

**PROGRAM STUDI S1 KEPERAWATAN
FAKULTAS KEPERAWATAN
IKES PAYUNG NEGERI PEKANBARU**

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Fani Septri Wulandari
20301118

**Perbandingan Efektivitas Rebusan Daun Sambung Nyawa Dan Daun Salam
Pada Hipertensi Di Wilayah Kerja Puskesmas Simpang Tiga Kota
Pekanbaru**

xv + 78 halaman + 15 Tabel + 2 Skema + 2 Gambar + 18 Lampiran

ABSTRAK

Kejadian hipertensi meningkat dari tahun ke tahun. Hipertensi yang tidak terkontrol dapat menyebabkan komplikasi seperti jantung, ginjal, stroke bahkan kematian, sehingga perlu adanya terapi baik secara farmakologi maupun nonfarmakologi. Salah satunya bisa dengan rebusan daun sambung nyawa dan daun salam sebagai terapi nonfarmakologi, karena memiliki kandungan *flavonoid* yang berfungsi untuk mengatasi hipertensi. Penelitian ini bertujuan untuk mengetahui perbandingan efektivitas rebusan daun sambung nyawa dan daun salam terhadap tekanan darah pada penderita hipertensi di Wilayah Kerja Puskesmas Simpang Tiga Kota Pekanbaru. Penelitian ini merupakan penelitian kuantitatif, dengan desain *quasy expriment* dengan pendekatan *two grup pretest and posttest design*. Sampel penelitian ini adalah 20 responden dengan teknik *sampling* nya adalah *purposive sampling*. Instrumen yang digunakan adalah tensimeter, lembar observasi dan SOP pembuatan rebusan daun sambung nyawa dan daun salam. Analisis yang digunakan yaitu univariat dan bivariat (uji *T dependent*, *wilcoxon rank test* dan *mann whitney*). Hasil uji *T dependent* pada kelompok daun sambung nyawa didapatkan *p value* (sistolik dan diastolik) $0,000 < 0,05$ (*pretest* 28,10 *posttest* 14,55) yang artinya H_0 ditolak, sehingga terdapat perbedaan tekanan darah responden sebelum dan setelah diberikan rebusan daun sambung nyawa. Hasil uji *wilcoxon* pada variabel sistolik kelompok daun salam didapatkan *p value* $0,000 < 0,05$ (z 3,923) yang berarti H_0 ditolak sehingga ada perbedaan tekanan darah sistolik sebelum dan sesudah diberikan rebusan daun salam. Hasil uji *T dependent* pada variabel diastolik kelompok daun salam didapatkan *p value* $0,000 < 0,05$ (*pretest* 100,25 *posttest* 85,70) yang artinya H_0 ditolak, menunjukkan terdapat perbedaan tekanan darah diastolik sebelum dan sesudah diberikan rebusan daun salam. Hasil uji *mann whitney* perbandingan *posttest* antara rebusan daun sambung nyawa dan daun salam didapatkan *p value* sistolik yaitu $0,570 > 0,05$ (*mean differences* 15) yang berarti H_0 gagal ditolak dan *p value* diastolik yaitu $0,819 > 0,05$ (*mean differences* 6) yang berarti H_0 gagal ditolak. Hal ini menunjukkan bahwa daun salam lebih efektif untuk menurunkan tekanan darah pada penderita hipertensi.

Kata kunci: Tekanan Darah, Rebusan Daun Sambung Nyawa Dan Daun Salam, Hipertensi
Referensi : 56 (2017-2024)

**S1 NURSING STUDY PROGRAM, FACULTY OF NURSING
IKES PAYUNG NEGERI PEKANBARU**

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Fani Septri Wulandari
20301118

**Comparison of the Effectiveness of Boiled Leaves of Life and Bay Leaves on
Hypertension in the Working Area of the Simpang Tiga Health Center,
Pekanbaru City**

xv + 78 pages + 15 Tables + 2 Schematics + 2 Figures + 18 Appendices

ABSTRAK

The incidence of hypertension increases from year to year. Uncontrolled hypertension can cause complications such as heart, kidney, stroke and even death, so therapy is needed both pharmacological and non-pharmacological therapy. One of them can be a decoction of life graft leaves and bay leaves as a nonpharmacological therapy, because it contains flavonoids that function to overcome hypertension. This study aims to determine the comparison of the effectiveness of the decoction of lettuce leaves and bay leaves on blood pressure in hypertensive patients in the Working Area of the Simpang Tiga Health Center, Pekanbaru City. This study is a quantitative research, with a quasy experiment design with a two-group approach of pretest and posttest design. The sample of this study is 20 respondents with the sampling technique is purposive sampling. The instruments used are sphygmomanometers, observation sheets and SOPs for making a decoction of life-sustaining leaves and bay leaves. The analyses used were univariate and bivariate (T dependent test, wilcoxon rank test and mann whitney). The results of the T dependent test in the life graft group were obtained p values (systolic and diastolic) $0.000 < 0.05$ (pretest 28.10 posttest 14.55) which means that H_0 was rejected, so that there was a difference in the blood pressure of the respondents before and after being given a decoction of the life graft. The results of the wilcoxon test on the systolic variable of the bay leaf group were obtained with a p value of $0.000 < 0.05$ (z 3.923) which means that H_0 was rejected so that there was a difference in systolic blood pressure before and after giving bay leaf decoction. The results of the T dependent test on the diastolic variable of the bay leaf group obtained a p value of $0.000 < 0.05$ (pretest 100.25, posttest 85.70) which means that H_0 was rejected, showed that there was a difference in diastolic blood pressure before and after being given bay leaf decoction. The results of the Mann Whitney test of the posttest comparison between the boiled of life leaves and bay leaves obtained a systolic p value of $0.570 > 0.05$ (mean differences 15) which means that H_0 failed to be rejected and the diastolic p value is $0.819 > 0.05$ (mean differences 6) which means that H_0 failed to be rejected. This shows that bay leaves are more effective at lowering blood pressure in hypertensive patients.

Keywords: Blood Pressure, Decoction of Life Leaves and
Bay Leaves, Hypertension Reference: 56 (2017-2024)