

# **EDUCATION OF GIVING GREEN YOUNG COCONUT WATER TO LOWER BLOOD PRESSURE IN PEOPLE WITH HYPERTENSION THROUGH BOOKLET MEDIA**

Amru Fela Musliha, Dewi Kartika Sari

[felaamru@gmail.com](mailto:felaamru@gmail.com)

Diploma III Nursing Study Program, University of 'Aisyiyah Surakarta

## **SUMMARY**

**Background;** Hypertension is a condition when a person has an increase in systolic blood pressure above 140 mmHg and diastolic pressure above 90 mmHg. Decreasing blood pressure in people with hypertension is expected to prevent other complications. One of the prevention of complications is consuming green young coconut water. Young Green Coconut Water contains high potassium and low sodium which is important for maintaining blood pressure within normal limits. Information about the importance of Giving Green Young Coconut Water can be socialized through booklets. **Purpose;** Booklets can be used as a medium for health education for the public, especially people with hypertension, to know and apply the consumption of green young coconut water to reduce blood pressure. **Result;** The theme of this booklet is Giving Green Young Coconut Water created using the microsoft power point application. **Conclusion;** Consumption of green young coconut water can be used to reduce blood pressure and the education booklet of giving green young coconut water to decrease blood pressure in patients with hypertension can be used as a medium of information that is clear and easy to understand.

### **Keyword :**

*Green Coconut Water, Hypertension.*