

INTISARI

PENGARUH PEMBERIAN SEDUHAN KELOPAK KERING BUNGA ROSELLA (*Hibiscus Sabdariffa*) TERHADAP PERUBAHAN TEKANAN DARAH PENDERITA HIPERTENSI DI DUSUN GUNDIK KABUPATEN GROBOGAN

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Latar Belakang :Hipertens imerupakan suatu keadaan dimana seseorang mengalami peningkatan tekanan darah di atas normal yang mengakibatkan angka kesakitan atau morbiditas dan angka kematian atau mortalitas. Untuk itu diperlukan berbagai cara penanganan hipertensi untuk menurunkan tekanan darah. Salah satu penanganan non farmakologis dalam menyembuhkan penyakit hipertensi yaitu terapi komplementer atau terapi herbal dengan menggunakan bunga rosella (*Hibiscus Sabdariffa* Linn).

Tujuan dari penelitian:Untuk mengetahui pengaruh pemberian seduhan kelopak kering bunga rosella (*Hibiscus sabdariffa*) terhadap perubahan tekanan darah penderita hipertensi di Dusun Gundik Desa Ledokdawan Kecamatan Geyer Kabupaten Grobogan.

Metode Penelitian :Jenis penelitian yang digunakan rancangan praeksperimen *one group pretest – post test desgin*. Populasi dan sampel dalam penelitian ini adalah semua warga dewasa di Dusun Gundik Desa Ledokdawan Kecamatan Geyer yang mengalami hipertensi tanpa mengkonsumsi terapi farmakologi sebanyak 35 responden dengan teknik pengambilan sampel yaitu *total sampling*. Pengumpulan data menggunakan observasi langsung.Teknik analisa data yaitu uji normalitas *Shapiro Wills*, analisis bivariat yaitu uji *Wilcoxon*.

Hasil Penelitian : Menunjukkan: Ada pengaruh pemberian seduhan kelopak kering bunga rosella (*Hibiscus sabdariffa*) terhadap perubahan tekanan darah penderita hipertensi, terbukti hasil *tes Wilcoxon* diperoleh *p value* < 0,05. Penurunan tekanan darah sistol dan diastol penderita hipertensi setelah dilakukan perlakuan dengan pemberian seduhan kelopak kering bunga rosella sebanyak 32 responden (91,4%) dan 3 responden (8,6%) tidak mengalami penurunan tekanan darah, sedangkan penurunan tekanan darah diastol sebanyak 34 responden (97,1%) dan hanya1 responden (2,9%) yang tidak mengalami penurunan tekanan darah.

Simpulan : Pemberian seduhan kelopak kering bunga rosella (*Hibiscus sabdariffa*) berpengaruh terhadap penurunan tekanan darah penderita hipertensi di Dusun Gundik Desa Ledokdawan Kecamatan Geyer Kabupaten Grobogan.

Kata Kunci: seduhan, kelopakkeringbunga rosella (*hibiscus sabdariffa*), tekanandarah, hipertensi

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ABSTRACT

GIVING EFFECT OF DRY FLOWERS PETALS STEEPING ROSELLA (*Hibiscus Sabdariffa*) CHANGES OF BLOOD PRESSURE IN HYPERTENSION PATIENTS GUNDIK DISTRICT GROBOGAN

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Background: Hypertension is a condition in which a person experiences an increase in blood pressure above normal resulting in morbidity or mortality or morbidity and morality. It required different ways of handling hypertension to lower blood pressure. One of the non-pharmacological treatment in curing hypertension is a complementary therapy or herbal therapy using rosella (*Hibiscus Sabdariffa* Linn).

Object: To determine the effect of dried flower petals steeping roselle (*Hibiscus sabdariffa*) to changes in blood pressure in hypertensive patients Hamlet Village Gundik Ledokdawan District of Geyer Grobogan.

Method: This study used pre-experimental design one group pre test - post test design. Population and sample in this research is all adult citizens in the Hamlet Village Gundik Ledokdawan District of Geyer who have hypertension without consuming as much as 35 respondents pharmacological therapy with a sampling technique is total sampling. Data collection using direct observation. Data analysis technique that Wills Shapiro normality test, bivariate analysis that the Wilcoxon test.

Results: Shows: There is the effect of dried flower petals steeping roselle (*Hibiscus sabdariffa*) to changes in blood pressure of hypertensive patients, proved the test results obtained Wilcoxon p value < 0.05 . A decrease in systolic and diastolic blood pressure of hypertensive patients after treatment by administering steeping dried rosella flower petals as many as 32 respondents (91.4%) and 3 respondents (8.6%) did not experience a decrease in blood pressure, while a decrease in diastolic blood pressure as much as 34 respondents (97.1%) and hanya1 respondents (2.9%) who did not experience a decrease in blood pressure.

Conclusion: dried flower petals steeping roselle (*Hibiscus sabdariffa*) effect on blood pressure reduction in patients with hypertension in Hamlet Village Gundik Ledokdawan District of Geyer Grobogan.

Keywords: steeping, dried flower petals Roselle (*Hibiscus Sabdariffa*), blood pressure, hypertension

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