

PEMBERIAN PUDING JAMJINA (JAMBU BIJI MERAH DAN BUAH NAGA MERAH) TERHADAP TEKANAN DARAH PADA REMAJA DI ASRAMA I POLTEKKES KEMENKES YOGYAKARTA DENGAN PREHIPERTENSI

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ABSTRAK

Latar Belakang: Prehipertensi pada remaja berisiko berkembang menjadi hipertensi dan meningkatkan risiko penyakit kardiovaskular. Prevalensi hipertensi di Indonesia cukup tinggi, termasuk di DIY (31,8%) dan pada remaja (10,7%). Di Asrama I Poltekkes Kemenkes Yogyakarta, angka prehipertensi mencapai 24,78%. Pengelolaan tekanan darah dapat dilakukan secara non-farmakologis melalui konsumsi makanan kaya antioksidan dan kalium. Jambu biji merah dan buah naga merah mengandung kalium serta antioksidan yang bermanfaat dalam menurunkan tekanan darah. Puding Jamjina dipilih sebagai bentuk penyajian karena mudah dikonsumsi dan mengandung serat larut air yang mendukung penurunan tekanan darah.

Tujuan: Mengetahui pemberian puding Jamjina (jambu biji merah dan buah naga merah) terhadap perubahan tekanan darah pada remaja di Asrama Poltekkes Kemenkes Yogyakarta dengan prehipertensi

Metode: Jenis penelitian yang digunakan adalah eksperimen semu dengan desain *One Group Pretest-Posttest*. Populasi penelitian ini adalah mahasiswa Asrama I Poltekkes Kemenkes Yogyakarta.

Hasil: Hasil penelitian menunjukkan bahwa ada perbedaan signifikan tekanan darah sistolik ($p=0,000$) dan diastolik ($p=0,000$) sebelum dan sesudah diberikan intervensi Puding Jamjina ($p\text{-value} < 0,05$) dan menunjukkan terjadi penurunan sistolik sebesar 5,2 mmHg dan diastolik sebesar 2,4 mmHg setelah diberikan intervensi puding Jamjina.

Kesimpulan: Ada perbedaan tekanan darah setelah pemberian Puding Jamjina (Jambu Biji Merah dan Buah Naga Merah) pada penderita prehipertensi.

Kata Kunci: prehipertensi, remaja, buah naga merah, jambu biji merah, kalium

**ADMINISTRATION OF JAMJINA PUDDING (RED GUAVA AND RED
DRAGON FRUIT) ON BLOOD PRESSURE IN ADOLESCENTS IN
DORMITORY I POLYTECHNIC KEMENKES YOGYAKARTA WITH
PREHYPERTENSION**

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ABSTRACT

Background: Prehypertension in adolescents is at risk of progressing to hypertension and increasing the risk of cardiovascular disease. The prevalence of hypertension in Indonesia is quite high, including in Yogyakarta (31.8%) and in adolescents (10.7%). In Dormitory I of the Polytechnic of Yogyakarta, the prehypertension rate reached 24.78%. Blood pressure management can be done non-pharmacologically through the consumption of foods rich in antioxidants and potassium. Red guava and red dragon fruit contain potassium and antioxidants that are beneficial in lowering blood pressure. Jamjina pudding was chosen as a form of presentation because it is easy to consume and contains water-soluble fiber that supports lowering blood pressure.

Objective: Knowing the provision of Jamjina pudding (red guava and red dragon fruit) on differences in blood pressure in adolescents at the Yogyakarta Health Ministry Polytechnic Dormitory with prehypertension

Methods: The type of research used is a quasy experiment with a One Group Pretest-Posttest design. The population of this study were students of Dormitory I of the Polytechnic of the Ministry of Health of Yogyakarta.

Results: The results showed that there was a significant difference in systolic ($p=0.000$) and diastolic ($p=0.000$) blood pressure before and after the Jamjina Pudding intervention ($p=\text{value} < 0.05$) and showed a decrease in systolic by 5.2 mmHg and diastolic by 2.4 mmHg after the Jamjina pudding intervention.

Conclusion: There is a difference in blood pressure after giving Jamjina Pudding (Red Guava and Red Dragon Fruit) to prehypertensive patients.

Keywords: prehypertension, adolescents, red dragon fruit, red guava, potassium