

*APPLICATION OF GIVING FLUID FRUIT JUICE TO REDUCE BLOOD  
PRESSURE IN PRIMARY HYPERTENSION PATIENTS IN THE VILLAGE AREA  
OF WOTGALEH SUKOHARJO*

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**ABSTRACT**

**Background;** Hypertension is a disorder in blood stream system that there is an increase of systolic and diastolic blood pressure which exceed for 140/90 mmHg. **Purpose;** To know the influence of giving watermelon juice to reduce the blood pressure in the patients that's having primary hypertension in the area of Wotgaleh, Sukoharjo. **Method;** The descriptive research with applying the results of the previous research that has been done, to find out the results of change in blood pressure before and after doing and giving watermelon juice to reduce a blood pressure in the patients of primary hypertension with the number of samples of 2 respondents. **Results;** The application shows that's giving a watermelon juice to the patients can decrease a blood pressure. In the Ny. M's blood pressure decreased from 180/110 mmHg to 140/90 mmHg and in the Ny. N's blood pressure is also having decreased from 160/100 mmHg to 130/80 mmHg. **Conclusion;** The watermelon juice can decrease a blood pressure.

**Keywords:** Blood Pressure, Primary Hypertension, Watermelon Juice.