

ABSTRACK

Winda Purnama Sari B2015118 <i>Study Program DIII Of Nursing</i> STIKES 'Aisyiyah Surakarta	<i>Supervisor :</i> Endah Sri Wahyuni, S.Kep, Ns, M.Kep Hermawati, S.Kep, Ns, M.Kep
APPLICATION OF AMBON BANANA CONSUMPTION TREATMENT TO DECREASING HYPERTENSION IN ELDERLY	
ABSTRACT	
<p>Background: Aging process is a natural process accompanied by a decrease in physical, psychological and social. Degenerative diseases that often appear in the elderly one of them is hypertension. Hypertension is a chronic condition characterized by increased blood pressure in the arterial wall. Consumption of Ambon banana therapy is one of the non-pharmacological actions that are effective for lowering blood pressure. Research Objectives: To describe the results of the application of ambon banana consumption therapy to decreased blood pressure in elderly in Bayan Village RT 04 RW VII Banjarsari, Kadipiro, Surakarta 2018. Research Methods: This study used case study research with descriptive research design. Results: This research was conducted to two respondents and showed that before both respondents were given the second banana ambon consumption therapy the respondents had high blood pressure with stage 2 hypertension on respondent 1 and 1st stage hypertension on the respondent 2. After being given therapy for 7 days blood pressure at respondents have decreased. Conclusion: The application of the consumption of banana ambon proven to reduce hypertension hypertension and can be used as non-pharmacology therapy for elderly hypertension because of banana ambon containing potassium which can help decrease blood pressure.</p>	
Keywords: Elderly, Hypertension, Ambon Banana	