

## ABSTRACT

**ANGGRAINI NANDA PRAMEsti, Department of Health Clinical Nutrition Studies Program State Polytechnic of Jember. Giving Effectiveness Dessert Banana juice with Antihypertension Drugs To Decrease Blood Pressure in Patients with Primary Hypertension at Public Health Care Center Sumbersari Jember.**

The purpose of this study to determine differences giving of dessert banana juice with antihypertensive medication to decrease blood pressure in people with hypertension at Public Health Care Center Sumbersari Jember. The research were taken using non random sampling pretest-posttest Non Equivalent Control Group type of Quasi Experimental research. The study involved 18 respondents as the study sample. Each treatment group consisting of 9 respondents. The first group in treatment group drank a glass of the juice three times a day during one week. Meanwhile, the two treatment groups were controlled by having them take medicine given by the health care center. After one week, posttest to measure systolic and diastolic blood pressures was measured to find out whether there was any difference in blood pressure before and after the treatment and also the difference of decreasing of the blood pressure between respondents in treatment and control group after the treatment. Data were analyzed using paired statistical test with  $p= 0,05$  and independent t-test with  $p= 0,05$ .

The results showed the effect of dessert banana juice to decrease systolic and diastolic blood pressure. Between giving dessert banana juice and antihypertensive drugs there are significant differences in the decrease of systolic blood pressure, but there was no difference in the decrease of diastolic blood pressure.

As a conclusion, giving dessert banana juice is not more effective than captopril medication to lower systolic blood pressure. Meanwhile, between banana juice and captopril drugs have the same effectiveness to lower diastolic blood pressure.

**Keywords:** dessert banana, blood pressure.