

## ABSTRAK

Hipertensi merupakan salah satu masalah kesehatan yang cukup berbahaya dipenyakit kardiovaskuler seperti serangan jantung, gagal jantung, stroke dan penyakit jantung iskemik dan stroke menjadi dua penyebab kematian utama di dunia. Salah satu terapi non farmakologi yang dapat digunakan untuk mengobati hipertensi adalah pemberian jus tomat. Tujuan penelitian Untuk mengetahui pengaruh pemberian jus tomat terhadap perubahan tekanan darah sistolik dan diastolik pada penderita hipertensi di Ruang Rawat Inap Tulip Rumah Sakit Imeda Pekerja Indonesia. Desain penelitian yang digunakan adalah *Quasi Eksperiment*. Penelitian ini dilaksanakan di ruangan Tulip Rumah Sakit Umum Imelda Pekerja Indonesia Medan pada bulan April-Agustus 2023. Populasi dalam penelitian ini adalah 45 orang pasien yang mengalami Hipertensi, sampel penelitian 41 orang dengan metode *purposive sampling*. Uji bivariate menggunakan uji Wilcoxon. Hasil penelitian bahwa derajat tekanan darah pasien hipertensi sebelum pemberian jus tomat mayoritas pada hipertensi tahap 2 sebanyak 24 orang (58,5%), diikuti dengan hipertensi tahap 1 sebanyak 17 orang (41,5%). Derajat tekanan darah pasien hipertensi sesudah pemberian jus tomat mayoritas pada hipertensi tahap 2 sebanyak 21 orang (51,2%), diikuti dengan hipertensi tahap 1 sebanyak 20 orang (48,8%). Nilai rata-rata tekanan darah sistol pasien hipertensi sebelum pemberian jus tomat dengan nilai (M=160,39, SD=11,245) dan sesudah pemberian jus tomat dengan nilai (M=156,07, SD=11,997) hasilnya mengalami penurunan tekanan darah dengan nilai sig.  $0,000 < 0,05$  sehingga dapat disimpulkan ada hubungan pemberian jus tomat terhadap perubahan tekanan darah sistol pada pasien hipertensi. Nilai rata-rata tekanan darah diastol pasien hipertensi sebelum pemberian jus tomat dengan nilai (M=96,05, SD=2,387) dan sesudah pemberian jus tomat dengan nilai (M=93,71, SD=2,943) hasilnya mengalami penurunan tekanan darah dengan nilai sig  $0,000 < 0,05$  sehingga dapat disimpulkan ada hubungan pemberian jus tomat terhadap perubahan tekanan darah diastol pada pasien hipertensi.

**Kata Kunci: Hipertensi, Tekanan Darah Sistol dan Diastolik, Jus Tomat.**

## **ABSTRACT**

*Hypertension is a health problem that is quite dangerous, with cardiovascular diseases such as heart attacks, heart failure, stroke and ischemic heart disease and stroke being the two main causes of death in the world. One non-pharmacological therapy that can be used to treat hypertension is giving tomato juice. The aim of the research was to determine the effect of administering tomato juice on changes in systolic and diastolic blood pressure in hypertension sufferers in the Tulip Inpatient Room at Imeda Workers Indonesian Hospital. The research design used was Quasi Experimental. This research was carried out in the Tulip room at the Imelda Workers Indonesia General Hospital, Medan, in April-August 2023. The population in this study was 45 patients who had hypertension, the research sample was 41 people using a purposive sampling method. Bivariate test using the Wilcoxon test. The results of the study showed that the blood pressure levels of hypertensive patients before giving tomato juice were mostly stage 2 hypertension, 24 people (58.5%), followed by 17 people (41.5%) with stage 1 hypertension. The majority of blood pressure levels in hypertensive patients after administering tomato juice were in stage 2 hypertension as many as 21 people (51.2%), followed by stage 1 hypertension as many as 20 people (48.8%). The average value of systolic blood pressure in hypertensive patients before giving tomato juice was ( $M=160.39$ ,  $SD=11.245$ ) and after giving tomato juice with a value of ( $M=156.07$ ,  $SD=11.997$ ), the results showed a decrease in blood pressure with sig.  $0.000 < 0.05$  so it can be concluded that there is a relationship between giving tomato juice and changes in systolic blood pressure in hypertensive patients. The average value of diastolic blood pressure in hypertensive patients before giving tomato juice was ( $M=96.05$ ,  $SD=2.387$ ) and after giving tomato juice with a value of ( $M=93.71$ ,  $SD=2.943$ ), the results showed a decrease in blood pressure with The sig value is  $0.000 < 0.05$  so it can be concluded that there is a relationship between giving tomato juice and changes in diastolic blood pressure in hypertensive patients.*

**Keywords:** *Hypertension, Systolic and Diastolic Blood Pressure, Tomato Juice.*