

The effect of consumption of Green grass jelly Juice (*Premna oblongifolia merr*) against blood pressure Sufferers of primary Hypertension In Elderly social services UPT Balung Jember.

***Zannatul Firdaus Nuzula
Courses Nutrition Clinic
the Department of Health***

ABSTRACT

*One of the factors that cause an increase in high blood pressure is the age. Due to the increasing age of a person, the blood vessels will tend to be more rigid and its elasticity will be reduced, which will result in increased blood pressure. One way to help treat hypertension is by consuming green grass jelly Juice. Green grass jelly juice can lower blood pressure, because potassium content, which can protect someone from hypertension. The purpose of this research is to know the effects of the consumption of green grass jelly juice (*premna oblongifolia merr*) against blood pressure sufferers of primary hypertension in Elderly social services UPT Balung Jember. This research was conducted for 15 days by giving green grass jelly drinks twice a day. The type of research used Quasi Experiment with design pre test post test control group design of the 34 respondents with a diagnosis of hypertension. Statistical tests used was a test of Wilcoxon and Mann and Witney. From the results of the test show the value of Witney Mann $p = 0.000$ systolic blood pressure and diastolic blood pressure p value = 0.000 then H_0 is rejected, which means that there is a difference in systolic blood pressure between groups after the giving of the green grass jelly juice and there is a difference in diastolic blood pressure between groups after the effects of the grant of the green grass jelly juice against pressure drop on older people with primary hypertension in Elderly social services UPT Balung Jember.*

Keywords: blood pressure, green grass jelly juice, hypertension