

## ABSTRAK

Lansia akan beresiko mengalami hipertensi hingga 90% dimasa tua usianya. Hipertensi menjadi salah satu penyakit terbanyak dialami oleh lansia. Hipertensi tidak terkontrol menyebabkan berbagai komplikasi seperti penyakit jantung dan stroke. Hipertensi dapat dikontrol hingga mencapai tingkat normal dengan penanganan nonfarmakologis yaitu menggunakan daun seledri atau daun salam. Tujuan penelitian adalah untuk mengidentifikasi Pengaruh Pemberian Rebusan Daun Seledri dan Daun Salam Terhadap Tekanan Darah Pada Lansia Dengan Hipertensi berdasarkan *Literature Review*.

Metode penelitian menggunakan *systematic literature review*, populasi 520 artikel, dengan teknik *Purposive Sampling* didapatkan sampel 10 artikel menggunakan *Critical appraisal Joanna Briggs Institute (JBI)* berdasarkan nilai rekomendasi JBI kategori jurnal baik (*Grade A*) dengan kriteria inklusi artikel tahun (2011-2021), terindeks resmi nasional, dan *full text* tidak berbayar.

Hasil penelitian menunjukkan adanya pengaruh air rebusan daun seledri dan daun salam menurunkan tekanan darah, daun seledri yang diberikan 2-7 hari dengan penurunan sistole pada rentang 9,34 mmHg-29,67 mmHg dan penurunan diastole rentang 1,37 mmHg-13,67 mmHg diperoleh *p-value* < (0.05). Dan daun salam yang diberikan 5-14 hari dengan penurunan sistole rentang 14,44 mmHg-40,00 mmHg dan penurunan diastole rentang 14,45 mmHg-25,00 mmHg diperoleh *p-value* < (0.05).

Selisih penurunan tekanan darah sistole dan diastole didapatkan air rebusan daun salam lebih besar mengalami penurunan tekanan darah karena mengandung mineral sebagai vasodilator pembuluh darah dan minyak atsiri yang memberi efek relaks. Takaran dalam sekali konsumsi lebih besar dan kandungan gizi lebih banyak dibandingkan dengan daun seledri. Diharapkan penelitian ini dijadikan bahan dasar masukan dalam meningkatkan asuhan keperawatan ditinjau dari beberapa *literature* dalam menangani hipertensi pada lansia dengan memberikan edukasi mengenai intervensi sederhana yaitu pemberian rebusan daun seledri atau daun salam.

Kata Kunci : Daun Salam, Daun Seledri, Hipertensi, Lansia

Daftar Pustaka: 19 Buku (2012-2020)

8 Website (2016-2021)

31 Jurnal (2011-2021)

## **ABSTRACT**

*Elderly will be at risk of developing hypertension up to 90% in their old age. Hypertension is one of the most common diseases experienced by the elderly. Uncontrolled hypertension can cause various complications such as heart disease and stroke. Hypertension can be controlled to reach a normal level with non-pharmacological treatment, namely using celery leaves or bay leaves. The purpose of the study was to identify the effect of giving boiled celery and bay leaves on blood pressure in the elderly with hypertension based on a literature review.*

*The method used in this study is a systematic literature review, a population of 520 articles, with the Purposive Sampling technique, a sample of 10 articles was obtained using the Joanna Briggs Institute's Critical appraisal (JBI) based on the JBI recommendation value for the good journal category (Grade A).*

*The results showed that there was an effect of boiling water on celery and bay leaf in reducing blood pressure, celery leaves were given 2-7 days with a decrease in systole in the range of 9.34 mmHg-29.67 mmHg and a decrease in diastole in the range of 1.37 mmHg-13, 67 mmHg obtained p-value < (0.05). And bay leaves given 5-14 days with a decrease in systolic range of 14.44 mmHg-40.00 mmHg and a decrease in diastole in the range of 14.45 mmHg-25.00 mmHg obtained p-value < (0.05).*

*The difference between the decrease in systolic and diastolic blood pressure was found that the boiled water of bay leaves decreased or controlled blood pressure because it contains minerals as vasodilators of blood vessels and essential oils that have a relaxing effect. The dose in one consumption is greater and contains more nutrients than celery leaves. It is hoped that this research can be used as a basic input in improving nursing care in terms of some literature in dealing with hypertension in the elderly by providing education about simple interventions, namely giving boiled celery leaves or bay leaves.*

*Keywords: Bay Leaf, Celery Leaf, Elderly, Hypertension*

*Bibliography : 19 Books (2012-2020)*

*8 Websites (2016-2021)*

*31 Journals (2011-2021)*