

**PENGARUH PEMBERIAN *INFUSED WATER* KURMA MENTIMUN
TERHADAP TEKANAN DARAH PADA KARYAWAN POLTEKKES
KEMENKES YOGYAKARTA**

Dwi Ayu PujiLestari, Setyowati, M. Dawam Jamil
Jurusan Gizi Poltekkes Kemenkes Yogyakarta,
Jl. Tatabumi No. 3 Banyuraden, Gamping, Sleman
Email: dwiyupujilestari6@gmail.com

ABSTRAK

Latar Belakang : Hipertensi merupakan peningkatan tekanan darah sistolik lebih dari 140 mmHg dan tekanan darah diastolik lebih dari 90 mmHg. Berdasarkan data POSBINDU Poltekkes kemenkes Yogyakarta tahun 2020 terdapat 182 karyawan yang berkunjung dan melakukan pengukuran tekanan darah, terdapat 49 karyawan yang memiliki tekanan darah $\geq 140/90$ mmHg. Zat gizi yang berperan dalam tekanan darah yaitu kalium. *Infused water* kurma mentimun dapat dijadikan sebagai salah satu alternatif dalam menurunkan tekanan darah.

Tujuan Penelitian : Untuk mengetahui pengaruh pemberian *infused water* kurma mentimun terhadap tekanan darah sistolik dan diastolik pada karyawan Poltekkes Kemenkes Yogyakarta.

Metode Penelitian : Jenis penelitian ini adalah *quasi experiment* dengan rancangan *One Group Pretest Posttest Design*. Penelitian dilaksanakan pada bulan Januari-Februari 2022. Populasi penelitian adalah karyawan Poltekkes Kemenkes Yogyakarta yang menderita prehipertensi dengan jumlah 22 orang. Variabel bebas yaitu pemberian *infused water* kurma mentimun dan variabel terikat yaitu tekanan darah sistolik dan diastolik. Untuk mengetahui ada tidaknya pengaruh dianalisis dengan Uji *Paired Sample T-Test*.

Hasil Penelitian : Rata-rata tekanan darah sebelum intervensi $130,36 \pm 5,57$ mmHg untuk tekanan darah sistolik dan $85,68 \pm 5,05$ mmHg untuk tekanan darah diastolik. Setelah intervensi rata-rata tekanan darah sistolik $123,17 \pm 7,08$ mmHg dan rata-rata tekanan darah diastolik $81,79 \pm 5,41$ mmHg. Hasil Uji *Paired Sample T-Test* menunjukkan terdapat perbedaan penurunan yang signifikan antara tekanan darah sistolik ($p < 0,000$) dan diastolik ($p < 0,001$) atau dengan ($p < 0,05$)

Kesimpulan : Ada pengaruh pemberian *infused water* kurma mentimun terhadap tekanan darah sistolik dan diastolik pada karyawan Poltekkes Kemenkes Yogyakarta

Kata Kunci : *Infused water*, kurma, mentimun, tekanan darah sistolik, tekanan darah diastolik

EFFECT OF GIVING INFUSED WATER DATES CUCUMBER TO BLOOD PRESSURE ON POLYTECHNIC MINISTRY OF HEALTH YOGYAKARTA EMPLOYEES

Dwi Ayu PujiLestari, Setyowati, M. Dawam Jamil
Nutrition Department of Polytechnic Ministry of Health Yogyakarta
Jl. Tatabumi No. 3 Banyuraden, Gamping, Sleman
Email: dwiyapujilestari6@gmail.com

ABSTRACT

Background : Hypertension is an increase in systolic blood pressure of more than 140 mmHg and diastolic blood pressure of more than 90 mmHg. Based on data from POSBINDU Poltekkes, Ministry of Health, Yogyakarta, in 2020 there were 182 employees who visited and took blood pressure measurements, there were 49 employees who had blood pressure 140/90 mmHg. The nutrient that plays a role in blood pressure is potassium. Cucumber date infused water can be used as an alternative in lowering blood pressure.

Research Objectives : To determine the effect of giving infused water on systolic and diastolic blood pressure in employees of Poltekkes Kemenkes Yogyakarta.

Research Methods : This type of research is a quasi-experimental design with One Group Pretest Posttest Design. The study was carried out in January-February 2022. The population of the study was the employees of the Yogyakarta Health Ministry Polytechnic who suffered from prehypertension with a total of 22 people. The independent variable was giving infused water and the dependent variable was systolic and diastolic blood pressure. To find out whether there is an effect, it is analyzed by using the Paired Sample T-Test.

Result : The mean blood pressure before intervention was $130,36 \pm 5,57$ mmHg for systolic blood pressure and $85,68 \pm 5,05$ mmHg for diastolic blood pressure. After the intervention, the mean systolic blood pressure was $123,17 \pm 7,08$ mmHg and the average diastolic blood pressure was $81,79 \pm 5.41$ mmHg. The results of the Paired Sample T-Test showed that there was a significant difference in the decrease in systolic ($p < 0,000$) and diastolic ($p < 0,001$) blood pressure or ($p < 0,05$).

Conclusion : There was an effect of giving infused water with cucumber dates on systolic and diastolic blood pressure in Poltekkes Kemenkes employees. Yogyakarta

Keywords : Infused water, dates, cucumber, systolic blood pressure, diastolic blood pressure