

THE EFFECT OF GIVING WATERMELON (*Citrullus lanatus*) AND BEET  
(*Beta vulgaris*) JUICE ON BLOOD PRESSURE IN HYPERTENSIVE  
PATIENTS AT POSYANDU LANSIA PADUKUHAN REJOSARI

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ABSTRACT

**Backgorund :** Hypertension is one of the deadly cardiovascular diseases or frequently referred as the silent killer with systolic blood pressure  $\geq 140$  mmHg or diastolic blood pressure  $\geq 90$  mmHg which is affected by an unhealthy lifestyle that occurs in society. Result Health Research 2018 stated that the prevalence of high pressure increased from 25,8% to 34,1% at the age of 18 years and over. The management of hypertension usually divided into a two, pharmacology and non-pharmacology

**Purpose :** To determine the effect of giving watermelon and beet juice toward blood pressure alteration in hypertensive patients at Posyandu Lansia Padukuhan Rejosari.

**Method :** This research used quasi-experimental design (*pretest-posttest without control design*) measurement of the respondent's blood pressure before and after being given treatment. This research was conducted in January 2021. The population of this study was all the elderly in Padukuhan Rejosari. The sample used is the elderly who have a hypertension diseases. Data analysis using *wilxocon*.

**Result :** The average systolic blood pressure of the elderly with hypertension at the posyandu for the elderly in Padukuhan Rejosari before being given watermelon and beet juice was 148.2 mmHg and diastolic blood pressure was 137.4 mmHg. Meanwhile, the average diastolic blood pressure of the elderly with hypertension at the posyandu for the elderly in Padukuhan Rejosari before being given watermelon and beet juice was 91.5 mmHg and diastolic blood pressure was 83.6 mmHg. There was a significant difference in systolic blood pressure before and after treatment ( $p=0.000$ ) and diastolic blood pressure ( $p=0.000$ ) after being given watermelon and beet juice treatment.

**Conclusion :** There is the effect of beet dan watermelon juice on decrease of hypertention in the elderly study at posyandu elderly viilage rejosari

**Keywords :** hypertension, watermelon, beet, juice

PENGARUH PEMBERIAN JUS SEMANGKA (*Citrullus lanatus*) DAN BIT  
(*Beta vulgaris*) TERHADAP TEKANAN DARAH PADA PENDERITA  
HIPERTENSI DI POSYANDU LANSIA PADUKUHAN REJOSARI

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ABSTRAK

**Latar Belakang :** Hipertensi adalah salah satu penyakit kardiovaskuler yang mematikan atau sering disebut sebagai *the silent killer* dengan tekanan darah sistolik  $\geq 140$  mmHg atau tekanan darah diastolik  $\geq 90\%$  yang dipengaruhi oleh gaya hidup yang tidak sehat yang terjadi di masyarakat. Hasil Riset Kesehatan Dasar tahun 2018 menyebutkan bahwa prevalensi tekanan darah tinggi meningkat dari 25,8% menjadi 34,1% pada usia 18 tahun ke atas. Penatalaksanaan hipertensi dibagi menjadi 2 yaitu farmakologi dan nonfarmakologi.

**Tujuan :** Mengetahui pengaruh pemberian jus semangka dan buah bit terhadap perubahan tekanan darah pada penderita hipertensi di Padukuhan Rejosari.

**Metode :** Penelitian ini menggunakan rancangan penelitian semu (*pretest-posttest without control design*) yaitu pengukuran tekanan darah responden sebelum dan sesudah diberi perlakuan. Penelitian ini dilaksanakan pada bulan Januari 2021. Populasi penelitian ini ada seluruh lansia di Padukuhan Rejosari. Sampel yang digunakan yaitu lansia yang mengalami hipertensi. Analisis data menggunakan *wilxocon*

**Hasil :** Rata-rata tekanan darah sistolik lansia penderita hipertensi di posyandu lansia padukuhan rejosari sebelum diberikan jus semangka dan bit yaitu 148,2 mmHg dan tekanan darah diastolic yaitu 137,4 mmHg. Sedangkan rata-rata tekanan darah diastole lansia penderita hipertensi di posyandu lansia padukuhan rejosari sebelum diberikan jus semangka dan bit yaitu 91,5 mmHg dan tekanan darah diastol yaitu 83,6 mmHg. Terdapat perbedaan yang bermakna pada tekanan darah sistolik sebelum dan sesudah perlakuan ( $p=0,000$ ) dan tekanan darah diastole ( $p=0,000$ ) setelah diberikan perlakuan jus semangka dan bit

**Kesimpulan:** Ada pengaruh pemberian jus semangka dan bit terhadap tekanan darah lansia penderita hipertensi.

**Kata Kunci :** hipertensi, semangka, bit, jus