

FAKULTAS ILMU KESEHATAN

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ABSTRAK

**PENGARUH PEMBERIAN DAUN KELOR (*MORINGA OLEIFERA*)
TERHADAP PENURUNAN TEKANAN DARAH PADA PENDERITA
HIPERTENSI SELAMA MASA PANDEMI COVID-19**

xiii bagian awal + 62 halaman + 10 Lampiran

Hipertensi adalah suatu peningkatan abnormal tekanan darah dalam pembuluh darah arteri secara terus menerus. Penderita hipertensi sebagian besar mengalami peningkatan tekanan darah yang banyak di temukan yaitu gaya hidup, kolestrol, penurunan aktivitas fisik, dan makanan yang mengandung tinggi lemak. Tujuan penelitian ini yaitu untuk mengetahui pengaruh teh daun kelor terhadap penurunan tekanan darah pada penderita hipertensi. Jenis penelitian ini menggunakan metode penelitian kuantitatif, menggunakan desain penelitian *Quasi Eksperimental* dengan rancangan penelitian *one group pretest-posttest design*. Jumlah populasi 778 dengan sampel penelitian sebanyak 18 responden, instrumen dalam penelitian ini yaitu SOP teh daun kelor, lembar observasi, sphygmomanometer, stetoskop, teh daun kelor dan pengolahan data dengan menggunakan Uji T Dependent Test. Hasil penelitian didapatkan bahwa, tekanan darah sebelum dan sesudah pemberian teh daun kelor menunjukkan nilai rata-rata sistol sebelum 164,00mmHg dan sistol sesudah 139,06mmHg dengan nilai *p value* = 0,000 ($< 0,05$) sedangkan rata-rata penurunan tekanan darah diastol sebelum 88,50mmHg dan diastol sesudah 80,00mmHg dengan nilai *p value* = 0,003 ($< 0,05$). Ha diterima artinya ada perbedaan yang signifikan antara tekanan darah sistol sebelum dan sesudah pemberian teh daun kelor. Kesimpulannya adalah ada pengaruh teh daun kelor dengan nilai *p value* sebesar 0,000 dan 0,003 terhadap penurunan tekanan darah pada penderita hipertensi di Desa Mulyasari Kecamatan Tamansari Kota Tasikmalaya Tahun 2022. Diharapkan petugas kesehatan di puskesmas Tamansari dapat memberikan pendidikan kesehatan mengenai terapi herbal khususnya konsumsi teh daun kelor sebagai salah satu alternatif pengobatan non medis bagi penderita hipertensi yang berkunjung ke puskesmas.

Kata Kunci: Hipertensi, Tekanan darah, Teh daun kelor

Kepustakaan: 18 (2013-2022)

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ABSTRACT

**THE EFFECT OF GIVING MORINGA LEAF (*MORINGA OLEIFERA*) ON
BLOOD PRESSURE REDUCTION IN HYPERTENSION PATIENTS
DURING THE COVID-19 PANDEMIC**

xiii beginning + 62 pages + 10 Appendices

Hypertension is an abnormal increase in blood pressure in the arteries continuously. Most people with hypertension experience an increase in blood pressure which is found in many ways, namely lifestyle, cholesterol, decreased physical activity, and foods that contain high fat. The purpose of this study was to determine the effect of Moringa leaf tea on reducing blood pressure in patients with hypertension. This type of research uses quantitative research methods, using a quasi-experimental research design with a one group pretest-posttest research design. The total population is 778 with a research sample of 18 respondents, the instruments in this study are Moringa leaf tea SOP, observation sheets, sphygmomanometer, stethoscope, Moringa leaf tea and data processing using the T Dependent Test. The results showed that blood pressure before and after administration of Moringa leaf tea showed an average systolic value before 164.00 mmHg and a systolic after 139.06 mmHg with a p value = 0.000 (< 0.05) while the average decrease in diastolic blood pressure before 88.50mmHg and diastolic after 80.00mmHg with p value = 0.003 (<0.05) meaning H_0 is rejected H_a is accepted meaning that there is a significant difference between systolic blood pressure before and after administration of Moringa leaf tea. The conclusion is that there is an effect of Moringa leaf tea with p values of 0.000 and 0.003 on reducing blood pressure in hypertension sufferers in Mulyasari Village, Tamansari District, Tasikmalaya City in 2022. It is expected that health workers at Tamansari Health Center can provide health education regarding herbal therapy, especially the consumption of Moringa leaf tea. as an alternative non-medical treatment for hypertension sufferers who visit the puskesmas.

Keywords: Hypertension, blood pressure, Moringa leaf tea

Literature: 18 (2013-2022)