

**Difference of The Capabilities Of Young Coconut Water And Old
Coconut Water (*Cocos nucifera L*) Against Systolic Blood Pressure In
Hypertension Sufferers In Kalibagor Village Situbondo**

Riza Kurnia Damayanti

Clinical Nutrition Study Program

Department of Health

ABSTRACT

Systolic hypertension is a common blood pressure abnormality and has become a significant problem because it can cause changes or disturbances in the cell structure of the organ called complications. One way of non-treatment pharmacology for high blood pressure is namely consuming young coconut water and old coconut water. Young coconut water and old coconut water can reduce tension and high blood pressure because it contains potassium which can stabilize too high a sodium content. This research aims to compare young coconut water and old coconut water to pressure the systolic blood pressure in patients with hypertension in Kalibagor Village, Situbondo. This study needs fourteen days by giving young coconut and old coconut water twice daily, in the morning and afternoon. This research design is a *Pre-Eksperimental* research design in the form of a *Pre-Posttest* with as many as 56 respondents. The study's results show Initial systolic blood pressure in young coconut water treatment was $187.04 \text{ mmHg} \pm 20.02$, and the final systolic blood pressure was $148.50 \text{ mmHg} \pm 7.121$. In contrast, Initial systolic blood pressure in old coconut water treatment was $183.32 \text{ mmHg} \pm 16.27$, and absolute systolic blood pressure of $152.32 \text{ mmHg} \pm 5.525$. The difference in the systolic blood pressure is the difference between the two interventions being 7.54 mmHg which means that there is an effect of decreasing systolic blood pressure for sufferers of hypertension.

Keywords: Young Coconut Water, Old Coconut Water, Systolic Blood Pressure Drop, Difference Between The Two Interventions