

## ABSTRAK

SULISTIANI A. ILOHUNA. Pengaruh Pemberian Jus Buah Pepaya Terhadap Penurunan Tekanan Darah Pada Penderita Hipertensi Di Wilayah Kerja Puskesmas Bilato. Dibimbing oleh Sabirin B. Syukur sebagai ketua dan Fadli Syamsuddin sebagai anggota.

Hipertensi atau yang lebih di kenal masyarakat dengan sebutan penyakit darah tinggi yaitu terjadinya peningkatan tekanan darah. Jika hipertensi terjadi secara berkepanjangan, maka akan beresiko terjadinya penyempitan pembuluh darah, stroke, gagal jantung dan gagal ginjal kronis. Salah satu alternative pengobatan non farmakologis pada pasien hipertensi adalah pemberian jus buah pepaya. Tujuan penelitian ini untuk mengetahui pengaruh pemberian jus buah pepaya terhadap penurunan tekanan darah pada penderita hipertensi. Metode penelitian ini adalah *pre-ekperimental*, dengan desain penelitian *one group pretest-posttes*. Analisis data menggunakan uji *paired sample t test*. Pengambilan sampel dilakukan dengan tehnik *purposive sampling*. Hasil penelitian menunjukkan ada perbedaan secara signifikan terhadap penurunan tekanan darah pada penderita hipertensi setelah diberikan jus buah pepaya dengan rata-rata penurunan tekanan darah sistolik 24,00 mmHg dan tekanan diastolik 16,00 mmHg, hal ini dikarenakan peranan kalium yang terkandung dalam buah pepaya, yang dalam mekanisme penurunan tekanan darah menyebabkan vasodilatasi yang dapat melebarkan pembuluh darah sehingga darah dapat mengalir lebih lancar. Sehingga ini diharapkan pasien hipertensi dapat mengkonsumsi jus buah pepaya sebagai salah satu alternative yang aman untuk menurunkan tekanan darah.

## **ABSTRACT**

SULISTIANI A. ILOHUNA. The Effect of Papaya Fruit Juice on Reducing Blood Pressure in Hypertension Sufferers in the Bilato Health Center Work Area. Supervised by FADLI SYAMSUDDIN as chairman and SABIRIN B. SYUKUR as a member.

Hypertension, or what is better known to the public as high blood disease, is an increase in blood pressure. If hypertension occurs prolongedly, it will be at risk of narrowing of blood vessels, stroke, heart failure, and chronic renal failure. One of the alternative non-pharmacological treatments in hypertensive patients is the administration of papaya fruit juice. This research aimed to determine the effect of papaya fruit juice on reducing blood pressure in people with hypertension. This research method is pre-experimental, with a research design of one group pretest-posttest—data analysis using paired sample t-test. Sampling was carried out with purposive sampling techniques. The results showed there was a significant difference in the decrease in blood pressure in hypertensive patients after being given papaya fruit juice, with an average reduction in systolic blood pressure of 24.00 mmHg and a diastolic pressure of 16.00 mmHg, this is due to the role of potassium contained in papaya fruit, which in the mechanism of decreasing blood pressure causes vasodilation that can dilate blood vessels so that blood can flow more smoothly. Thus it is hoped that hypertensive patients can consume papaya fruit juice as one of the safe alternatives to lower blood pressure.

***Keywords: Hypertension, Juice, Papaya.***

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