

ABSTRAK

Pengaruh Pemberian Jus Semangka Terhadap Tekanan Darah Pada Lansia Dengan Hipertensi Di UPT Pelayanan Sosial Tresna Werdha Magetan

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Pendahuluan: Lansia berisiko tinggi mengalami hipertensi akibat pola makan tidak sehat, kurangnya aktivitas fisik. Tujuan mengetahui pengaruh jus semangka terhadap tekanan darah lansia hipertensi.

Metode: Quasi Eksperiment dengan pretest posttest nonequivalent control design dari 34 lansia kelompok perlakuan dan kontrol. Variabel independen jus semangka, variabel dependen tekanan darah. Instrumen sphygmomanometer aneroid, lembar observasi dan demografi, SOP jus semangka, SOP tekanan darah. Analisa uji wilcoxon Sign Rank Test (α 0,05), uji mann-whitney (α 0,05).

Hasil: Terdapat perbedaan tekanan darah sebelum dan sesudah pada kelompok perlakuan dengan ($p < 0,000$) pada sistolik diastolik, rerata sistolik sebelum 160.59 mmHg sesudah 143.06 mmHg dan rerata diastolik sebelum 88.47 mmHg sesudah 80.59 mmHg. Tidak terdapat perbedaan tekanan darah sebelum dan sesudah pada kelompok kontrol dengan ($p > 0,568$) rerata sistolik sebelum 153.76 mmHg sesudah 152.59 mmHg dan ($p > 0,165$) dengan rerata diastolik sebelum 86.35 mmHg sesudah 84.12 mmHg. Terdapat perbedaan tekanan darah antara kelompok perlakuan dengan kontrol. Kelompok perlakuan memiliki penurunan sistolik sebesar (-17,53 mmHg) dengan kelompok kontrol mengalami penurunan sistolik sebesar (-1.17 mmHg). Kelompok perlakuan mengalami penurunan diastolik sebesar (-7.88 mmHg) dengan kelompok kontrol mengalami penurunan diastolik sebesar (-2.23 mmHg). Diperoleh ($p < 0.005$) sistolik dan ($p < 0.030$) diastolik.

Kesimpulan: Pemberian jus semangka adalah alternatif non-farmakologi untuk menurunkan tekanan darah pada lansia yang menderita hipertensi.

Kata kunci : Jus Semangka, Tekanan Darah, Lansia

ABSTRACT

The Effect of Watermelon Juice on Blood Pressure in Elderly People with Hypertension at UPT Pelayanan Sosial Tresna Werdha Magetan

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Introduction : Elderly individuals are at high risk of developing hypertension due to unhealthy eating patterns and lack of physical activity. This study aimed to determine the effect of watermelon juice on blood pressure in hypertensive older adults.

Methods : This study utilized a Quasi-Experimental design with a pretest-posttest nonequivalent control group. A total of 34 elderly participants were divided into treatment and control groups. The independent variable was watermelon juice, and the dependent variable was blood pressure. Instruments used included an aneroid sphygmomanometer, observation and demographic sheets, a Standard Operating Procedure (SOP) for watermelon juice preparation, and an SOP for blood pressure measurement. Data analysis involved the Wilcoxon Signed-Rank Test (α 0.05) and the Mann-Whitney U Test (α 0.05).

Results : In the treatment group, there was a significant difference in blood pressure (both systolic and diastolic) before and after the intervention ($p < 0.000$). The mean systolic blood pressure decreased from 160.59 mmHg before to 143.06 mmHg after, and the mean diastolic blood pressure decreased from 88.47 mmHg before to 80.59 mmHg after. Conversely, in the control group, there was no significant difference in blood pressure before and after the intervention (systolic $p > 0.568$, mean before 153.76 mmHg, after 152.59 mmHg; diastolic $p > 0.165$, mean before 86.35 mmHg, after 84.12 mmHg). Furthermore, a significant difference in blood pressure was observed between the treatment and control groups. The treatment group experienced a systolic decrease of -17.53 mmHg, while the control group showed a systolic decrease of -1.17 mmHg. For diastolic blood pressure, the treatment group had a decrease of -7.88 mmHg, compared to a -2.23 mmHg decrease in the control group. These inter-group differences were statistically significant (systolic $p < 0.005$, diastolic $p < 0.030$).

Conclusion : The administration of watermelon juice is a non-pharmacological alternative for lowering blood pressure in elderly individuals suffering from hypertension

Keywords: Watermelon Juice, Blood Pressure, Elderly