

**Difference Provision of Young Coconut Water and Old Coconut
Water (Cocos nucifera L) on Diastolic Blood Pressure on
Hypertensive Patients at Kalibagor Village
Situbondo**

Rannisa Rahmayanti
*Clinical Nutrition Study Program
Health Programs*

ABSTRACT

Hypertension or high blood pressure is persistent increase in blood pressure that usually called the silent killer because there is no typical symptoms. there is some factors that can cause the hypertension such as age, gender, smoking, and lack of physical activities. one of the ways to resolve hypertension disease is by consuming high potassium drinks, one of that is young coconut water and old coconut water. this research aims to compare on giving consumption young coconut water and old coconut water againts diastolic blood pressure on hypertensive patient at kalibagor village situbondo. this research carried out for 14 days non-stop with giving young coconut water and old coconut water 2 times a day. the research design that used is Quasy experimental design with the form of pretest-posttest. sample that used as much 56 subjects. the result shown that diastolic blood pressures before giving the young coconu water is 110.18 mmHg and after giving the young coconut water is 90.04 mmHg. whereas the result of diastolic blood pressures before giving the old coconut water is 115.46 mmHg and after giving the old young coconut water is 90.75 mmHg. So, it can be concluded that there is distinction between young coconut water and old coconut water againts diastolic blood pressure's drop on hypertension sufferers, old coconut water can lower diastolic blood pressure better than young coconut water.

Keywords : young coconut water, old coconut water, blood pressure