

ABSTRAK

EFEKTIVITAS PEMBERIAN INFUSED WATER MENTIMUN TERHADAP PENURUNAN TEKANAN DARAH PADA PENDERITA HIPERTENSI PADA DI WILAYAH KERJA PUSKESMAS MACCINI SAWAH

Arum putri mohamad, Brajakson Siokal, Rizqy Iftitah Alam, Andi mappanganro

Pofesi Ners, Fakultas Kesehatan Masyarakat, Universitas Muslim
Indonesia Makassar

Departemen *Community Health Nursing and Home Care*,
Fakultas Kesehatan Masyarakat, Universitas Muslim Indonesia Makassar

Latar Belakang : Hipertensi merupakan salah satu masalah kesehatan masyarakat yang prevalensinya terus meningkat dan berisiko menimbulkan komplikasi serius seperti stroke dan penyakit jantung. Pendekatan nonfarmakologis seperti terapi *infused water mentimun* mulai banyak digunakan untuk membantu menurunkan tekanan darah dengan membayangkan hal yang menyenangkan.

Tujuan : Mengetahui Efektivitas pemberian infused water mentimun terhadap penurunan tekanan darah pada penderita Hipertensi di wilayah kerja puskesmas maccini sawah

Metode : Penelitian ini menggunakan desain pra eksperimen dengan pendekatan *pretest-posttest design*. dengan metode pengumpulan data menggunakan lembar observasi dan wawancara

Hasil : penelitian menunjukkan adanya penurunan signifikan tekanan darah sistolik dan diastolik setelah intervensi *infused water mentimun* yang menunjukkan efektivitas teknik ini dalam membantu mengontrol tekanan darah

Kesimpulan : terapi *infused water mentimun* efektif dalam menurunkan tekanan darah pada penderita hipertensi dan dapat menjadi alternatif terapi non-farmakologis yang direkomendasikan di layanan primer seperti Puskesmas.

Kata Kunci : *Infused Water Mentimun*, Hipertensi, Tekanan Darah

ABSTRACT

EFFECTIVENESS OF CUCUMBER INFUSED WATER IN REDUCING BLOOD PRESSURE IN HYPERTENSIVE PATIENTS IN THE WORKING AREA OF MACCINI SAWAH HEALTH CENTER

Arum Putri Mohamad, Brajakson Siokal, Rizqy Iftitah Alam, Andi mappanganro
Profession of Nursing, Faculty of Public Health, Muslim University of
Indonesia, Makassar
Department of Community Health Nursing and Home Care,
Faculty of Public Health, Muslim University of Indonesia, Makassar

Background: Hypertension is a major public health problem with a continuously increasing prevalence and carries the risk of serious complications such as stroke and heart disease. Non-pharmacological approaches, such as cucumber infused water therapy, have increasingly been used to help reduce blood pressure by creating a pleasant experience for patients.

Objective: To determine the effectiveness of cucumber infused water in reducing blood pressure in hypertensive patients in the working area of Maccini Sawah Health Center.

Methods: This study used a pre-experimental design with a pretest-posttest approach. Data were collected using observation sheets and interviews.

Results: The study showed a significant decrease in both systolic and diastolic blood pressure after the cucumber infused water intervention, indicating the effectiveness of this technique in helping to control blood pressure.

Conclusion: Cucumber infused water therapy is effective in lowering blood pressure in hypertensive patients and can be considered as a recommended non-pharmacological therapy at primary healthcare services such as health centers.

Keywords: Cucumber Infused Water, Hypertension, Blood Pressure

