

***The Effect of Consumption of Tomato and Carrot Combination Juice Against Blood Pressure in Hypertension Patients at UPT Pelayanan Sosial Tresna Werdha Jember***

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**ABSTRACT**

*Hypertension is the main risk factor for cardiovascular disease that is the primer cause of death in the world. The way to overcome hypertension disease is by consuming foods containing high potassium, one of them is tomato and carrot. The purpose of this study to determine the effect of consuming tomato and carrot combination juice on blood pressure of hypertension patient. The research was conducted on July 14 – July 21 2023 at UPT Pelayanan Sosial Tresna Werdha Jember. The research design used was Quasi Experimental Design with the form of research design is Pretest-Posttes With Control Group. Samples taken 30 hypertension patient by way of total sampling. Statistical analysis used here was shapiro wilk, paired t-test, independent sample t-test, wilcoxon, and mann-whitney. The results showed that the decrease in blood pressure systole 24,53 mmHg and diastole blood pressure of 13,6 mmHg which means that there is influence of tomato and carrot combination juice. The conclusion of this study is the tomato and carrot combination juice has an effect on the decrease of systolic blood pressure and diastolic blood pressure in hypertension patient at UPT Pelayanan Sosial Tresna Werdha Jember.*

**Keywords :** *blood pressure, carrot, hypertension, tomato.*