

**UNIVERSITAS MUHAMMADIYAH TASIKMALAYA
FAKULTAS ILMU KESEHATAN
PROGRAM STUDI SARJANA KEPERAWATAN**

**Skripsi, Juli 2022
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**PENGARUH PEMBERIAN AIR REBUSAN DAUN ALPUKAT
TERHADAP PENURUNAN TEKANAN DARAH PADA PENDERITA
HIPERTENSI DI WILAYAH KERJA PUSKESMAS CINEAM
KABUPATEN TASIKMALAYA**

ABSTRAK

xiii + 55 halaman + 12 tabel + 6 Lampiran

Hipertensi sering kali disebut sebagai *silent killer* yang dapat menyebabkan berbagai komplikasi seperti pada jantung, ginjal, dan sistem endokrin bahkan bisa menyebabkan kematian. Adapun faktor yang dapat menyebabkan hipertensi yaitu jenis kelamin, keturunan, merokok, obesitas, stress, alkohol, kurang olahraga dan usia. Salah satu penatalaksanaan non farmakologi hipertensi dengan pemberian air rebusan daun alpukat. Penelitian ini bertujuan untuk mengetahui pengaruh pemberian air rebusan daun alpukat terhadap penurunan tekanan darah pada pasien hipertensi di wilayah kerja puskesmas Cineam Kabupaten Tasikmalaya. Jenis penelitian ini adalah penelitian kuantitatif dengan menggunakan metode *pre-experimental design tipe one group pretest-posttest*, populasi penelitian seluruh pasien hipertensi menggunakan teknik purposive sampling dengan jumlah sampel sebanyak 18 responden. Analisis data ini menggunakan uji T. Hasil penelitian menunjukkan bahwa sebelum diberikan air rebusan daun alpukat rerata tekanan darah sistolik sebesar 162,28 dan diastolik sebesar 94,67 sedangkan setelah diberikan air rebusan daun alpukat rerata tekanan darah sistolik sebesar 136,00 dan diastolik sebesar 88,94. Hasil analisis data pemberian air rebusan daun alpukat terhadap penurunan darah sistolik dan diastolik menggunakan uji T diperoleh bahwa kedua hasil uji memiliki nilai *pvalue* kurang dari α ($0,000$ dan $0,041 < 0,05$). Kesimpulan bahwa terdapat pengaruh pemberian air rebusan daun alpukat terhadap penurunan tekanan darah sistolik dan diastolik pada penderita hipertensi di wilayah kerja Puskesmas Cineam Kabupaten Tasikmalaya. Diharapkan air rebusan daun alpukat dapat diterapkan menjadi salah satu evidence based practice dalam penatalaksanaan non farmakologi pada pasien hipertensi.

Kata Kunci : Diastolik, Hipertensi, Sistolik, Tekanan Darah,
Kepustakaan : 39 (2012 – 2021)

**MUHAMMADIYAH TASIKMALAYA UNIVERSITY
FACULTY OF HEALTH SCIENCES
UNDERGRADUATE NURSING STUDY PROGRAM**

**Thesis, July 2022
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**THE INFLUENCE OF PROVISIONING OF AVOCADO LEAVES BOOKED
WATER ON BLOOD PRESSURE REDUCTION IN HYPERTENSION
PATIENTS IN THE WORK AREA OF CINEAM HEALTH CENTER,
TASIKMALAYA REGENCY**

ABSTRACT

xiii + 55 pages + 12 tables + 6 Appendix

Hypertension is often referred to as the silent killer which can cause various complications such as the heart, kidneys, and endocrine system and can even cause death. The factors that can cause hypertension are gender, heredity, smoking, obesity, stress, alcohol, lack of exercise and age. One of the non-pharmacological management of hypertension is by giving avocado leaf boiled water. This study aims to determine the effect of giving avocado leaf boiled water on reducing blood pressure in hypertensive patients in the working area of the Cineam Public Health Center, Tasikmalaya Regency. This type of research is a quantitative study using a pre-experimental design method of one group pretest-posttest type, the research population of all hypertensive patients using purposive sampling technique with a total sample of 18 respondents. Analysis of this data using the T test. The results showed that before being given boiled water, the average systolic blood pressure was 162.28 and diastolic was 94.67 while after being given boiled water, the average systolic blood pressure was 136.00 and diastolic was 88.94. The results of data analysis of avocado leaf decoction on decreasing systolic and diastolic blood using the T test showed that both test results had a p-value of less than (0.000 and 0.041 < 0.05). The conclusion is that there is an effect of giving boiled water of avocado leaves on decreasing systolic and diastolic blood pressure in hypertension sufferers in the working area of Cineam Health Center, Tasikmalaya Regency. It is hoped that the boiled water of avocado leaves can be applied as an evidence-based practice in non-pharmacological management of hypertensive patients.

Keywords : Blood Pressure, Diastolic, Hypertension, Systolic
Bibliography : 39 (2012-2021)