

ABSTRAK

Hipertensi atau tekanan darah tinggi yang biasa disebut sebagai *silent-killer* merupakan penyebab kematian dan kesakitan yang tinggi karena merupakan pembunuh tersembunyi dan dapat menimbulkan komplikasi yang lebih lanjut. Pengobatan hipertensi umumnya memakan waktu yang lama. Pengobatan non farmakologis misalnya dengan pemberian jus tomat dapat dipilih sebagai alternatif untuk menghindari efek dari ketergantungan obat farmakologis. Penelitian ini bertujuan untuk menganalisis pengaruh jus tomat terhadap tekanan darah pada lansia penderita hipertensi di desa Kolomayan Wonodadi Blitar tahun 2021.

Desain penelitian yang digunakan adalah penelitian *Experimental Metode (One Grup Pretest-Posttest with Design)*. Populasi penelitian ini adalah kelompok lansia yang menderita hipertensi di Desa Kolomayan Wonodadi Blitar berjumlah 80 orang. Dengan teknik *Purposive Sampling* diambil sampel sebanyak 30 orang. Pengambilan data dengan melakukan pengukuran tekanan darah menggunakan tensimeter. Kemudian data diolah dengan pengumpulan data menggunakan teknik *editing, coding, scoring* dan *tabulating*. Selanjutnya dianalisa dengan uji statistik menggunakan *Wilcoxon Signed Rank Test*.

Hasil penelitian menunjukkan bahwa sebanyak 30 respon sebelum dilakukan pemberian jus tomat responden yang memiliki tekanan darah hipertensi ringan sebanyak 22 responden (73,3%), dan responden dengan hipertensi sedang sebanyak 8 responden (26,7%). Dan setelah dilakukan pemberian jus tomat, responden dengan tekanan darah normal sebanyak 6 responden (20%), responden dengan tekanan darah normal tinggi sebanyak 6 responden (20%), responden dengan hipertensi ringan sebanyak 12 responden (40%) dan responden dengan hipertensi sedang sebanyak 6 responden (20%). Berdasarkan uji *Wilcoxon Signed Rank Test* didapatkan bahwa nilai $p\text{ value}=0,002$ $\alpha = 0,05$, artinya H_0 ditolak dan H_1 diterima menunjukkan bahwa ada pengaruh pemberian jus tomat pada lansia penderita hipertensi di dasa kolomayan wonodadi kabupaten Blitar tahun 2021.

Disimpulkan bahwa jus tomat memiliki banyak kandungan yang berpengaruh yang dapat membuat tekanan darah lansia turun atau stabil. Oleh karena itu diharapkan jus tomat dapat dimanfaatkan sebagai obat alternatif untuk menurunkan hipertensi pada lansia agar tekanan darahnya lebih stabil.

Kata kunci: Jus tomat, Lansia, Hipertensi

ABSTRACT

Hypertension or high blood pressure which is commonly referred to as the silent killer is a cause of death and high morbidity because it is a hidden killer and can cause further complications. Treatment of hypertension generally takes a long time. Non-pharmacological treatment for example by giving tomato juice can be chosen as an alternative to avoid the effects of pharmacological drug dependence. This study aims to analyze the effect of tomato juice on blood pressure in elderly people with hypertension in the village of Kolomayan Wonodadi Blitar in 2021.

The research design used was Experimental Method (One Group Pretest-Posttest with Design). The population of this study is a group of elderly people who suffer from hypertension in the village of Kolomayan Wonodadi Blitar totaling 80 people. With the purposive sampling technique, a sample of 30 people was taken. Collecting data by measuring blood pressure using a sphygmomanometer. Then the data is processed by collecting data using editing, coding, scoring and tabulating techniques. Then analyzed by statistical test using Wilcoxon Signed Rank Test.

The results showed that there were 30 responses before giving tomato juice to respondents who had mild hypertension blood pressure as many as 22 respondents (73.3%), and respondents with moderate hypertension as many as 8 respondents (26.7%). And after giving tomato juice, respondents with normal blood pressure were 6 respondents (20%), respondents with high normal blood pressure were 6 respondents (20%), respondents with mild hypertension were 12 respondents (40%) and respondents with moderate hypertension were as many as 6 respondents (20%). Based on the Wilcoxon Signed Rank Test, it was found that the p value = $0.002 < 0.05$, meaning that H_0 was rejected and H_1 was accepted indicating that there was an effect of giving tomato juice to the elderly with hypertension in Dasa Kolomayan Wonodadi, Blitar Regency in 2021.

It was concluded that tomato juice has many influential ingredients that can make the blood pressure of the elderly decrease or stabilize. Therefore, it is hoped that tomato juice can be used as an alternative medicine to reduce hypertension in the elderly so that their blood pressure is more stable.

Keywords: Tomato juice, Elderly, Hypertension