

UNIVERSITAS MUHAMMADIYAH TASIKMALAYA

FAKULTAS ILMU KESEHATAN

PROGRAM STUDI SI ILMU KEPERAWATAN

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**PENGARUH PEMBERIAN AIR KELAPA MUDA TERHADAP  
PENURUNAN TEKANAN DARAH PADA PASIEN HIPERTENSI DI  
WILAYAH KERJA PUSKESMAS URUG KOTA TASIKMALAYA**

**ABSTRAK**

**Vii + 56 halaman + 6 tabel + 1 bagan + 17 lampiran**

Prevalensi hipertensi di Indonesia mengalami peningkatan setiap tahunnya. Faktor resiko yang ditemukan tanpa perawatan yang tepat serta jangka panjang dapat mengakibatkan berbagai masalah seperti penyakit jantung, stroke, penyakit ginjal. Upaya penurunan tekanan darah melalui non farmakologi yaitu dengan pemberian air kelapa muda. **Tujuan penelitian** ini untuk mengetahui pengaruh pemberian air kelapa muda terhadap penurunan tekanan darah pada pasien hipertensi di wilayah kerja Puskesmas Urug Kota Tasikmalaya. **Metode penelitian** kuantitatif dengan metode *quasi-eksperimental* dan rancangan penelitian one grup *pre test* dan *post test*, dengan populasi seluruh pasien hipertensi di kelurahan tanjung, dengan pendekatan *purposive sampling* didapatkan sampel sebanyak 18 orang. Pemberian air kelapa muda dilakukan selama 3 hari berturut-turut dengan 1 kali/hari sebanyak 250 cc setiap pagi. Analisis data menggunakan *Paired Sample T-Test*. **Hasil** didapatkan rata-rata tekanan darah sebelum diberikan intervensi yaitu 162,44/ 94.89 mmHg, sedangkan setelah diberikan intervensi rata-rata tekanan darah 141,89/85.11 mmHg. Hasil penelitian didapatkan adanya pengaruh pemberian air kelapa muda terhadap penurunan tekanan darah tinggi pada pasien hipertensi dengan nilai *p-value* 0,000. **Kesimpulan** ada pengaruh pemberian air kelapa muda terhadap penurunan tekanan darah pada pasien hipertensi yang mana kalium membantu tubuh menghilangkan kelebihan garam melalui urine. **Saran** bagi peneliti selanjutnya untuk meneliti tentang penurunan tekanan darah menggunakan air kelapa muda dengan kategori responden yang berbeda.

Kata Kunci : Air Kelapa Muda, Tekanan Darah, Hipertensi,

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**MUHAMMADIYAH UNIVERSITY OF TASIKMALAYA**

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***THE EFFECT OF GIVING YOUNG COCONUT WATER ON REDUCING  
BLOOD PRESSURE IN HYPERTENSION PATIENTS IN THE WORKING  
AREA OF URUG HEALTH CENTER TASIKMALAYA CITY***

**ABSTRACT**

**Vii + 56 pages + 6 table + 1 chart + 16 attachment**

*The prevalence of hypertension in Indonesia has increased every year. Risk factors that are found without proper and long-term treatment can cause various problems such as heart disease, stroke, kidney disease. Efforts to reduce blood pressure through non-pharmacology, namely by giving young coconut water. The purpose of this study was to determine the effect of giving young coconut water on reducing blood pressure in hypertensive patients in the working area of the Urug Health Center, Tasikmalaya City. Quantitative research method with quasi-experimental method and one group pre-test and post-test research design, with a population of all hypertension patients in Tanjung sub-district, with a purposive sampling approach, a sample of 18 people was obtained. Giving young coconut water is done for 3 days in a row with 1 time/day as much as 250 cc every morning. Data analysis using Paired Sample T-Test. The results showed that the average blood pressure before the intervention was given was 162.44/94.89 mmHg, while after the intervention the average blood pressure was 141.89/85.11 mmHg. The results showed that there was an effect of giving young coconut water on reducing high blood pressure in hypertensive patients with a p-value of 0.000. The conclusion is that there is an effect of giving young coconut water on reducing blood pressure in hypertensive patients where potassium helps the body eliminate excess salt through urine. Suggestions for future researchers to research on reducing blood pressure using young coconut water with different categories of respondents.*

**Keywords** : *Young Coconut Water, Blood Pressure, Hypertension*

**Bibliography** : 26 (2014 – 2022)