

The Difference Between Giving Kepok Banana and Mocaf Flour Cupcakes to Potassium, Sodium and Blood Pressure Intake in Patients with Primary Hypertension in Glagah Health Center, Probolinggo.

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ABSTRACT

Primary hypertension is affected by various factors, one of which is a diet with high sodium and low potassium. Kepok banana and mocaf flour cupcakes contain high potassium and low sodium which can be used as an alternative snack for patients with primary hypertension. The purposed of this study was to determined the difference between giving kepok banana and mocaf flour cupcakes to the intake of potassium, sodium, and blood pressure in patients with primary hypertension at Glagah Health Center, Probolinggo. The research design used was Pra Experiment with the design of the posttest pretest without control group. The number of research subjects were 18 people who were given 65 g of cupcakes twice per day for 7 days. Analysis of the data used was the wilcoxon signed rank test. The wilcoxon signed rank test results of potassium and sodium intake before the intervention showed that $p = 1,000$ means that there was no difference. The results of the wilcoxon signed rank systolic blood pressure test before and after the intervention showed $p = 0,000$ and diastolic blood pressure showed $p = 0.010$ meaning that there was difference in systolic and diastolic blood pressure before and after intervention. The conclusion was that there was no difference in potassium and sodium intake before and after the intervention, and there was difference in systolic and diastolic blood pressure before and after the intervention.

Keywords: *Blood Pressure, Cupcake, Potassium Intake, Sodium Intake.*