

**GIVING FERTILIZER FRUIT TO REDUCE BLOOD PRESSURE IN  
PREGNANT WOMEN WITH HYPERTENSION  
IN PMB YULIATI JENALAS GEMOLONG**

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**ABSTRACT**

**Background;** *Pregnancy is something that is awaited by every married woman, but not all pregnancies can run smoothly there are some complications in pregnancy, one of which often occurs is pregnancy in hypertension. Hypertension in pregnancy is 5-15% complicating pregnancy. Kepok banana food will be rich in potassium so it is effective in reducing blood pressure in hypertension.*  
**Objectives;** *Describe the results of the implementation of the application of kepok bananas to reduce blood pressure in pregnant women with hypertension at PMB Yuliati Jenalas Gemolong.*  
**Method;** *This study used a descriptive type with respondents from 2 third trimester pregnant women who had hypertension or preeclampsia by consuming kepok bananas for 7 days.*  
**Results;** *The results of a case study prove that kepok bananas can reduce blood pressure in pregnant women, blood pressure Ny. S 140/90 mmHg to 120/80 mmHg and Ny. C 137/80 mmHg to 110/70 mmHg.*  
**Conclusion;** *There is a decrease in blood pressure in pregnant women with hypertension after consuming kepok bananas.*

**Keywords:** *Kepok Banana Fruit, Blood Pressure, Pregnant Women*