PROGRAM STUDI S1 KEPERAWATAN
STIKES PAYUNG NEGERI PEKANBARU

Skripsi, Agustus 2021

ALEX REZA ASMARA
17301003

Pengaruh Rebusan Daun Salam (*Syzgium Polyantum*) Terhadap Tekanan Darah pada pasien hipertensi di wilayah kerja Puskesmas Simpang Tiga Pekanbaru

Xiii+65 Halaman + 3 skema + 8 tabel + 10 lampiran

ABSTRAK

Latar Belakang:Hipertensi adalah salah satu masalah kesehatan yang banyak diderita masyarakat luas karena penyakit bisa menimbulkan penyakit jantung jantung dan stroke otak. **Tujuan** penelitian ini adalah untuk mengetahui tentang pengaruh rebusan daun salam terhadap tekanan darah pada orang dengan hipertensi di wilayah kerja puskesmas Simpang Tiga Pekanbaru. **Metode:**Desain penelitian dengan menggunakan metode *quasy eksperimental nonequivalent control group* artinya dalam penelitian ini menggunakan kelompok intervensi dan kelompok kontrol. Penelitian ini dilakukan pada 27-31 Agustus 2021 dengan sampel 15 kelompok kontrol dan 15 kelompok intervensi dengan teknik *purposive sampling.* Dengan menggunakan instrumen penelitian lembar observasi yang terdiri dari data demografi dan hasil pengukuran tekanan darah. Analisis yang digunakan adalah analisis univariat dan bivariat dengan uji alternatif wilcoxon dan mann whitney. **Hasil penelitian**: Pada tekanan darah diastol dapat dilihat *mean* kelompok kontrol nilai tekanan darah yaitu 84,66 dan *mean* kelompok intervensi diberikan yaitu 74,00 dengan nilai standar deviasi kelompok kontrol yaitu 8,338 dan nilai standar deviasi kelompok intervensi sesudah terapi yaitu 5,071 dengan *p value* 0,000 < α (0,05). Sehingga dapat disimpulkan Ho ditolak, dan terdapat ada perbedaan yang signifikan antara tekanan darah pada kelompok konterol dan kelompok intervensi sesudah pemberian terapi. Dari hasil analisa tersebut, terjadi perubahan tekanan darah khususnya tekanan darah diastol. **Rekomendasi:** For further researchers, it is recommended that this study obtain sufficient data to obtain reservation and representative data.
Kata kunci: daun salam, tekanan darah, hipertensi
Daftar pustaka:30(2010-2020)

NURSING PROGRAM
STIKES PAYUNG NEGERI PEKANBARU

Research, Agustus 2021

ALEX REZA ASMARA
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Effect of Decoction of Salam Leaves (Syzgium Polyantum) on Blood Pressure inhypertensive patients in the work area of Simpang Tiga Health Center Pekanbaru

Xiii+ 65 pages + 3 scheme + 8 tables + 10 Appendixes

ABSTRACT

Background: Hypertension is one of the health problems that many people suffer from because the disease can cause heart disease, heart disease and brain stroke. **Objective:**he purpose of this study was to determine the effect of bay leaf decoction on blood pressure in people with hypertension in the work area of Simpang Tiga Public Health Center Pekanbaru. **Method**:The research design used a quasi-experimental nonequivalent control group method, meaning that in this study an intervention group and a control group were used. This study was conducted on 27-31 August 2021 with a sample of 15 control groups and 15 intervention groups using purposive sampling technique. By using a research instrument, an observation sheet consisting of demographic data and the results of blood pressure measurements. The analysis used was univariate and bivariate analysis with Wilcoxon and Mann Whitney alternative tests. **Result**: In diastolic blood pressure, it can be seen that the mean of the control group, the blood pressure value is 84.66 and the mean of the intervention group is 74.00 with a standard deviation of 8.338 for the control group and the standard deviation of the intervention group after therapy is 5.071 with a p value of 0.000 < (0.05). So it can be concluded that Ho is rejected, and there is a significant difference between blood pressure in the control group and the intervention group after giving therapy. From the results of the analysis, there was a change in blood pressure, especially diastolic blood pressure.**Recommendation**:For further researchers, it is recommended that this study be used as a reference in the development of further research..

Keywords: bay leaf, blood pressure, hypertension
Reference: 30(2010-2020)