

ABSTRACT

Sylvia Mustafa, June 10, 2013. Giving effectiveness Compared with Soy Milk Powder Anti Hypertension Drugs To Decrease Blood Pressure in Patients with Primary Hypertension in Puskesmas Sources Jambe Jember. Thesis, Department of Health Polytechnic of Jember. Supervising Commission, Chairman: dr. Nur Arisanty Loyal R. Members: Ir. Rindiani,MP.

The purpose of this study was to determine the effectiveness of soy powder feeding compared with anti-hypertensive drugs for lowering blood pressure in hypertensive patients in primary health centers Sources Jambe Jember. The research was conducted on June 10 until June 17, 2013. The research used Quasi Experimental Design. The study involved 30 respondents as the study sample. Each treatment group consisted of 10 respondents. The first group treated by administration of soy milk powder for 7 days, respectively 55gram soy milk powder, 11 grams of sugar and 110 cc of water for each day and given 3 times a day before breakfast, lunch and dinner. Both treatment groups after taking Propranolol for 7 days and the third treatment with drugs captopril for 7 days. The data were analyzed using the Kruskal-Wallis test with $p = 0.05$. Results showed between soy milk powder and anti-hypertensive drugs are no significant differences to the decline in systolic blood pressure and diastolic blood pressure. This study concluded that Propranolol drugs and drug Captopril, Propranolol drug while more effective than soy milk powder. Captopril drug is more effective than giving soy milk powder and drug propranolol.

Keywords: Soy Milk Powder, Anti Hypertension, Blood Pressure.