

ABSTRAK

Nurhamimah(2023). Pemberian Air Kelapa Muda Untuk Menurunkan Tekanan Darah Pada Lansia Hipertensi Di Wilayah Kerja UPTD Puskesmas Pekan Heran. Karya Tulis ILmiah, Program Studi DIII Keperawatan Di Luar Kampus Utama, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Riau. Pembimbing (I) Ns. Sety Julita M, Kep. Pembimbing (II) Ns. Yulianto, S.Kep.,M. Pd, MPH

Hipertensi merupakan suatu keadaan Ketika tekanan darah di pembuluh darah meningkat secara kronis dengan tekanan sistolik >140 mmHg dan tekanan diastolic >90 mmHg. Prevalensi hipertensi di seluruh dunia menurut World Health Organization (WHO) sebesar 22% dari total penduduk di dunia. Tujuan penelitian ini mengidentifikasi keefektipan air kelapa muda untuk menurunkann tekanan darah. pemberian air kelapa muda sebanyak 250ml perhari dilakukan selama 6 hari berturut-turut, yaitu dilakukan pada tanggal 12 sampai 17 mei 2023. Metode yang dilakukan di Desa Pekan Heran Jl..Raya Pasar Minggu Pekan Heran Pukul 08.00 wib. Pada subjek yang mengalami Riwayat hipertensi. Hasil penelitian menunjukkan bahwa mengkonsumsi air kelapa muda terdapat penurunan tekanan darah 170 mmhg menjadi 165 mmHg. sesudah memberikan air kelapa muda dan hasil observasi berupa pertanyaan tentang kondisi yang dialami subjek. Saran untuk penelitian selanjutnya penelitian ini dapat dijadikan informasi dalam penelitian selanjutnya dan diharapkan peneliti dapat melKUKn penelitian yang komprehensif tentang manfaat pemberian air kelapa muda.

Kata kunci : Penerapan, air kelapa muda, hipertensi

ABSTRACT

Nurhamimah (2023). Giving Young Coconut Water to Lower Blood Pressure in Elderly Hypertension in the UPTD Work Area of the Pekan Heran Health Center. Scientific Writing, Diploma III Study Program in Nursing Outside the Main Campus, Department of Nursing, Health Polytechnic of the Ministry of Health of Riau. Advisor (I) Ns. Sety Julita M, Kep. Advisor (II) Ns. Yulianto, S. Kep., M. Pd, MPH

Hypertension is a condition when blood pressure in the blood vessels increases chronically with systolic pressure > 140 mmHg and diastolic pressure > 90 mmHg. The prevalence of hypertension worldwide according to the World Health Organization (WHO) is 22% of the total population in the world. The purpose of this study is to identify the effectiveness of young coconut water to reduce blood pressure. Giving young coconut water as much as 250 ml per day is carried out for 6 consecutive days, which is carried out from 12 to 17 May 2023. The method is carried out in Pekan Heran Village Jl. Raya Pasar Minggu Pekan Heran at 08.00 WIB. In subjects with a history of hypertension. The results showed that consuming young coconut water decreased blood pressure from 170 mmHg to 165 mmHg. after giving young coconut water and the results of observations in the form of questions about the conditions experienced by the subject. Suggestions for further research This research can be used as information in future research and it is hoped that researchers can conduct comprehensive research on the benefits of giving young coconut water.

Keywords: Application, young coconut water, hypertension