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**Pengaruh Pemberian Jus Semangka (*Citrullus Vulgaris*) Terhadap Penurunan Tekanan Darah Pada Penderita Hipertensi**

**ABSTRAK**

Hipertensi di dunia sekitar 1,13 Milyar orang. Jumlah orang meninggal akibat hipertensi beserta komplikasinya setiap tahun sebanyak 9,4 juta. Penyebab hipertensi 95% karena kurang makan sayur dan buah. Hipertensi apabila tidak segera diobati akan menyebabkan berbagai gangguan seperti penyakit pada jantung, gagal ginjal, neuropati dan kematian. Di Indonesia hipertensi menduduki peringkat ke-5 sebagai penyebab kematian. Hipertensi bisa diobati secara farmakologis dan nonfarmakologis. Tujuan penelitian untuk mengetahui Pengaruh Pemberian Jus Semangka (*Citrullus Vulgaris*) Terhadap Penurunan Tekanan Darah Pada Penderita Hipertensi. Desain Penelitian ini menggunakan *Literature Review* dengan *Search Engine Google Scholar* dan *Portal Garuda*. Populasi sebanyak 645 artikel dan sampel sebanyak 10 artikel berdasarkan kriteria inklusi dan eklusi. Hasil penelitian menunjukkan bahwa ada pengaruh penurunan tekanan darah pada penderita hipertensi setelah diberikan jus semangka dengan penurunan tekanan darah sistolik dengan rata-rata sebesar 18,00-36,74 mmHg serta pada tekanan darah diastolik sebesar 8,89-20,00 mmHg. Dengan pemberian 250 gram jus buah semangka. Kesimpulan bahwa berdasarkan 10 artikel yang telah diteliti jus semangka efektif untuk menurunkan tekanan darah pada penderita hipertensi. Saran pada penelitian ini adalah terapi non farmakologis jus semangka efektif dijadikan terapi untuk menurunkan tekanan darah

**Kata Kunci : Jus Semangka dan Hipertensi**

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**The Effect of Giving Watermelon (*Citrullus Vulgaris*) Juice to Lowering Blood Pressure in Hypertensive Patients**

**ABSTRACT**

Hypertension (High Blood Pressure) was a disease of the heart and blood vessels. Hypertension in the world about 1.13 billion people. The number of people who die from hypertension and its complications every year is 9.4 million. The cause of hypertension is 95% due to lack of eating vegetables and fruit. Hypertension if not treated will cause various disorders such as heart disease, kidney failure, neuropathy and death. In Indonesia, hypertension was ranked 5th as a cause of death. Hypertension can be treated pharmacologically and non-pharmacologically. The purpose of the study was to determine the effect of giving Watermelon (*Citrullus Vulgaris*) juice on reducing blood pressure in patients with hypertension. This research design used Literature Review with Google Scholar and Portal Garuda Search Engines. The population was 645 articles and the sample was 10 articles based on inclusion and exclusion criteria. The results showed that there was an effect of decreasing blood pressure in hypertensive patients after being given watermelon juice with a decrease in mean systolic blood pressure of 18,00-36,74 mmHg and diastolic blood pressure of 8,89-20,00 mmHg. Giving 250 grams of watermelon juice. The conclusion that based on 10 articles that have been researched watermelon juice is effective for lowering blood pressure in people with hypertension. Suggestions in this study was that non-pharmacological therapy of watermelon juice was effective as a therapy to lower blood pressure.

**Keywords: Watermelon Juice and Hypertension**

**Library: 2016-2021**