

ABSTRAK

PENGARUH AIR KELAPA MUDA TERHADAP PERUBAHAN TEKANAN DARAH PADA LANJUT USIA (LANSIA) HIPERTENSI DI UPTD GRIYA WREDA JAMBANGAN SURABAYA

Artanayla Kurnia Dhinara¹, Yessy Dessy Arna², Endang Soelistyowati³

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

E-mail : artanaylaa16@gmail.com

Hipertensi merupakan permasalahan utama kesehatan Kota Surabaya. Alternatif tindakan nonfarmakologis seperti air kelapa muda berperan untuk pengontrol tensi. Riset ini memiliki kegunaan dalam rangka melihat efek air kelapa muda pada perubahan tensi Lansia yang tensinya tinggi. Riset ini menerapkan metode eksperimen semu sebelum dan sesudah perlakuan. Sampel studi berjumlah 11 Lansia hipertensi dengan menggunakan teknik pengambilan sampel bertujuan. Variabel bebas yakni air kelapa muda, sedangkan variabel terikat yakni tensi. Riset menggunakan alat seperti tensimeter digital, formulir pengamatan, kuesioner, serta Standar Operasional Prosedur konsumsi air kelapa muda dan pengukuran nilai tekanan darah. Menerapkan statistik pengujian *Paired Sample t-Test*, tingkat signifikan $p < 0,05$. Berdasarkan pengolahan data statistik, didapatkan nilai (*2-tailed*) $0,000 < 0,05$, yang menggambarkan adanya efek air kelapa muda pada perubahan tensi Lansia yang tensinya tinggi di UPTD Griya Wreda Jambangan. Dengan demikian, air kelapa muda berpengaruh mengendalikan tensi Lansia hipertensi.

Kata kunci: Air Kelapa Muda, Hipertensi, Tekanan Darah, Lansia

ABSTRACT

THE EFFECT OF YOUNG COCONUT WATER ON BLOOD PRESSURE CHANGES IN ELDERLY WITH HYPERTENSION AT UPTD GRIYA WREDA JAMBANGAN SURABAYA

Artanayla Kurnia Dhinara¹, Yessy Dessy Arna², Endang Soelistyowati³

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

E-mail: artanaylaa16@gmail.com

*Hypertension is one of the major health problems in the city of Surabaya. Non-pharmacological approaches, such as the consumption of young coconut water, may help in controlling blood pressure. This study aimed to determine the effect of young coconut water on changes in blood pressure among elderly individuals with hypertension. This research applied a quasi-experimental method using a pre-test and post-test design. The sample consisted of 11 elderly participants with hypertension, selected using a purposive sampling technique. The independent variable was the administration of young coconut water, while the dependent variable was blood pressure. The instruments used in this study included a digital sphygmomanometer, observation sheets, questionnaires, and Standard Operating Procedures (SOP) for the consumption of young coconut water and blood pressure measurement. Data analysis was performed using the Paired Sample *t*-test with a significance level of $p < 0.05$. Based on statistical analysis, the results showed a significance value (2-tailed) of $0.000 < 0.05$, indicating that young coconut water had an effect on changes in blood pressure among elderly individuals with hypertension at UPTD Griya Wreda Jambangan. Therefore, young coconut water can be considered effective in helping to control blood pressure in elderly patients with hypertension.*

Keywords: *Young Coconut Water, Hypertension, Blood Pressure, Elderly*