

**THE APPLICATION OF THE CONSUMPTION OF AMBON BANANA
TO THE REDUCTION OF BLOOD PRESSURE TO ELDERLY
CLIENTS WITH HYPERTENSION IN THE VILLAGE OF
MOJO, JANTIHARJO, KARANGANYAR**

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ABSTRACT

Background : *Based on the results of interviews with 12 elderly men and women showed that of 12 elderly there were 2 elderly men and 4 elderly women who had hypertension. Elderly said that no one has consumed Ambon banana to treat hypertension, the efforts made by the elderly who experienced hypertension were to rest and take medication to restore their condition..* **Objective :** *describe how to administer ambon banana to elderly hypertension to reduce blood pressure.* **Method :** *the type of research used is descriptive methodology with a case study design that describes a decrease in blood pressure by consuming ambon banana in elderly hypertension in the village of Mojo RT 02/12 Jantiharjo, Karanganyar.* **Results:** *there was a decrease in blood pressure in Mrs. J and Mrs. M before and after applying of ambon banana consumption for 7 days. At Mrs. J the blood pressure : 140/90 mmHg to 106/84 mmHg, and Mrs. M the blood pressure from 150/90 to 130/80 mmHg.* **Conclusion :** *there was a decrease in blood after consuming ambon banana for 7 days in the village of Mojo, Jantiharjo, Karanganyar.*

Keywords: *elderly, hypertension, ambon banana*