

**FAKULTAS ILMU KESEHATAN
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Desti Nurrahma Widiawati
Nim: C1714201011

**Pengaruh Jus Tomat (*Solanum Lycopersicum*) Terhadap Penurunan
Tekanan Darah Pada Penderita Hipertensi**

ABSTRAK

xii bagian awal + 55 halaman + 2 bagan + 2 lampiran

Hipertensi menjadi masalah yang cukup besar di dunia sekitar 1,13 milyar orang menderita hipertensi. Diperkirakan setiap tahunnya 9,4 juta orang meninggal akibat hipertensi dan komplikasi. Pentalaksanaan hipertensi dapat menggunakan terapi farmakologi dan terapi non farmakologis. Terapi non farmakologi salah satunya dengan terapi herbal yaitu tomat (*Solanum Lycopersicum*). Tujuan penelitian untuk mengetahui pengaruh jus tomat (*Solanum Lycopersicum*) terhadap penurunan tekanan darah pada penderita hipertensi. Desain penelitian merupakan *literature review* dengan mengakses artikel menggunakan *Search engine Google Scholar dan Garuda*. Populasi dalam penelitian ini sebanyak 1551 artikel. Sampel yang memenuhi kriteria inklusi dan eksklusi sebanyak 10 artikel. Hasil penelitian *literature review* menunjukan terapi jus tomat (*solanum lycopersicum*) dapat menurunkan tekanan darah dengan rata-rata selisih sistole 6,6-21.8 mmHg dan diastole 5,2-9.4 mmHg. Kesimpulan pemberian jus tomat pada penderita hipertensi efektif dalam menurunkan tekanan darah pada penderita hipertensi. Saran diharapkan pemberian jus tomat (*solanum lycopersicum*) dapat dijadikan terapi alternatif dalam penatalaksanaan hipertensi.

Kata Kunci : Jus Tomat dan Hipertensi
Pustaka : 2016-2021

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S1 NURSING STUDY PROGRAM
MUHAMMADIYAH UNIVERSITY OF TASIKMALAYA
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Desti Nurrahma Widiawati
NIM : C1714201011

***Effect of Tomato Juice (Solanum Lycopersicum) on Decreasing Blood Pressure
in Patients with Hypertension***

ABSTRACT

xii begining + 55 pages + 2 charts + 2 attachments

Hypertension is a big problem in the world, around 1.13 billion people suffer from hypertension. It is estimated that every year 9.4 million people die from hypertension and complications. Hypertension management can use pharmacologic therapy and non-pharmacological therapy. One of the non-pharmacological therapies is herbal therapy, namely tomato (Solanum Lycopersicum). The purpose of this study was to determine the effect of tomato juice (Solanum Lycopersicum) on reducing blood pressure in patients with hypertension. The research design is a literature review by accessing articles using the Google Scholar and Garuda search engines. The population in this study were 1551 articles. Samples that met the inclusion and exclusion criteria were 10 articles. The results of the literature review study show that tomato juice (Solanum lycopersicum) therapy can reduce blood pressure with an average difference of 6.6-21.8 mmHg systolic and 5.2-9.4 mmHg diastolic. The conclusion giving tomato juice in hypertension patients is effective in lowering systolic and diastolic blood pressure. Suggestions are expected to present tomato juice (Solanum lycopersicum) can be used as an alternative therapy in the management of hypertension.

Keyword : Tomato Juice, Hypertension

Literature : 2016-2021