

ABSTRACT

REFTI MEY DIANA, Effect of Long Beans Juice to Decrease Blood Pressure in Patients with Primary Hypertension at Community Health Center Outpatient Bendungan Pasuruan, Supervised by AGUSTINA ENDAH W.S.Sos, M.Kes and dr. ADHININGSIH YULIANTI.

The purpose of this study was to determine the effect of Long Beans juice to decrease blood pressure in patients with primary hypertension at community health center outpatient Bendungan Pasuruan. Research was conducted on 9rd June until 16st Juni 2013 at Community Health Center Outpatient Bendungan Pasuruan. The study of research methods to approach *Quasy Eksperiment in Time Series Design* involving 12 respondents as the sample timber with the provision of Long Beans juice for 7 days, each 300 grams of Long Beans and 150 cc of water for every gift and given 3 times a day before breakfast, lunch and dinner. Data were analyzed using the test results Paired t-test. Research results indicate a difference in systolic and diastolic blood pressure before and after intervention with ($p <0.05$). This study concluded that the long beans juice can lower blood pressure in patients with primary hypertension.

Key words: Long Beans , Blood Pressure, Hypertension Primer