

**PROGRAM STUDI ILMU KEPERAWATAN (S-1)**

**FAKULTAS ILMU KESEHATAN UNIVERSITAS GALUH CIAMIS**

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**PENGARUH PEMBERIAN AIR REBUSAN DAUN BINAHONG  
TERHADAP PENURUNAN TEKANAN DARAH LANSIA DI WILAYAH  
KERJA PUSKESMAS BANJAR 3 KOTA BANJAR TAHUN 2024**

**ABSTRAK**

Hipertensi adalah salah satu masalah kesehatan yang umum terjadi pada lansia dan dapat menyebabkan komplikasi serius seperti penyakit jantung dan *stroke*. Penelitian ini menggunakan air rebusan daun binahong, yang diketahui memiliki kandungan flavonoid tinggi, untuk menurunkan tekanan darah pada lansia. Tujuan penelitian ini untuk mengetahui pengaruh pemberian air rebusan daun binahong terhadap penurunan tekanan darah lansia di wilayah kerja Puskesmas Banjar 3 Kota Banjar. Jenis penelitian ini menggunakan metode *Quasy Experiment* dengan *One Group Pre-Post Test Design*. Sampel penelitian sebanyak 24 orang lansia yang dipilih menggunakan teknik *Purposive Sampling*. Hasil penelitian menunjukkan bahwa pemberian air rebusan daun binahong secara signifikan menurunkan tekanan darah pada lansia. Analisis menggunakan uji *Paired Samples T-Test* menunjukkan nilai signifikansi *p value* sebesar 0,000, yang menunjukkan adanya perbedaan yang signifikan antara tekanan darah sebelum dan setelah intervensi. Sebelum intervensi, rata-rata tekanan darah responden ada pada kategori tingkat 1 (75,0%) responden sementara, setelah mengonsumsi air rebusan daun binahong kategori responden yang mengalami tekanan darah ada pada kategori normal (87,5%) responden.

**Kata Kunci:** Hipertensi, Lansia, Air Rebusan Daun Binahong, Flavonoid, Tekanan Darah.

***NURSING SCIENCE STUDY PROGRAM (S-1)***

***FACULTY OF HEALTH SCIENCES GALUH CIAMIS UNIVERSITY***

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***THE EFFECT OF GIVING BOILED WATER FROM BINAHONG LEAVES  
ON REDUCING BLOOD PRESSURE IN THE ELDERLY IN THE WORK  
AREA OF BANJAR 3 HEALTH CENTER BANJAR CITY 2024***

***ABSTRACT***

*Hypertension is a common health problem in the elderly and can cause serious complications such as heart disease and stroke. This study used boiled water from binahong leaves, which is known to have a high flavonoid content, to reduce blood pressure in the elderly. The aim of this research is to determine the effect of giving boiled water from binahong leaves on reducing blood pressure in the elderly in the work area of the Banjar 3 Health Center, Banjar City. This type of research uses a Quasy Experiment with a One Group Pre-Post Test Design. The research sample was 24 elderly people who were selected using Purposive Sampling technique. The results of the study showed that giving boiled water from binahong leaves significantly reduced blood pressure in the elderly. Analysis using the Paired Samples T-Test showed a significance  $p$  value of 0.000, which indicated there was a significant difference between blood pressure before and after the intervention. Before the intervention, the average blood pressure of respondents was in the grade 1 category (75,0%) respondents, while after consuming boiled water from binahong leaves the category of respondents who experienced blood pressure was in the normal category (87,5%) respondents.*

***Keywords:*** *Hypertension, Elderly, Boiled Water from Binahong Leaves, Flavonoids, Blood Pressure.*