

ABSTRACT

JASULI AHMAD. B4109035 The effect of juice soursop (*Annona muricata L*) to decrease blood pressure Primary Hypertension Patients in Public Health Center Sumbermalang Situbondo; Guided by Ir. Heri Warsito, MP and dr. Adhiningsih Yulianti

Hypertension is a degenerative disease emergence is not realized. Causative factor may occur because of heredity, age, wrong diet, lack of activity, lifestyle and mind or stress. This study aims to determine whether there is The effect of soursop juice (*Annona muricata L*) to decrease blood pressure Primary Hypertension in Patients at Public Health Center Sumbermalang Situbondo. Research design *pre-Experiment "One Group Pre test - Post test"*. *Quata sampling* method. Number of study subjects 19 primary hypertensive patients. Data taken include respondent characteristics, blood pressure, level of education, long the patient, the patient's age and compliance of respondents. Analysis using *Paired t-test* and Spearman rank test. Results showed no association between pre-test to post-test after a given intervention as much as 900 grams of soursop juice made 3 times a day, each 300 grams with 100 cc of water to meet the 71% requirement of potassium a day. The juice is taken for 7 days in order to get the ideal potassium intake to lower blood pressure. Data analysis was performed Spearman Rank analysis is used to test the hypothesis that associative two variables with α 0.05. The conclusion from this study is that there is a significant effect on systolic blood pressure decreased 7.9%, and diastolic blood pressure as much as 15.9% in patients with primary hypertension.

Keywords: Primary hypertension, soursop juice, blood pressure.