

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA
POLITEKNIK KESEHATAN KEMENKES RIAU
JURUSAN KEPERAWATAN**

PRODI DIV KEPERAWATAN

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**PENGARUH PEMBERIAN AIR REBUSAN SELEDRI TERHADAP
PENURUNAN TEKANAN DARAH PADA PRA LANSIA DENGAN
HIPERTENSI DI WILAYAH KERJA PUSKESMAS KARYA WANITA
(xv + 42 halaman + 9 tabel + 2 skema + 17 lampiran)**

ABSTRAK

Latar Belakang: Hipertensi disebutkan sebagai pembunuh diam-diam. Hipertensi pada umumnya terjadi tanpa gejala (asimtomatis). Salah satu tanaman herbal yang terbukti dapat menurunkan tekanan darah adalah seledri. Sebagai penurun tekanan darah, Seledri dapat menurunkan tekanan darah (hipotensif) pada penderita tekanan darah tinggi (hipertensi). Tujuan Penelitian: Penelitian ini bertujuan untuk mengetahui pengaruh air rebusan seledri terhadap tekanan darah pada penderita hipertensi. Metode Penelitian: Jenis penelitian ini adalah kuantitatif dengan desain pre eksperimen, menggunakan *One Group Pretest-Posttest*. Populasi dalam penelitian ini adalah Pra Lansia dengan hipertensi di wilayah kerja Puskesmas Karya Wanita. Sampel yang diambil sebanyak 15 orang dengan teknik pengambilan sampel *Non Random Sampling* dengan jenis *Purposive Sampling*. Instrumen yang digunakan adalah *spygnomanometer*, dan stetoskop, hasil pemeriksaan tekanan darah ditulis dalam lembar observasi. Hasil Penelitian: Hasil uji statistik berupa uji Paired T-Test sebelum dan sesudah pemberian air rebusan seledri menunjukkan p value $(0.001) < \alpha$ (0.05) . Kesimpulan dan Saran: Maka dapat disimpulkan bahwa Hipotesis (H_a) diterima, artinya ada pengaruh pemberian air rebusan seledri terhadap tekanan darah pada pra lansia dengan hipertensi di Wilayah Kerja Puskesmas Karya Wanita.

Kata kunci: Seledri, Hipertensi, Tekanan darah, Komplementer, Air Rebusan Seledri

Daftar Pustaka: 27 Referensi (2010-2019)

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**THE EFFECT OF CELERY COOKING WATER ON THE REDUCATION
IN BLOOD PRESSURE IN ELDERLY PEOPLE WITH HYPERTENSION
IN THE WORKING AREA OF KARYA WANITA THE HEALTH CARE
(xv + 42 page + 9 tables + 2 scheme + 17 attachment)**

ABSTRACT

Background: Hypertension is mentioned as a silent killer. Hypertension generally occurs without symptoms (asymptomatic). One of the herbs that has been proven to reduce blood pressure is celery. As a decrease in blood pressure, celery can reduce blood pressure (hypotension) in sufferers of high blood pressure (hypertension). Research Purposes: This study aims to determine the effect of celery cooking water on blood pressure in patients with hypertension. Research Methods: This type research is quantitative with a pre-experimental design, using one group pretest-posttest. The population in this study was pre elderly with hipertension in the working area of karya wanita the health center. The sample taken as many as 15 people with non-random sampling with the type of purposive sampling. The instrument used was a spygnomanometer, and a stethoscope, the result of a blood pressure examination written on an observation sheet. Research Result: Statistical test result in the from of paired T-Test before and after giving celery bolied water showed p value $(0.001) < \alpha$ (0.05) . Conclusions and Recommendation: Then it can concluded that the hypothesis (H_a) is accepted, meaning that there is an effect of celery cooking water on blood pressure in the elderly with hypertension in the work area of karya wanita the health center.

Keywords: *Celery, Hypertension, Blood Preassure, Complementary, Celery Leaf Decoction*

Bibliography: *27 References (2010-2019)*