

**PROGRAM STUDI PROFESI NERS FAKULTAS KEPERAWATAN
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU
Karya Ilmiah, Januari 2026**

Zahrah Dwi Agustin

Pengaruh Pemberian Susu Kedelai Terhadap Tekanan Darah Penderita Hipertensi
Di Puskesmas Rejosari Kota Pekanbaru

XII + 37 Halaman + 3 Tabel + 1 Skema + 4 Lampiran

ABSTRAK

Tekanan darah tinggi disebabkan oleh pola makan yang buruk, kurangnya aktivitas fisik, merokok, asupan garam berlebih dan obesitas. Kondisi ini dapat menyebabkan hipertensi apabila tidak dikendalikan dengan baik berisiko menimbulkan komplikasi, seperti penyakit jantung, stroke, dan gangguan ginjal. Oleh karena itu, diperlukan upaya pengendalian hipertensi tidak hanya melalui terapi farmakologis, tetapi juga dengan pendekatan nonfarmakologis yang mudah diterapkan oleh masyarakat. Tujuan penelitian ini untuk mengetahui pengaruh konsumsi susu kedelai dalam menurunkan tekanan darah pada penderita hipertensi di Puskesmas Rejosari Kota Pekanbaru. Penelitian ini dengan pendekatan *pre-test dan post-test without control group*. Populasi dalam penelitian ini adalah penderita hipertensi di wilayah kerja Puskesmas Rejosari Kota Pekanbaru. Jumlah responden sebanyak 17 orang. Teknik sampling dalam penelitian ini menggunakan *teknik non probability sampling*. Instrumen yang digunakan adalah SOP pemberian susu kedelai, *Sphygmomanometer* digital dan lembar observasi. Penelitian ini dilakukan pada tanggal 30 Desember 2024 sampai 11 Januari 2025. Intervensi dilakukan selama 3 hari berturut - turut dengan memberikan susu kedelai sebanyak 250 ml di pagi dan malam hari. Penelitian ini menggunakan analisis uji *paired T-Test*. Nilai rata-rata tekanan darah pada sistolik *pre-test* 156.41 dan *post-test* 128.24 sedangkan pada diastolik *pre-test* 98.18 dan *post-test* 86.12. Berdasarkan hasil uji statistik didapatkan bahwa nilai p value sistolik sebesar 0,000 ($< 0,05$) dan p value diastolik 0,000 ($< 0,05$), maka terdapat pengaruh pemberian susu kedelai terhadap tekanan darah penderita hipertensi di Puskesmas Rejosari Kota Pekanbaru. Hasil penelitian ini dapat dijadikan suatu rekomendasi pengobatan pendamping terapi medis dengan pemberian susu kedelai dalam menurunkan tekanan darah pada penderita hipertensi.

Kata Kunci : *Hipertensi, Susu Kedelai, Tekanan Darah*

Daftar Bacaan : 35 (2019-2024)

**BACHELOR OF NURSING PROGRAM, FACULTY OF NURSING
PAYUNG NEGERI INSTITUTE OF HEALTH SCIENCE
Evidence Based Practice, January 2026**

Zahrah Dwi Agustin

The Effect of Giving Soy Milk on Blood Pressure of Hypertension Patients at Rejosari Health Center Pekanbaru City

XII + 37 Pages + 3 Tables + 1 Schemes + 4 Attachments

ABSTRACT

High blood pressure is caused by poor diet, lack of physical activity, smoking, excessive salt intake, and obesity. This condition can lead to hypertension, which if not properly controlled can lead to complications, such as heart disease, stroke, and kidney disorders. Therefore, efforts to control hypertension are needed not only through pharmacological therapy, but also with non-pharmacological approaches that are easily implemented by the community. The purpose of this study was to determine the effect of soy milk consumption in lowering blood pressure in hypertension sufferers at the Rejosari Community Health Center in Pekanbaru City. This study used a pre-test and post-test approach without a control group. The population in this study were hypertension sufferers in the Rejosari Community Health Center in Pekanbaru City. The number of respondents was 17 people. The sampling technique in this study used a non-probability sampling technique. The instruments used were the SOP for providing soy milk, a digital sphygmomanometer, and an observation sheet. This study was conducted from December 30, 2024, to January 11, 2025. The intervention was carried out for 3 consecutive days by providing 250 ml of soy milk in the morning and evening. This study used paired T-Test analysis. The average systolic blood pressure pre-test was 156.41 and post-test 128.24 while the diastolic pre-test was 98.18 and post-test 86.12. Based on the results of statistical tests, it was found that the systolic p-value was 0.000 (<0.05) and the diastolic p-value was 0.000 (<0.05), so there was an effect of giving soy milk on the blood pressure of hypertension sufferers at the Rejosari Community Health Center in Pekanbaru City. The results of this study can be used as a recommendation for complementary medical therapy with the provision of soy milk in reducing blood pressure in hypertension sufferers.

Keywords : *Hypertension, Soy Milk, Blood Pressure*

References: 35 (2019-2024)