

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

Skripsi, Juli 2024

Jeni Syakilla
20301122

Efektifitas Pemberian Puding Telaga (wortel daun pegagan) Terhadap Tekanan Darah Pasien Hipertensi di Wilayah Kerja Puskesmas Rejosari Kota Pekanbaru

xiii + 58 Halaman + 7 Tabel + 2 Skema + 2 Gambar + 14 Lampiran

ABSTRAK

Hipertensi terjadi ketika tekanan darah sistolik ≥ 140 mmHg atau tekanan darah diastolik ≥ 90 mmHg yang menetap. Pengobatan hipertensi terdiri dari terapi farmakologis dan nonfarmakologis. Mengingat semakin tingginya insidensi hipertensi, bahaya komplikasi yang ditimbulkan dan efek samping atau dampak farmakologi obat antihipertensi akibat pengobatan jangka panjang, maka perlu dilakukan intervensi untuk pengendalian hipertensi menggunakan terapi nonfarmakologis seperti pemanfaatan tanaman obat. Tujuan penelitian ini adalah untuk mengetahui efektifitas pemberian puding telaga (wortel daun pegagan) terhadap tekanan darah pasien hipertensi di Puskesmas Rejosari Kota Pekanbaru. Wortel memiliki kandungan kalium yang baik untuk menurunkan tekanan darah dan kandungan di dalam daun pegagan yaitu quersentin, flavonoid, triterpenoid dan glikosida. Penelitian ini merupakan penelitian kuantitatif dengan desain *quasy experiment* dengan pendekatan *pre test and post test nonequivalent control group*. Teknik sampling yang digunakan *purposive sampling*. Jumlah sampel yang digunakan sebanyak 18 orang responden untuk masing-masing kelompok. Instrumen yang digunakan berupa *sphygmomanometer* digital dan lembar observasi. Intervensi diberikan dengan berupa pemberian puding telaga (wortel daun pegagan) kepada kelompok intervensi dilakukan selama 5 hari. Analisis yang digunakan Uji *Wilcoxon* dan Uji *Mann Whitney*. Hasil uji *mann whitney* menunjukkan bahwa rata-rata tekanan darah sebelum pada kelompok intervensi 159,83/89,72 mmHg menurun menjadi 132,67/68,78 mmHg. Pada kelompok kontrol sebelum 151,11/88,06 mmHg menurun menjadi 139,33/81,72 mmHg didapatkan *pValue* sistolik 0,009 ($<0,05$) dan *pValue* diastolik 0,001 ($<0,05$) sehingga disimpulkan Pemberian Puding Telaga Efektif Terhadap Penurunan Tekanan Darah Pasien Hipertensi di Wilayah Kerja Puskesmas Rejosari Kota Pekanbaru. Berdasarkan hasil penelitian disarankan untuk mengkonsumsi puding telaga ini untuk pengendalian tekanan darah pada pasien hipertensi.

Kata Kunci : Hipertensi, Wortel, Daun Pegagan, Puding
Daftar Pustaka : 43 (2013- 2024)

**NURSING PROGRAM STUDY
NURSING FACULTY
INSTITUT OF HEALTH SCIENCES PAYUNG NEGERI PEKANBARU**

Research , Juli 2024

Jeni Syakilla
20301122

Effectiveness Of Giving Telaga Pudding (Carrot Leaves Of Gotu Kola) On Blood Pressure Of Hypertension Patients In The Working Area Of Rejosari Health Center Pekanbaru City

xiii+ 58 Halaman +7 Tabel + 2 Skema + 2 Gambar + 14 Lampiran

ABSTRAK

Hypertension occurs when systolic blood pressure ≥ 140 mmHg or diastolic blood pressure ≥ 90 mmHg persists. Hypertension treatment consists of pharmacological and non-pharmacological therapy. Considering the increasing incidence of hypertension, the danger of complications and the side effects or pharmacological impact of antihypertensive drugs due to long-term treatment, it is necessary to intervene to control hypertension using non-pharmacological therapy such as the use of medicinal plants. The aim of this study was to determine the effectiveness of giving Telaga pudding (carrot leaves of gotu kola) on the blood pressure of hypertensive patients at the Rejosari Community Health Center, Pekanbaru City. Carrots contain potassium which is good for lowering blood pressure and the contents in gotu kola leaves are quersentin, flavanoid, triterpenoids and glycosides. This research is a quantitative research with a quasi-experiment design with a nonequivalent control group pre-test and post-test approach. The sampling technique used was purposive sampling. The number of samples used was 18 respondents for each group. The instruments used are a digital sphygmomanometer and observation sheet. The intervention was provided by giving lake pudding (carrot leaves of gotu kola) to the intervention group for 5 days. The analysis used the Wilcoxon Test and Mann Whitney Test. The results of the Mann Whitney test showed that the average blood pressure before the intervention group was 159.83/89.72 mmHg, decreased to 132.67/68.78 mmHg. In the control group before 151.11/88.06 mmHg decreased to 139.33/81.72 mmHg, it was found that the systolic pValue was 0.009 (<0.05) and the diastolic pValue was 0.001 (<0.05), so it was concluded that giving Telaga Pudding was effective in reducing Blood Pressure of Hypertension Patients in the Rejosari Health Center Work Area, Pekanbaru City. Based on research results, it is recommended to consume this lake pudding to control blood pressure in hypertensive patients.

Keywords : Hypertension, Carrots, Gotu Kola Leaves, Pudding
References : 43 (2013- 2024)