

**PEMBERIAN JUS TOMAT DALAM ASUHAN KEPERAWATAN
GERONTIK PADA LANSIA DENGAN HIPERTENSI UNTUK
MENURUNKAN TEKANAN DARAH DI UPTD PPSGL
SATPEL GRIYA LANSIA GARUT
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ABSTRAK

Latar Belakang: Hipertensi adalah penyakit kronis yang dikenal sebagai *silent killer* karena sering tanpa gejala, namun berisiko menimbulkan komplikasi serius seperti stroke dan gangguan perfusi serebral. Di UPTD PPSGL Satpel Griya Lansia Garut, tercatat 137 lansia menderita hipertensi pada 2021–2024. Salah satu dampaknya adalah risiko penurunan curah jantung yang dapat mengganggu tidur, mobilitas, dan kenyamanan. Pemberian jus tomat rutin dinilai efektif menurunkan tekanan darah secara alami berkat kandungan likopen, kalium, dan antioksidan yang bersifat vasodilator. **Tujuan:** Memberikan asuhan keperawatan gerontik melalui penerapan intervensi nonfarmakologis berupa konsumsi jus tomat pada lansia hipertensi untuk menurunkan tekanan darah di UPTD PPSGL Satpel Griya Lansia Garut. **Metode:** Penelitian dilakukan dengan pendekatan deskriptif kualitatif melalui studi kasus pada dua lansia hipertensi. Data dikumpulkan melalui proses keperawatan pengkajian, pemantauan tekanan darah, serta pemberian jus tomat 1 gelas per hari selama 3 hari. **Hasil:** Setelah intervensi, terjadi penurunan tekanan darah dari 158/94 mmHg dan 150/90 mmHg menjadi 140/88 mmHg dan 136/86 mmHg. Keluhan seperti pusing dan nyeri kepala berkurang, kualitas tidur membaik, serta aktivitas harian menjadi lebih optimal. **Kesimpulan:** Pemberian jus tomat secara rutin terbukti efektif dalam menurunkan tekanan darah dan meningkatkan kualitas hidup lansia secara holistik. **Saran:** Pemberian jus tomat dapat dijadikan intervensi nonfarmakologis yang sederhana, alami, dan aman untuk membantu menurunkan tekanan darah.

Kata kunci: Asuhan keperawatan gerontik, Hipertensi, Jus tomat, Risiko Perfusi Serebral Tidak Efektif.

Daftar Pustaka: 8 Buku (2010-2025), 18 jurnal, 2 artikel.

**THE USE OF TOMATO JUICE IN GERIATRIC NURSING CARE FOR
ELDERLY PATIENTS WITH HYPERTENSION TO LOWER BLOOD
PRESSURE AT UPTD PPSGL SATPEL GRIYA LANSIA
GARUT IN 2025**

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ABSTRACT

Background: Hypertension is a chronic disease known as a silent killer because it often presents without symptoms, yet carries a high risk of serious complications such as stroke and impaired cerebral perfusion. At UPTD PPSGL Satpel Griya Lansia Garut, 137 older adults were recorded as having hypertension between 2021 and 2024. One of its impacts is the risk of decreased cardiac output, which can interfere with sleep, mobility, and overall comfort. The regular consumption of tomato juice is considered effective in naturally reducing blood pressure due to its content of lycopene, potassium, and antioxidants with vasodilatory properties. **Objective:** To provide gerontological nursing care through the application of a non-pharmacological intervention in the form of tomato juice consumption among older adults with hypertension to reduce blood pressure at UPTD PPSGL Satpel Griya Lansia Garut. **Methods:** This study used a descriptive qualitative approach through case studies involving two older adults with hypertension. Data were collected through nursing assessments, blood pressure monitoring, and the administration of one glass of tomato juice per day for three consecutive days. **Results:** After the intervention, blood pressure decreased from 158/94 mmHg and 150/90 mmHg to 140/88 mmHg and 136/86 mmHg. Complaints such as dizziness and headaches were reduced, sleep quality improved, and daily activities became more optimal. **Conclusion:** The regular administration of tomato juice proved effective in lowering blood pressure and improving the overall quality of life of older adults. **Suggestion:** Tomato juice consumption can be used as a simple, natural, and safe non-pharmacological intervention to help reduce blood pressure.

Keywor: Geriatric nursing care, Hypertension, Tomato juice, Ineffective cerebral perfusion.
References: 8 books (2010–2025), 10 journals, 2 articles.

