

**PENGARUH *INFUSED WATER* MENTIMUN DAN SELEDRI
TERHADAP PENURUNAN TEKANAN DARAH PADA LANSIA DENGAN
HIPERTENSI DI POSYANDU AL - HIDAYAH DESA LAJU KIDUL
KABUPATEN TUBAN**

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Abstrak

Hipertensi sering disebut “*Silent Killer*” karena bisa menyebabkan kematian secara mendadak kepada penderitanya. Tujuan dilakukannya penelitian ini yaitu untuk mengetahui pengaruh *infused water* mentimun dan seledri terhadap penurunan tekanan darah pada lansia dengan hipertensi. Penelitian ini menggunakan metode kuantitatif eksperiment dengan desain *pra eksperiment* dengan rancangan penelitian *Pre-test Post-test with control group*, penelitian dilakukan selama 5 hari dengan pemberian *infused water* mentimun dan seledri 2 kali sehari (pagi dan sore). Hasil tekanan darah sebelum penelitian kelompok intervensi tekanan darah systole dan dystole nilai mean 159/90 mmHg. Pada kelompok kontrol tekanan darah systole dystole nilai mean 157/89 mmHg. Setelah penelitian kelompok intervensi tekanan darah systole dystole nilai mean 149.9/85 mmHg. Pada kelompok kontrol tekanan darah systole dystole nilai mean 158/89.8 mmHg. Berdasarkan hasil analisis uji statistic asymp.sig (2-talled) atau nilai *p-value* bernilai 0,000. Karena nilai 0,000 lebih kecil dari $< 0,05$, maka “hipotesis diterima” yang artinya terdapat pengaruh pemberian *infused water* mentimun dan seledri terhadap penurunan tekanan darah pada lansia dengan hipertensi di Posyandu Al-Hidayah Desa Laju Kidul. Mekanisme penurunan tekanan darah dikarenakan kandungan mentimun dan seledri yang kaya akan kalium sehingga dapat menurunkan kadar angiotensin II yang menyebabkan penurunan kadar ADH (Anti Diuretik Hormone) ketika ADH menurun ginjal akan meningkatkan sekresi urine lebih banyak, untuk memekatkan urine volume cairan intraselular akan menarik cairan ekstraselular (Natrium), karena adanya penarikan cairan ekstraselular akan menurunkan konsentrasi natrium dalam darah dan akan mengakibatkan penurunan tekanan darah.

Kata kunci : Hipertensi, Infused Water Mentimun dan Seledri, Tekanan Darah, Terapi Non Farmakologi

**THE EFFECT OF INFUSED WATER CUCUMBER AND CELERY ON
REDUCING BLOOD PRESSURE IN THE ELDERLY WITH
HYPERTENSION AT POSYANDU AL - HIDAYAH LAJU KIDUL VILLAGE
TUBAN DISTRICT**

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Abstract

Hypertension is often called the "Silent Killer" because it can cause sudden death to sufferers. The purpose of this study was to determine the effect of cucumber and celery infused water on lowering blood pressure in the elderly with hypertension. This study used a quantitative experimental method with a pre-experimental design with a Pre-test Post-test with control group research design, the study was conducted for 5 days by giving cucumber and celery infused water 2 times a day (morning and evening). The results of blood pressure before the study, the intervention group, systolic and diastolic blood pressure, mean values of 159/90 mmHg. In the control group, systolic and diastolic blood pressure, mean values of 157/89 mmHg. After the study, the intervention group, systolic and diastolic blood pressure, mean values of 149.9/85 mmHg. In the control group, systolic and diastolic blood pressure, mean values of 158/89.8 mmHg. Based on the results of the statistical analysis of asymp.sig (2-tailed) or p-value is 0.000. Because the value of 0.000 is smaller than <0.05 , then the "hypothesis is accepted" which means that there is an effect of giving cucumber and celery infused water on reducing blood pressure in the elderly with hypertension at the Al-Hidayah Posyandu, Laju Kidul Village. The mechanism of decreasing blood pressure is due to the content of cucumber and celery which are rich in potassium so that they can reduce angiotensin II levels which cause a decrease in ADH (Anti Diuretic Hormone) levels when ADH decreases the kidneys will increase urine secretion more, to concentrate urine the volume of intracellular fluid will attract extracellular fluid (Sodium), because the withdrawal of extracellular fluid will reduce the concentration of sodium in the blood and will result in a decrease in blood pressure.

Keywords : Blood Pressure, Cucumber and Celery Infused Water, Hypertension, Non-Pharmacological Therapy.