

ABSTRACT

Hypertension is a condition in which the systolic blood pressure measurement results are equal to ≥ 140 mmHg, diastolic pressure of ≥ 90 mmHg, and or currently taking hypertension medication. Efforts to reduce blood pressure can be carried out non-pharmacologically, namely by modifying lifestyle. Lifestyle modifications can include a high-potassium diet. Potassium is found in many fruits such as watermelon and papaya. The aim of this study was to determine the effect of giving watermelon juice with a combination of papaya mengkal on systolic and diastolic blood pressure in elderly women with primary hypertension. Types of research Quasy Experiment with approach Pretest Posttest Non Equivalent Control Group. The study subjects were 32 people, aged 55-69 years, who had no other complications. Subjects were divided into 2 groups, the control group was given mineral water, the treatment group was given papaya combination watermelon juice mengkal 218 ml. Blood pressure was measured using a manual tensimeter. Data were analyzed using the normality test Shapiro Wilk, Mann Whitney, Paired t-test, Wilcoxon. Data test results pretest there was no significant difference between groups. Data test results posttest there was a significant difference in systolic blood pressure between groups, there was no significant difference in diastolic blood pressure between groups. Data test results pretest posttest there was no significant difference in the control group. Data test results pretest posttest there were differences in systolic blood pressure in the treatment group. Data test results pretest posttest there was no difference in diastolic blood pressure in the treatment group. The results of the difference test showed no difference in systolic and diastolic blood pressure pretest posttest control and treatment groups. Administration of watermelon juice combined with papaya mengkal has no effect on systolic and diastolic blood pressure in elderly women with primary hypertension.

Keywords: *Primary Hypertension, Watermelon Juice Combination of Mengkal Papaya, Elderly Woman*