safer. Herbal therapy, such as binahong leaf decoction has no long-term side effects and is effective in reducing blood pressure in hypertensive patients. Approximately 972 million people worldwide suffer from hypertension, and this number is expected to increase to 29.2% by 2025. Hypertension prevention can be managed with non-pharmacological treatments like binahong leaf decoction to monitor blood pressure before and after administration. This study used a Quasi-Experimental design with a one-group pretest-posttest approach conducted from May 13-19, 2024, at Payung Sekaki Public Health Center in Pekanbaru, involving 16 respondents. The study results showed that the average systolic blood pressure of respondents decreased from 162.44 mmHg to 137.06 mmHg, and the average diastolic blood pressure decreased from 97.25 mmHg to 84.94 mmHg, with a $P \text{ Value} = 0.000 < \alpha = 0.05$. There is a significant effect of binahong leaf decoction on blood pressure before and after administration. This can serve as a recommendation for healthcare professionals at Payung Sekaki Public Health Center to encourage the use of traditional medicine like binahong leaf decoction to lower blood pressure in elderly hypertensive patients.

Keywords : Elderly, Hypertension, Boiled Water from Binahong Leaves

References : 81 (2014-2023)