

# PENGARUH PEMBERIAN AIR KELAPA MUDA TERHADAP TEKANAN DARAH PADA LANSIA HIPERTENSI DI PADOKAN LOR YOGYAKARTA

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## INTISARI

**Latar Belakang:** Hipertensi merupakan masalah kesehatan penyebab nomor satu kematian di dunia. Data menunjukkan satu milyar orang di dunia menderita Hipertensi, 2/3 diantaranya berada di negara berkembang yang berpenghasilan rendah sampai sedang. Di Puskesmas Kasihan II Bantul penyakit hipertensi merupakan angka kunjungan yang tertinggi. Hipertensi yang tidak terkontrol akan menimbulkan komplikasi. Untuk mencegah komplikasi dilakukan pengobatan atau pencegahan, ada dua cara yaitu pengobatan farmakologi dan pengobatan non farmakologi. Salah satu pengobatan non farmakologi untuk hipertensi adalah dengan mengkonsumsi air kelapa muda.

**Tujuan Penelitian:** Mengidentifikasi Pengaruh Pemberian Air kelapa Muda terhadap tekanan Darah pada lansia hipertensi di Padokan Lor Yogyakarta.

**Metode Penelitian:** Penelitian ini menggunakan *Quasi-Experiment dengan rancangan control time series design*. Responden dalam penelitian ini berjumlah 22 orang. kelompok eksperimen berjumlah 11 orang dan kelompok kontrol berjumlah 11 orang dengan teknik pengambilan sampel menggunakan *purposive sampling*.

**Hasil Penelitian:** Ada penurunan tekanan darah pada kelompok intervensi di Dusun Padokan Lor Yogyakarta sebelum (*pre*) dan sesudah (*post*) diberikan air kelapa muda selama 3 kali/hari dalam waktu 7 hari sebanyak 300 ml berturut-turut dengan nilai *mean* sebelum (162,73) dan nilai *mean* sesudah (143,03) dengan nilai *p-value* 0,000 pada tekanan darah sistolik, sedangkan pada tekanan darah diastolik nilai *mean* sebelum (101,21) dan *mean* sesudah (84,24) dengan nilai *p-value* 0,000. Tidak ada penurunan tekanan darah pada kelompok kontrol di Dusun Padokan Lor Yogyakarta sebelum (*pre*) dan sesudah (*post*) diberikan air putih selama 3 kali/hari dalam waktu 7 hari sebanyak 300 ml berturut-turut dengan nilai *mean* sebelum (161,21) dan nilai *mean* sesudah (160,61) dengan nilai *p-value* 0,775 pada tekanan darah sistolik, sedangkan pada tekanan darah diastolik nilai *mean* sebelum (98,18) dan nilai *mean* sesudah (96,06) dengan nilai *p-value* 0,269.

**Kesimpulan:** Terdapat pengaruh air kelapa muda terhadap tekanan darah pada lansia hipertensi di Padokan Lor Yogyakarta

**Kata Kunci :** Air Kelapa, Hipertensi.

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**THE EFFECT OF COCONUT WATER CONSUMPTION TOWARD BLOOD PRESSURE OF ELDERLY HYPERTENSIVE PATIENT IN PADOKAN LOR YOGYAKARTA**

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**ABSTRACT**

**Background:** Hypertension has become the number one cause of death in the world. Based on data, 1 billion people worldwide suffer from hypertension, in which 2/3 of them inhabit developing countries that have low to moderate income. In Community Health Center Kasihan II Bantul, most visits are made by hypertensive patients. Uncontrolled hypertension will lead to complication. To prevent the complication, both treatment and prevention efforts are required. There are two kinds of treatment: pharmacology and non-pharmacology. One of non-pharmacology treatments for hypertension is coconut water consumption.

**Aim:** To identify the effect of coconut water consumption toward blood pressure of elderly hypertensive patients in Padokan Lor Yogyakarta.

**Method of Research:** This research uses Quasi-Experiment with time series design as its control design. The number of respondents participating in this study is 22 people. There are 11 experimental groups and 11 controlling groups involved. In collecting sample, the technique used is purposive sampling.

**Result:** There is a decrease of blood pressure found in intervention groups in Padokan Lor Yogyakarta after consuming 300 ml of coconut water 3 times a day for 7 days straight. Respectively, the mean value before consumption is 162,73 and the mean value after consumption is 143,03 and the p value is 0,000 in systolic blood pressure. As for the diastolic blood pressure, the mean value before consumption is 102,21 and the mean value after consumption is 84,24 and the p value is 0,000. Meanwhile, there is no decrease of blood pressure in controlling group after consuming 300 ml of water 3 times a day for 7 days straight. The mean value before consumption is 161,21 and the mean value after consumption is 160,61 and the p value is 0,0775 in systolic blood pressure. As in diastolic blood pressure, the mean value before consumption is 98,18 and the mean value after consumption is 96,06 and the p value is 0,269.

**Conclusion:** There is an effect of coconut water consumption toward blood pressure of elderly hypertensive patients in Padokan Lor Yogyakarta.

**Keywords:** Coconut water, hypertension, elderly.

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