

## ABSTRAK

### PENGARUH JUS MENTIMUN DALAM MENCEGAH PENINGKATAN TEKANAN DARAH PADA LANSIA DENGAN HIPERTENSI DI POSYANDU LANSIA RW 05 KALIRUNGKUT SURABAYA

Nor Cholifah<sup>1</sup>, Siti Nur Kholifah<sup>2</sup>, Miadi<sup>3</sup>

Program Studi Keperawatan Program Sarjana Terapan Jurusan Keperawatan,  
Politeknik Kesehatan Kementerian Kesehatan Surabaya

E-mail : [norcholifah003@gmail.com](mailto:norcholifah003@gmail.com)

**Latar Belakang :** Lansia memiliki risiko tinggi mengalami hipertensi akibat gaya hidup modern, yang cenderung mendorong kebiasaan mengonsumsi makanan instan, kurangnya asupan sayur dan buah.

**Metode :** Penelitian ini menggunakan metode *quasi eksperiment design dengan pendekatan pre-post test one group*. Sebanyak 25 lansia. Pengambilan sampel menggunakan purposive sampling. Variabel independen jus mentimun, dependen tekanan darah. Instrumen tensi meter digital, lembar observasi dan demografi, SOP jus mentimun dan tekanan darah. Analisis data dalam penelitian ini dilakukan menggunakan uji Wilcoxon Signed-Rank Test dengan tingkat signifikansi  $\alpha = 0,05$ .

**Hasil .:** Hasil uji menunjukkan bahwa nilai Asymp. Sig sebesar 0,000 lebih kecil dari  $\alpha$  (0,05), yang berarti terdapat perbedaan yang signifikan antara tekanan darah sebelum dan sesudah intervensi. Temuan ini mengindikasikan bahwa pemberian jus mentimun berpengaruh terhadap penurunan tekanan darah pada lansia dengan hipertensi.

**Kesimpulan :** Jus mentimun berpengaruh dalam mencegah peningkatan tekanan darah, ditandai dengan pengurangan tingkat tekanan darah pada lansia dengan riwayat hipertensi.

**Kata Kunci :** Jus Mentimun, Tekanan Darah, Lansia.

## ABSTRACT

### ***THE EFFECT OF CUCUMBER JUICE IN PREVENTING INCREASED BLOOD PRESSURE IN ELDERLY WITH HYPERTENSION AT THE ELDERLY POSYANDU RW 05 KALIRUNGKUT SURABAYA***

Nor Cholifah<sup>1</sup>, Siti Nur Kholifah<sup>2</sup>, Miadi<sup>3</sup>

*Applied Bachelor Nursing Study Program, Department of Nursing, Health Polytechnic of the Ministry of Health Surabaya*

*E-mail : [norcholifah003gmail.com](mailto:norcholifah003gmail.com)*

**Background:** : Elderly individuals are at high risk of developing hypertension due to modern lifestyles, which often promote the consumption of instant food and inadequate intake of vegetables and fruits.

**Methods :** *This study employed a quasi-experimental design with a one-group pretest-posttest approach. A total of 25 elderly participants were involved, selected through purposive sampling. The independent variable was cucumber juice, and the dependent variable was blood pressure. The instruments used included a digital sphygmomanometer, observation and demographic sheets, as well as standard operating procedures (SOP) for cucumber juice preparation and blood pressure measurement. Data analysis was conducted using the Wilcoxon Signed-Rank Test with a significance level of  $\alpha = 0.05$ .*

**Results :** *The results showed an Asymp. Sig value of 0.000, which is less than  $\alpha$  (0.05), indicating a significant difference in blood pressure before and after the intervention. This finding suggests that the administration of cucumber juice has an effect on reducing blood pressure in elderly individuals with hypertension.*

**Conclusion :** *Cucumber juice has an effect in preventing an increase in blood pressure, as indicated by a decrease in blood pressure among elderly individuals with hypertension.*

**Keywords :** *Cucumber Juice, Blood Pressure, Elderly.*