

LAMPIRAN 1

SURAT PERNYATAAN PERSETUJUAN UNTUK IKUT SERTA DALAM PENELITIAN (*INFORMED CONSENT*)

Yang bertanda tangan dibawah ini:

N a m a :
U s i a :
Alamat :
Pekerjaan :
No. KTP/lainnya:

Dengan sesungguhnya menyatakan bahwa:

setelah mendapat keterangan sepenuhnya menyadari, mengerti, dan memahami tentang tujuan, manfaat dan risiko yang mungkin timbul dalam penelitian, serta sewaktu-waktu dapat mengundurkan diri dari keikut sertaannya, maka saya **setuju** ikut serta dalam penelitian yang berjudul : **Efek Jus Mentimun (*Cucumis sativus Linn.*) Terhadap Tekanan Darah Normal Wanita Dewasa.**

Demikian surat pernyataan ini kami buat dengan sesungguhnya dan tanpa paksaan.

Mengetahui,
Penanggung jawab penelitian,

(Yuniati Valentina)

*) Surat pernyataan persetujuan/uji klinik

Bandung,
Yang menyatakan
Peserta penelitian,

()

LAMPIRAN 2**LEMBAR KERJA**

| SP | Tekanan darah sistol sebelum minum jus mentimun | | | | Tekanan darah sistol setelah minum jus mentimun | | | | | | | | diastol terendah | |
|----|--|----|-----|--------|--|---|---|---|---|---|---|---|---------------------|--|
| | I | II | III | Rerata | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | |
| 1 | | | | | | | | | | | | | | |
| 2 | | | | | | | | | | | | | | |
| 3 | | | | | | | | | | | | | | |
| 4 | | | | | | | | | | | | | | |
| 5 | | | | | | | | | | | | | | |
| 6 | | | | | | | | | | | | | | |
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| 27 | | | | | | | | | | | | | | |
| 28 | | | | | | | | | | | | | | |
| 29 | | | | | | | | | | | | | | |
| 30 | | | | | | | | | | | | | | |

| SP | Tekanan darah diastol sebelum minum jus mentimun | | | | Tekanan darah diastol setelah minum jus mentimun | | | | | | | | diastol terendah | |
|----|---|----|-----|--------|---|---|---|---|---|---|---|---|---------------------|--|
| | I | II | III | Rerata | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | |
| 1 | | | | | | | | | | | | | | |
| 2 | | | | | | | | | | | | | | |
| 3 | | | | | | | | | | | | | | |
| 4 | | | | | | | | | | | | | | |
| 5 | | | | | | | | | | | | | | |
| 6 | | | | | | | | | | | | | | |
| 7 | | | | | | | | | | | | | | |
| 8 | | | | | | | | | | | | | | |
| 9 | | | | | | | | | | | | | | |
| 10 | | | | | | | | | | | | | | |
| 11 | | | | | | | | | | | | | | |
| 12 | | | | | | | | | | | | | | |
| 13 | | | | | | | | | | | | | | |
| 14 | | | | | | | | | | | | | | |
| 15 | | | | | | | | | | | | | | |
| 16 | | | | | | | | | | | | | | |
| 17 | | | | | | | | | | | | | | |
| 18 | | | | | | | | | | | | | | |
| 19 | | | | | | | | | | | | | | |
| 20 | | | | | | | | | | | | | | |
| 21 | | | | | | | | | | | | | | |
| 22 | | | | | | | | | | | | | | |
| 23 | | | | | | | | | | | | | | |
| 24 | | | | | | | | | | | | | | |
| 25 | | | | | | | | | | | | | | |
| 26 | | | | | | | | | | | | | | |
| 27 | | | | | | | | | | | | | | |
| 28 | | | | | | | | | | | | | | |
| 29 | | | | | | | | | | | | | | |
| 30 | | | | | | | | | | | | | | |

Keterangan : SP = Subjek Penelitian

LAMPIRAN 3

HASIL PENGUKURAN TEKANAN DARAH SISTOL SEBELUM DAN SESUDAH PERLAKUAN DENGAN MENGGUNAKAN JUS MENTIMUN

| SP | sistole sebelum | | | | sistole setelah minum jus | | | | | | | | sistole terendah |
|----|-----------------|-----|-----|--------|---------------------------|-----|-----|-----|-----|-----|-----|-----|------------------|
| | I | II | III | Rerata | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | |
| 1 | 110 | 110 | 120 | 113,33 | 120 | 120 | 110 | 110 | 110 | 112 | 112 | 120 | 110 |
| 2 | 100 | 110 | 110 | 106,67 | 110 | 105 | 105 | 110 | 110 | 110 | 110 | 110 | 105 |
| 3 | 110 | 115 | 115 | 113,33 | 110 | 108 | 110 | 110 | 110 | 110 | 110 | 115 | 108 |
| 4 | 120 | 120 | 120 | 120,00 | 115 | 115 | 118 | 120 | 120 | 120 | 120 | 120 | 115 |
| 5 | 120 | 120 | 120 | 120,00 | 110 | 110 | 110 | 115 | 115 | 115 | 120 | 120 | 110 |
| 6 | 110 | 110 | 110 | 110,00 | 110 | 108 | 108 | 110 | 110 | 110 | 110 | 110 | 108 |
| 7 | 110 | 115 | 115 | 113,33 | 110 | 110 | 105 | 110 | 115 | 115 | 115 | 115 | 105 |
| 8 | 110 | 105 | 105 | 106,67 | 100 | 100 | 98 | 100 | 100 | 105 | 105 | 110 | 98 |
| 9 | 120 | 120 | 120 | 120,00 | 120 | 115 | 110 | 110 | 115 | 115 | 115 | 120 | 110 |
| 10 | 120 | 120 | 120 | 120,00 | 120 | 115 | 115 | 100 | 100 | 115 | 120 | 120 | 100 |
| 11 | 120 | 120 | 120 | 120,00 | 120 | 115 | 100 | 98 | 100 | 115 | 115 | 120 | 98 |
| 12 | 110 | 110 | 110 | 110,00 | 110 | 110 | 105 | 105 | 110 | 110 | 110 | 110 | 105 |
| 13 | 120 | 120 | 110 | 116,67 | 110 | 105 | 105 | 110 | 110 | 110 | 110 | 110 | 110 |
| 14 | 120 | 120 | 120 | 120,00 | 120 | 110 | 100 | 98 | 100 | 110 | 115 | 120 | 98 |
| 15 | 110 | 120 | 120 | 120,00 | 110 | 110 | 105 | 110 | 120 | 120 | 120 | 120 | 105 |
| 16 | 110 | 110 | 110 | 110,00 | 110 | 105 | 100 | 100 | 105 | 110 | 110 | 110 | 105 |
| 17 | 110 | 110 | 110 | 110,00 | 110 | 100 | 105 | 100 | 110 | 110 | 110 | 110 | 100 |
| 18 | 120 | 120 | 120 | 120,00 | 120 | 115 | 110 | 114 | 115 | 115 | 120 | 120 | 110 |
| 19 | 110 | 110 | 110 | 110,00 | 110 | 110 | 105 | 100 | 98 | 100 | 105 | 110 | 98 |
| 20 | 120 | 120 | 120 | 120,00 | 120 | 115 | 110 | 100 | 115 | 120 | 120 | 120 | 100 |
| 21 | 120 | 115 | 115 | 116,67 | 115 | 114 | 114 | 110 | 110 | 112 | 115 | 115 | 110 |
| 22 | 120 | 120 | 120 | 120,00 | 110 | 110 | 108 | 105 | 108 | 110 | 115 | 120 | 105 |
| 23 | 120 | 120 | 120 | 120,00 | 115 | 115 | 110 | 105 | 110 | 115 | 115 | 120 | 105 |
| 24 | 120 | 110 | 110 | 113,33 | 115 | 110 | 110 | 110 | 115 | 115 | 115 | 115 | 110 |
| 25 | 115 | 115 | 115 | 115,00 | 115 | 100 | 98 | 98 | 100 | 105 | 110 | 110 | 98 |
| 26 | 120 | 120 | 120 | 120,00 | 115 | 110 | 110 | 110 | 115 | 115 | 115 | 120 | 110 |
| 27 | 120 | 120 | 110 | 116,67 | 110 | 108 | 105 | 100 | 105 | 100 | 108 | 110 | 100 |
| 28 | 110 | 100 | 100 | 103,33 | 100 | 98 | 95 | 98 | 100 | 100 | 100 | 100 | 95 |
| 29 | 100 | 100 | 100 | 100,00 | 100 | 98 | 95 | 95 | 98 | 100 | 100 | 100 | 95 |
| 30 | 115 | 100 | 100 | 101,67 | 100 | 98 | 95 | 95 | 100 | 112 | 115 | 115 | 95 |

LAMPIRAN 4

HASIL PENGUKURAN TEKANAN DARAH DIASTOL SEBELUM DAN SESUDAH PERLAKUAN DENGAN MENGGUNAKAN JUS MENTIMUN

| SP | sebelum minum jus mentimun | | | | setelah minum jus mentimun | | | | | | | | diastol terendah |
|----|----------------------------|----|-----|--------|----------------------------|----|----|----|----|----|----|----|---------------------|
| | I | II | III | Rerata | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | |
| 1 | 80 | 78 | 78 | 78,67 | 78 | 75 | 75 | 70 | 75 | 75 | 78 | 78 | 70 |
| 2 | 70 | 70 | 70 | 70,00 | 70 | 65 | 68 | 68 | 70 | 70 | 70 | 70 | 65 |
| 3 | 80 | 80 | 70 | 76,67 | 70 | 65 | 65 | 70 | 75 | 75 | 80 | 80 | 65 |
| 4 | 80 | 80 | 80 | 80,00 | 78 | 75 | 75 | 80 | 80 | 80 | 80 | 80 | 75 |
| 5 | 80 | 80 | 80 | 80,00 | 75 | 75 | 75 | 75 | 78 | 78 | 80 | 80 | 75 |
| 6 | 80 | 75 | 75 | 76,67 | 75 | 75 | 68 | 68 | 70 | 70 | 75 | 75 | 68 |
| 7 | 80 | 80 | 80 | 80,00 | 80 | 78 | 75 | 72 | 75 | 80 | 80 | 80 | 72 |
| 8 | 80 | 75 | 78 | 77,67 | 75 | 70 | 65 | 62 | 65 | 68 | 70 | 75 | 62 |
| 9 | 80 | 80 | 80 | 80,00 | 80 | 78 | 78 | 75 | 78 | 78 | 80 | 80 | 75 |
| 10 | 70 | 70 | 70 | 70,00 | 70 | 68 | 65 | 68 | 70 | 70 | 70 | 70 | 65 |
| 11 | 80 | 80 | 80 | 80,00 | 80 | 78 | 78 | 75 | 78 | 80 | 80 | 80 | 75 |
| 12 | 80 | 70 | 70 | 73,33 | 70 | 70 | 68 | 70 | 70 | 70 | 70 | 75 | 68 |
| 13 | 80 | 80 | 80 | 80,00 | 80 | 78 | 78 | 75 | 75 | 78 | 80 | 80 | 75 |
| 14 | 70 | 70 | 65 | 68,33 | 68 | 65 | 64 | 62 | 65 | 65 | 68 | 70 | 62 |
| 15 | 80 | 80 | 80 | 80,00 | 78 | 75 | 70 | 70 | 75 | 75 | 80 | 80 | 70 |
| 16 | 70 | 70 | 70 | 70,00 | 68 | 65 | 62 | 62 | 65 | 68 | 68 | 70 | 62 |
| 17 | 80 | 80 | 80 | 80,00 | 78 | 78 | 75 | 72 | 75 | 78 | 80 | 80 | 72 |
| 18 | 80 | 80 | 80 | 80,00 | 80 | 78 | 75 | 78 | 78 | 80 | 80 | 80 | 75 |
| 19 | 70 | 70 | 70 | 70,00 | 68 | 68 | 65 | 68 | 68 | 68 | 70 | 70 | 65 |
| 20 | 70 | 70 | 70 | 70,00 | 70 | 68 | 68 | 65 | 65 | 68 | 70 | 70 | 65 |
| 21 | 80 | 75 | 75 | 76,67 | 80 | 78 | 74 | 72 | 70 | 72 | 72 | 74 | 70 |
| 22 | 80 | 80 | 80 | 80,00 | 78 | 75 | 70 | 78 | 78 | 80 | 80 | 80 | 70 |
| 23 | 80 | 78 | 78 | 78,67 | 78 | 78 | 75 | 70 | 75 | 78 | 78 | 78 | 70 |
| 24 | 75 | 70 | 70 | 71,67 | 75 | 70 | 65 | 60 | 65 | 70 | 75 | 75 | 60 |
| 25 | 75 | 70 | 70 | 71,67 | 75 | 75 | 70 | 75 | 75 | 75 | 75 | 75 | 70 |
| 26 | 80 | 75 | 75 | 76,67 | 75 | 70 | 68 | 68 | 70 | 75 | 75 | 75 | 68 |
| 27 | 80 | 70 | 70 | 73,33 | 70 | 70 | 68 | 65 | 68 | 70 | 70 | 70 | 65 |
| 28 | 70 | 70 | 70 | 70,00 | 70 | 68 | 68 | 65 | 65 | 68 | 70 | 70 | 65 |
| 29 | 75 | 75 | 75 | 75,00 | 75 | 72 | 70 | 70 | 72 | 75 | 75 | 75 | 70 |
| 30 | 80 | 75 | 75 | 76,67 | 75 | 72 | 72 | 75 | 75 | 78 | 78 | 80 | 72 |

LAMPIRAN 5

HASIL UJI “t” TEKANAN DARAH SISTOL DAN DIASTOL SEBELUM DAN SETELAH MINUM JUS MENTIMUN (*Cucumis sativus* Linn.)

T-Test

Paired Samples Statistics

| | | Mean | N | Std. Deviation | Std. Error Mean |
|--------|-------------|----------|----|----------------|-----------------|
| Pair 1 | TDS sebelum | 114,2223 | 30 | 6,17010 | 1,12650 |
| | TDS sesudah | 104,0333 | 30 | 5,67805 | 1,03667 |
| Pair 2 | TDD sebelum | 75,7230 | 30 | 4,17122 | ,76156 |
| | TDD sesudah | 68,7000 | 30 | 4,51167 | ,82371 |

Paired Samples Correlations

| | | N | Correlation | Sig. |
|--------|---------------------------|----|-------------|------|
| Pair 1 | TDS sebelum & TDS sesudah | 30 | ,490 | ,006 |
| Pair 2 | TDD sebelum & TDD sesudah | 30 | ,785 | ,000 |

Paired Samples Test

| | | Pair 1 | Pair 2 | |
|--------------------|---|---------------------------|---------------------------|---------|
| | | TDS sebelum - TDS sesudah | TDD sebelum - TDD sesudah | |
| Paired Differences | Mean | 10,18900 | 7,02300 | |
| | Std. Deviation | 6,00059 | 2,86404 | |
| | Std. Error Mean | 1,09555 | ,52290 | |
| | 95% Confidence Interval of the Difference | Lower | 7,94834 | 5,95355 |
| | | Upper | 12,42966 | 8,09245 |
| t | | 9,300 | 13,431 | |
| df | | 29 | 29 | |
| Sig. (2-tailed) | | ,000 | ,000 | |

LAMPIRAN 6

**HASIL UJI “t” BERPASANGAN UNTUK PERBEDAAN PENURUNAN
TEKANAN DARAH SISTOL DAN DIASTOL SEBELUM DAN SETELAH
MINUM JUS MENTIMUN (*Cucumis sativus* Linn.)**

T-Test

Paired Samples Statistics

| | | Mean | N | Std. Deviation | Std. Error Mean |
|--------|-----------------|--------|----|----------------|-----------------|
| Pair 1 | % penurunan TDS | 8,7886 | 30 | 4,92614 | ,89939 |
| | % penurunan TDD | 9,2553 | 30 | 3,69356 | ,67435 |

Paired Samples Correlations

| | | N | Correlation | Sig. |
|--------|--------------------------------------|----|-------------|------|
| Pair 1 | % penurunan TDS & % penurunan TDD | 30 | -,195 | ,301 |

Paired Samples Test

| | | Pair 1 |
|--------------------|--|--|
| | | % penurunan TDS - % penurunan TDD |
| Paired Differences | Mean | -,46667 |
| | Std. Deviation | 6,70912 |
| | Std. Error Mean | 1,22491 |
| | 95% Confidence Interval of the Difference | Lower Upper |
| | | -2,97190 2,03856 |
| | t | -,381 |
| | df | 29 |
| | Sig. (2-tailed) | ,706 |



KOMISI ETIK PENELITIAN
FAKULTAS KEDOKTERAN
UK MARANATHA - R.S. IMMANUEL
BANDUNG
No Reg : 033/KNEPK/2008



Email: ethic_fkukmrsi@med.maranatha.edu

SURAT KEPUTUSAN

NO: 061/KEP FK UKM-RSI/III/2010

- Menimbang:
- a) Bahwa dalam upaya melindungi hak asasi dan kesejahteraan subjek penelitian kesehatan harus mendapat penilaian dan rekomendasi etik penelitian kesehatan dari Komite Etik Penelitian Kesehatan
 - b) bahwa sehubungan dengan butir (a) tersebut diatas telah diajukan permohonan penilaian dan rekomendasi etik penelitian kesehatan berjudul:
Efek Jus Mentimun (*Cucumis sativus* Linn.) Terhadap Tekanan Darah Normal Wanita Dewasa
oleh Yuniati Valentina
selaku penanggung jawab penelitian
 - c) bahwa terhadap permohonan tersebut pada butir (b) telah dilakukan pengkajian yang mendalam oleh Komite Etik Penelitian Kesehatan
 - d) bahwa sehubungan dengan butir (a), (b) dan (c) perlu dikeluarkan surat keputusan hasil penilaian dan rekomendasi kelayakan etik penelitian (*ethical approval*)
- Mengingat: Surat Keputusan Dekan Fakultas Kedokteran Universitas Kristen Maranatha No. 286/M/S.Kep./FK-UKM/2008, tentang PEMBENTUKAN DAN PENGANGKATAN PENGURUS KOMISI ETIK PENELITIAN FAKULTAS KEDOKTERAN UNIVERSITAS KRISTEN MARANATHA – RUMAH SAKIT IMMANUEL (KEP FK UKM-RSI), periode 2008-2010, tanggal 15 Mei 2008.

MEMUTUSKAN

- Menetapkan
- Pertama Menyetujui dan mengizinkan pelaksanaan penelitian berjudul:
Efek Jus Mentimun (*Cucumis sativus* Linn.) Terhadap Tekanan Darah Normal Wanita Dewasa
dengan penanggung jawab:
Yuniati Valentina
 - Kedua Surat keputusan ini berlaku sejak ditetapkan dengan ketentuan akan ditinjau kembali apabila di kemudian hari ternyata terdapat kekeliruan

Ditetapkan di : Bandung
Pada tanggal : 31 Maret 2010

Ketua

Prof. DR H.R Muchtan Sujatno, dr, SpFK(K)

Sekretaris

Dr. Diana Krisanti Jasaputra, dr, M Kes

RIWAYAT HIDUP

Nama : Yuniati Valentina
Nomor Pokok Mahasiswa : 0710214
Tempat/Tanggal Lahir : Bandung, 2 Juni 1989
Alamat : Jl. Antapani Lama no 41
Bandung
Riwayat Pendidikan :

- Taman Kanak-Kanak Santo Agustinus, Bandung, lulus tahun 1995
- SD Santo Agustinus, Bandung, lulus tahun 2001
- SMP Providentia, Bandung, lulus tahun 2004
- SMA Negeri 14, Bandung, lulus tahun 2007
- Mahasiswi Fakultas Kedokteran Universitas Kristen Maranatha, Bandung