

ABSTRAK

Pengaruh Pemberian Rebusan Daun Salam Terhadap Penurunan Tekanan Darah Pada Penderita Hipertensi Di Cimanggis Depok Tahun 2021.

Dimas Satriya Perkasa

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Hipertensi adalah suatu tekanan darah sistolik sedikitnya 140/mmHg dan diastolik sedikitnya 90/mmHg. Berdasarkan data WHO (2015) didapatkan 1,13 Miliyar menderita Hipertensi. Di Indonesia sebanyak 63.309.620 jiwa. Di Jawa Barat sebanyak 8.029.245. Di Kota Depok tahun (2019) sebesar 618.117 jiwa, ditemukan 157.302 jiwa penduduk yang menderita hipertensi (25,45%). Penelitian ini bertujuan untuk mengetahui pengaruh pemberian rebusan daun salam terhadap penurunan tekanan darah di wilayah Cimanggis Depok. penelitian ini menggunakan desain *pre-eksperimen one group pretest posttest*, sebanyak 6 responden menggunakan metode *purposive sampling*, yang dilakukan pada tahun 2021. Variabel Independen dalam penelitian ini adalah daun salam dan variabel dependennya yaitu tekanan darah. Analisa data menggunakan Uji Paired t Test dengan program komputer. Hasil penelitian diperoleh rata-rata tekanan darah 114,33 dan setelah dilakukan intervensi rata-rata 106,17. Dengan rata-rata selisih MAP sebelum dan sesudah intervensi 8,2 mmHg. Terdapat pengaruh pemberian rebusan daun salam terhadap penurunan tekanan darah nilai $p\text{-value} = (0,044 < 0,05)$. Penurunan tekanan darah dapat terjadi karena terdapat kandungan *flavonoid* yang terdapat pada rebusan daun salam yang dilakukan selama 7 hari dengan dosis 400 ml/hari

Kata kunci: hipertensi, penurunan tekanan darah, rebusan daun salam.

ABSTRACT

The Effect of Giving Decoction of Salam Leaves on Reducing Blood Pressure in Hypertension Patients in Cimanggis Depok in 2021.

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Hypertension is a systolic blood pressure of at least 140/mmHg and a diastolic blood pressure of at least 90/mmHg. Based on WHO data (2015) it was found that 1.13 billion suffer from hypertension. In Indonesia as many as 63,309,620 people. In West Java as many as 8,029,245. In Depok City in 2019, 618,117 people were found, it was found that 157,302 people suffered from hypertension (25.45%). This study aims to determine the effect of bay leaf decoction on reducing blood pressure in the Cimanggis area, Depok. this study uses a pre-experimental design one group pretest posttest, as many as 6 respondents using the purposive sampling method, which was carried out in 2021. The independent variable in this study was bay leaf and the dependent variable was blood pressure. Analysis of the data using the Paired t Test with a computer program. The results obtained that the average blood pressure was 114.33 and after the intervention the average was 106.17. With an average difference in MAP before and after the intervention of 8.2 mmHg. There is an effect of giving boiled bay leaves to decrease blood pressure value of $p\text{-value} = (0.044 < 0.05)$. A decrease in blood pressure can occur because there are flavonoids contained in the decoction of bay leaves for 7 days at a dose of 400 ml/day.

Keywords: *hypertension, lowering blood pressure, bay leaf decoction.*