

**The Effect of Consuming a Combination of Ambon Banana and Watermelon
Juice on the Blood Pressure of Hypertension Sufferers at the Pandian
Community Health Center Sumenep**

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ABSTRACT

Hypertension is a disease caused by the influence of a permanent increase in blood pressure beyond normal values. This study aims to determine the effect of giving a combination of Ambon banana and watermelon juice on blood pressure in hypertensive sufferers at the Pandian Community Health Center, Sumenep. This type of research uses Quasy Experimental with a Pretest-Posttest with Control Group design. The subjects of this study were 40 subjects who had hypertension, consisting of 20 subjects in the control group and 20 subjects in the treatment group. The dose of combination juice from Ambon banana and watermelon is given as 300 ml for 7 days. The results showed that there was no difference between systolic blood pressure between groups ($p > 0.05$) and diastolic blood pressure between groups ($p < 0.05$) before the intervention. There were differences between systolic and diastolic blood pressure between groups ($p < 0.05$) after the intervention. There were differences in systolic and diastolic blood pressure in each group in the treatment group ($p < 0.05$). There was a difference in systolic and diastolic blood pressure between groups ($p < 0.05$). This research can be concluded that the combination of Ambon banana and watermelon juice has an effect on reducing systolic and diastolic blood pressure in hypertension sufferers at the Pandian Community Health Center, Sumenep.

Keywords : Hypertension, Ambon Banana, Watermelon