

ABSTRACT

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EFFECT OF GIVING AVOCADO LEAF LIGHT ON THE REDUCTION OF BLOOD PRESSURE IN PATIENTS OF NON PHARMACOLOGY HYPERTENSION IN THE WORKING AREA OF PAJANG PUBLIC HEALTH CENTER IN SURAKARTA CITY

ABSTRACT

Back Ground: Avocado leaves are empirically believed to be diuretic. The chemical content of avocado leaves is flavanoid function to reduce blood pressure. **Purpose:** To determine the effect of avocado leaf steeping on blood pressure reduction in patients with non-pharmacological hypertension in the working area of Pajang Public Health Center in Surakarta City. **Methods:** This study used quasi-experimental research with one-group pretest-posttest design. Sampling was purposive sampling as many 16 respondents. Research instrument with observation sheet and sphygmomanometer. This research using an ordinal scale so that the Wilcoxon test was used. **Results:** Blood pressure before being given steeping avocado leaves in the category 1 stage hypertension is 15 people (93.75%) and stage 2 hypertension is 1 person (6.25%) and after being given steeping therapy avocado leaves have decreased in the category of 11 prehypertension people (68.75%) of 16 respondents. Wilcoxon test analysis showed systolic blood pressure of Z count of -3,527 with $p = 0,000$ ($p < 0.05$) and diastole blood pressure Z-count of -2.889 with $p = 0.004$ ($p < 0.05$), which means there is an influence of steeping avocado leaves against decreased blood pressure in non-pharmacological hypertension. **Conclusion:** There is an effect of avocado leaf steeping on blood pressure reduction in patients with non-pharmacological hypertension in the working area of Pajang Public Health Center in Surakarta City.

Keywords: steeping avocado leaves, decreased blood pressure, hypertension