

PENGARUH REBUSAN DAUN SALAM TERHADAP PENURUNAN TEKANAN DARAH TINGGI PADA PENDERITA HIPERTENSI DI PANTI JOMPO YAYASAN GUNA BUDI BAKTI TAHUN 2020

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ABSTRAK

Hipertensi merupakan salah satu penyakit yang paling mematikan atau sering disebut dengan *silent killer* yg perlu mendapatkan perhatian khusus, pemberian rebusan daun salam merupakan salah satu pengobatan *alternatif* yang tidak mempunyai efek samping. Tujuan penelitian ini adalah untuk mengetahui pengaruh pemberian rebusan daun salam terhadap penurunan tekanan darah tinggi. Jenis penelitian ini adalah kuantitatif dengan desain penelitian Pre experimental dengan pendekatan *one group pre-post test design* yaitu mengungkapkan sebab akibat dengan cara melibatkan satu kelompok subjek. Penelitian ini melakukan dua kali pengukuran tekanan darah yaitu pengukuran tekanan darah sebelum dan sesudah dilakukan pemberian rebusan daun salam. Penelitian dilakukan di Panti Jompo Yayasan Guna Budi Bakti Medan pada bulan Agustus 2020. Sample dalam penelitian adalah lansia yang menderita hipertensi berdasarkan data dari rekam medik. Hasil penelitian yang telah dilakukan adalah adanya pengaruh antara pemberian rebusan daun salam terhadap tekanan darah pada lansia dengan nilai *p* sebesar 0,000. Kesimpulan penelitian adalah ada pengaruh pemberian rebusan daun salam terhadap tekanan darah. Diharapkan agar lansia sering melakukan pengobatan *alternatif* (menggunakan rebusan daun salam) untuk mencegah kekambuhan hipertensi.

Kata kunci : Hipertensi, tekanan darah, lansia

ABSTRACT

To determine the effect of bay leaf decoction on reducing high blood pressure in hypertensive patients at the Guna Budi Bakti Nursing Home in Medan in 2020 is one of the researchers' goals. The location was carried out at the Guna Budi Bakti Foundation Nursing Home, Medan, and the research was conducted in August. Design This study used a pre-experimental method with a one group pre- post test design approach, which revealed a causal relationship by involving one group of subjects. In this study, blood pressure measurements were carried out twice before and after giving the bay leaf stew. The population in this study after we conducted a survey in February, there were 25 elderly people who had hypertension without having to take pharmacological drugs. Conclusions that have been made about the effect of bay leaf decoction on reducing blood pressure in elderly people with hypertension, it can be concluded that the average systolic and diastolic blood pressure before being given the decoction of bay leaves is 166.50 / 104.00 mmHg while after giving the boiled bay leaves, the average results are obtained. The mean systolic and diastolic blood pressures were 137.50 / 79.00 mmHg. Suggestions for hypertension sufferers are expected that this research can be a motivation for elderly people who have a history of hypertension to make bay leaf decoction as a non-pharmacological / alternative medicine that can be done routinely to prevent hypertension, especially at the Guna Budi Bakti Foundation for Nursing Home. Medan 2020.

Key words: Hypertension, blood pressure, the elderly