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**PENGARUH KONSUMSI SEMANGKA (*CITRULLUS VULGARIS*)
TERHADAP PENURUNAN TEKANAN DARAH PADA PENDERITA
HIPERTENSI DI DESA CIBEBER KECAMATAN MANONJAYA
KABUPATEN TASIKMALAYA**

ABSTRAK

xi + 65 halaman + 13 tabel + 1 bagan + 1 gambar + 6 lampiran

Penderita hipertensi di dunia terus meningkat, satu miliar orang di dunia menderita hipertensi, artinya 1 dari 3 orang di dunia terdiagnosis hipertensi. Prevalensi hipertensi mengalami peningkatan di Indonesia, dari 7,6 persen tahun 2007 menjadi 9,5 persen tahun 2013. Penderita hipertensi di Puskesmas Manonjaya tahun 2019 sebanyak 558 kunjungan, sedangkan di Kecamatan Manonjaya jumlah hipertensi sebanyak 360 jiwa yang tersebar di 12 desa. Penelitian ini bertujuan untuk mengetahui pengaruh konsumsi semangka (*Citrullus vulgaris*) terhadap penurunan tekanan darah pada penderita hipertensi di Desa Cibeber Kecamatan Manonjaya Kabupaten Tasikmalaya. Jenis penelitian *Pra-experimental* dengan menggunakan jenis *one group pretest-posttest design*. Populasi masyarakat yang memiliki riwayat hipertensi. Sampel diambil dengan teknik *Accidental Sampling* berjumlah 18 orang. Pengumpulan data menggunakan lembar observasi, data diolah secara komputerisasi. Analisis univariat menggunakan *mean* dan analisis bivariat menggunakan uji *paired sample t-test* dengan $\alpha = 0,05$. Hasil didapatkan rata-rata tekanan darah *pretest* sistolik 157.28 dan diastolik 94.39, sedangkan *pretest* sistolik 148.44 dan diastolik 85.44. Hasil univariat ada pengaruh terhadap penurunan tekanan darah terhadap penderita hipertensi. Didapatkan nilai *p-Value* 0,000. Disimpulkan ada pengaruh konsumsi semangka (*Citrullus vulgaris*) terhadap penurunan tekanan darah pada penderita hipertensi. Diharapkan pihak puskesmas memberikan informasi tentang manfaat buah semangka sebagai salah satu cara untuk menurunkan tekanan darah.

Kata kunci : semangka, tekanan darah, hipertensi
Daftar Pustaka : 41 (2010-2019)

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**THE INFLUENCE OF CEMENTRANGUS (*CITRULLUS VULGARIS*)
CONSUMPTION ON REDUCTION OF BLOOD PRESSURE IN
HYPERTENSION PATIENTS IN CIBEBER VILLAGE,
MANONJAYA DISTRICT TASIKMALAYA DISTRICT**

ABSTRACT

xi + 65 pages + 13 tables + 1 chart + 1 pictures + 6 attachments

*Patients with hypertension in the world continues to increase, one billion people in the world suffer from hypertension, meaning that 1 in 3 people in the world are diagnosed with hypertension. The prevalence of hypertension has increased in Indonesia, from 7.6 percent in 2007 to 9.5 percent in 2013. Patients with hypertension in Manonjaya Health Center in 2019 were 558 visits, while in Manonjaya District the number of hypertension was 360 people spread in 12 villages. This study aims to determine the effect of consumption of watermelon (*Citrullus vulgaris*) on reducing blood pressure in patients with hypertension in Cibeber Village, Manonjaya District, Tasikmalaya Regency. This type of research is Pre-experimental using one group type pretest-posttest design. Population with a history of hypertension. Samples were taken by accidental sampling technique totaling 18 people. Data collection uses observation sheets, data is processed computerized. Univariate analysis using the mean and bivariate analysis using paired sample t-test with $\alpha = 0.05$. The results obtained an average systolic blood pressure 157.28 and diastolic 94.39, while systolic pretest 148.44 and diastolic 85.44. Univariate results have an influence on reducing blood pressure in people with hypertension. Obtained a p-Value of 0,000. It was concluded that there was an influence of watermelon consumption (*Citrullus vulgaris*) on the reduction in blood pressure in hypertensive patients. It is expected that the puskesmas will provide information about the benefits of watermelon as a way to reduce blood pressure.*

Keywords : Citrullus vulgaris, blood pressure, hypertension
Bibliography : 41 (2010-2019)