

INTISARI
EFEKTIFITAS PEMBERIAN JUS MENTIMUN (CUCUMIS SATIVUS L) DAN DAUN SALAM (EUGENIA POLYHANTHA WIGHT) TERHADAP TINGKAT HIPERTENSI DIDUSUN GONDANGSARI JATISRONO

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Latar Belakang : Jus mentimun (*Cucumis sativus L*) merupakan jenis sayuran yang dapat dimakan dan berbagai hidangan. Daun salam (*Eugenia polyhantha Wight*) yang bisa dimanfaatkan oleh masyarakat Indonesia sebagai bumbu dapur. Penatalaksanaan hipertensi dapat dilakukan dengan terapi nonfarmakologi, yaitu dengan mengonsumsi jus mentimun (*cucumis sativus l*) dan daun salam (*eugenia polyhantha wight*).

Tujuan : Untuk mengetahui efektifitas pemberian jus mentimun (*Cucumis sativus L*) dan daun salam (*Eugenia polyhantha Wight*) terhadap tekanan darah di Dusun Gondangsari Jatisrono.

Metode : Jenis penelitian ini adalah penelitian *Quasi Eksperimen* dengan menggunakan desain *two group pre-test-post-test*. Sampel penelitian sebanyak 32 orang dengan teknik *proposive sampling*. Alat analisis uji *Wilxocon Test* dan *Uji Man Whitney*.

Hasil Penelitian : Rata-rata tekanan darah sebelum diberikan jus mentimun, sistole : 143,13 mmHg dan diastol 90 mmHg. Rata-rata tekanan darah sesudah diberikan jus mentimun, sistole : 10,00 dan diastole : 6,87 mmHg. Rata-rata tekanan darah sebelum diberikan rebusan daun salam 141,38 mmHg dan diastole : 90 mmHg. Rata-rata tekanan darah sesudah diberikan daun salam, sistolik : 13,88 mmHg dan diastolik : 14,37 mmHg. Terdapat pengaruh pemberian jus mentimun terhadap tekanan darah sistol (*p value* 0,001 < 0,05) sedangkan diastolik terdapat pengaruh pemberian jus mentimun (*p value* sebesar 0,002 < 0,05). Terdapat pengaruh pemberian daun salam tekanan darah sistolik (*p value* 0,000 < 0,05) sedangkan tekanan darah diastolik terdapat pengaruh pemberian rebusan daun salam (*p value* 0,001 < 0,05).

Kesimpulan : yang paling berpengaruh dalam menurunkan tekanan darah adalah daun salam dengan (*p value* < 0,05)

Kata Kunci : Jus Mentimun, Daun Salam, Hipertensi

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ABSTRACT

THE EFFECTIVENESS OF PROVIDING CUCUMIS SATIVUS L AND EUGENIA POLYHANTHA WIGHT TOWARD HYPERTENSION LEVELS IN JONDRONO GONDANGSARI

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Background: Cucumber juice (*cucumis sativus* L) is a type of vegetable that can be eaten and served with a variety of foods. Bay leaf (*eugenia polyhantha* wight) is commonly used by the Indonesian people as a spice in the kitchen. Management of hypertension can use nonpharmacological therapy, namely by consuming cucumber juice (*cucumis sativus* L) and bay leaf (*eugenia polyhantha* wight).

Objective: To determine the effectiveness of providing cucumber juice (*cucumis sativus* L) and bay leaf (*eugenia polyhantha* wight) toward blood pressure in Gondangsari Jatisrono.

Method: This research belongs to a Quasi Experiment research with two group pre-test-post-test design. The research sampling technique used purposive sampling technique with 32 people as sample. The analysis implemented Wilcoxon Test and Man Whitney test.

Results: The average blood pressure before providing cucumber juice shows that systole: 143.13 mmHg and diastole 90 mmHg. The average blood pressure after providing cucumber juice indicates that systole: 10.00 and diastole: 6.87 mmHg. Meanwhile, the average blood pressure before being given a decoction of bay leaves shows 141.38 mmHg and diastole: 90 mmHg while systolic: 13.88 mmHg and diastolic: 14.37 mmHg after decoction of bay leaves was given. There is an effect of giving cucumber juice on systolic blood pressure (p value 0.001 <0.05). Meanwhile in diastolic, there is an effect of giving cucumber juice (p value of 0.002 <0.05). There is an effect of giving bay leaf systolic blood pressure (p value 0,000 <0.05) while in diastolic blood pressure, there is effect on giving bay leaf decoction (p value 0.001 <0.05).

Conclusion: The most effect in decreasing blood pressure is bay leaf with (p value <0.05)

Keywords: Cucumber Juice, Bay Leaves, Hypertension

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