PEMBERIAN JUS MENTIMUN DALAM ASUHAN KEPERAWATAN PADA LANSIA DENGAN HIPERTENSI DI UPTD PUSAT PELAYANAN SOSIAL GRIYA LANSIA (PPSGL) GARUT TAHUN 2026

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ABSTRAK

Latar Belakang : Lansia dengan hipertensi sering mengalami pusing, sakit kepala, dan gangguan pola tidur. Kondisi ini memerlukan asuhan keperawatan gerontik mencakup pemantauan tekanan darah, kondisi neurologis, pola tidur, dan risiko jatuh. Jus mentimun diberikan sebagai terapi nonfarmakologis untuk membantu mengontrol tekanan darah. **Tujuan:** Menggambarkan penerapan asuhan keperawatan gerontik melalui pemberian jus mentimun pada lansia dengan hipertensi di UPTD PPSGL Satpel Griya Lansia Garut tahun 2026. **Metode:** Penelitian kualitatif deskriptif pendekatan studi kasus ini menggunakan penerapan proses asuhan keperawatan komprehensif mulai dari pengkajian, diagnosis, intervensi, implementasi, hingga evaluasi. Subjek penelitian terdiri dari dua lansia hipertensi. Intervensi keperawatan berupa pemberian jus mentimun 200 ml dua kali sehari selama tujuh hari, disertai pemantauan rutin Tanda-Tanda Vital dan pencegahan risiko jatuh. Pengumpulan data dilakukan melalui wawancara, observasi, pengukuran tekanan darah, dan dokumentasi keperawatan. **Hasil:** Penurunan tekanan darah terjadi secara bertahap pada kedua responden. Responden pertama mengalami penurunan tekanan darah dari 160/90 mmHg menjadi 140/80 mmHg pada hari ketujuh, sedangkan responden kedua dari 150/90 mmHg menjadi 140/80 mmHg. Kualitas tidur kedua responden membaik, serta tidak ditemukan kejadian jatuh maupun gangguan neurologis selama perawatan. **Kesimpulan**: Pemberian jus mentimun yang diintegrasikan dalam asuhan keperawatan gerontik efektif membantu menurunkan tekanan darah serta meningkatkan kenyamanan lansia dengan tetap memperhatikan kondisi individu. **Saran**: Perawat disarankan mengintegrasikan terapi jus mentimun ke dalam SOP asuhan keperawatan gerontik. Pihak panti hendaknya memfasilitasi sarana terapi pendamping ini, dan peneliti selanjutnya diharapkan menambah jumlah responden serta mengontrol variabel pengganggu seperti asupan nutrisi lebih ketat.

Kata Kunci: Asuhan Keperawatan Gerontik, Hipertensi, Jus Mentimun, Lansia, Terapi Nonfarmakologi.

ADMINISTRATION OF CUCUMBER JUICE IN NURSING CARE FOR OLDER ADULTS WITH HYPERTENSION AT THE UPTD PUSAT PELAYANAN SOSIAL GRIYA LANSIA (PPSGL) GARUT IN 2026

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ABSTRACT

***Background**: Elderly individuals with hypertension frequently experience dizziness, headaches, and sleep pattern disturbances. This condition necessitates comprehensive gerontological nursing care, including monitoring blood pressure, neurological status, sleep patterns, and fall risks. Cucumber juice can be administered as a complementary non-pharmacological therapy to help control blood pressure.* ***Objective**: To describe the application of gerontological nursing care through the administration of cucumber juice to elderly individuals with hypertension at UPTD PPSGL Satpel Griya Lansia Garut in 2026.* ***Methods**: This descriptive qualitative case study utilized a comprehensive nursing process spanning assessment, diagnosis, intervention, implementation, and evaluation. The research subjects consisted of two hypertensive elderly individuals. The nursing intervention involved administering 200 ml of cucumber juice twice daily for seven days, accompanied by routine vital signs monitoring and fall risk prevention. Data collection was conducted through interviews, observations, blood pressure measurements, and nursing documentation.* ***Results**: A gradual reduction in blood pressure occurred in both respondents. The first respondent experienced a decrease from 160/90 mmHg to 140/80 mmHg by the seventh day, while the second respondent decreased from 150/90 mmHg to 140/80 mmHg. Sleep quality improved for both individuals, and no incidence of falls or neurological disorders was found during care.* ***Conclusion**: The administration of cucumber juice integrated into gerontological nursing care effectively helps reduce* ***Recommendations**: Nurses are advised to integrate cucumber juice therapy into daily gerontological nursing standard operating procedures. The institution should facilitate this complementary therapy, and future researchers are expected to increase the number of respondents and control confounding variables like nutritional intake more strictly.*

***Keywords**: Gerontological Nursing Care, Hypertension, Cucumber Juice, Elderly, Non-Pharmacological Therapy.*