ABSTRAK

EFEK JUS BUAH DELIMA (Punica granatum L.) TERHADAP PENURUNAN TEKANAN DARAH PADA WANITA DEWASA PENDERITA HIPERTENSI

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Hipertensi merupakan penyebab kematian nomor tiga setelah stroke dan tuberkulosis, yakni mencapai 6,7% dari populasi kematian pada semua umur di Indonesia. Hasil Riset Kesehatan Dasar (Riskesdas) Balitbangkes tahun 2007 menunjukan prevalensi hipertensi secara nasional mencapai 31,7%. Salah satu bahan alam yang secara empiris telah diketahui mempunyai efek menurukan tekanan darah adalah buah delima (Punica granatum L), kandungannya berupa senyawa-senyawa antara lain kalium dan soluble polyphenol seperti tannin, ellagic tannin, anthocyanin, cathechin, gallic dan ellagic acid.

Tujuan penelitian adalah untuk mengetahui efek dari jus buah delima terhadap penurunan tekanan darah khususnya pada wanita dewasa penderita hipertensi.

Metode penelitian adalah eksperimental semu dengan Rancangan Acak Lengkap (RAL), dengan desain pre test dan post test. Penelitian ini dilakukan pada 30 orang wanita dewasa penderita hipertensi dengan rentang usia 20-70 tahun, dilakukan pengukuran tekanan darah sistolik dan diastolik dalam satuan mmHg setelah dan sebelum mengonsumsi 200 ml jus delima dengan menggunakan Automatic Blood Pressure Monitor. Analisis data menggunakan uji berpasangan dengan \( \alpha = 0,05 \).

Hasil percobaan menunjukkan bahwa rerata tekanan darah setelah mengonsumsi jus buah delima sebesar 142,93/95,37 mmHg lebih rendah dibandingkan tekanan darah rerata sebelum meminum jus buah delima yaitu sebesar 159,23/98,70 mmHg (\( p < 0,01 \)).

Kesimpulan penelitian adalah jus buah delima menurunkan tekanan darah pada wanita dewasa penderita hipertensi.

Kata Kunci : Delima, Punica granatum L., Tekanan darah, Hipertensi.
ABSTRACT

THE EFFECT OF POMEGRANATE JUICE (Punica granatum L.)
ON LOWERING BLOOD PRESSURE IN ADULT WOMEN WITH
HYPERTENSION

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Hypertension is the third cause of death after stroke and tuberculosis, which reached 6.7% of the population of deaths at all ages in Indonesia. Health Research by Riskesdas Balitbangkes showed that the national prevalence of hypertension in 2007 is 31.7%. One of the natural ingredients that are empirically known could lower the blood pressure is pomegranate (Punica granatum L), which the ingredient are potassium and soluble polyphenols such as tannins, ellagic tannins, anthocyanins, catechin, gallic and ellagic acid.

The purpose of this study was to determine the effects of pomegranate juice on blood pressure in hypertension adult.

The method used in this study is a quasi-experimental study with a completely randomized design (CRD), with the design of pre-test and post test. The research was conducted on 30 adult women with hypertension with age range 20-70 years, measured systolic and diastolic blood pressure in units of mm Hg after and before consuming 200 ml of pomegranate juice by using Automatic Blood Pressure Monitor. Data analysis using a paired t test with \( \alpha = 0.05 \).

The experimental results showed that the average blood pressure after consuming pomegranate juice 142.93/95.37 mmHg lower than the mean blood pressure before drinking pomegranate juice 159.23/98.70 mmHg (\( p <0.01 \)).

The conclusion used in this study is pomegranate juice lowers blood pressure in adult women with hypertension.

Keywords : Pomegranate, Punica granatum L., Blood Pressure, Hypertension
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