

**Effectiveness of soybean juice consumption (*Glycine max* (L.) Merr) and edamame sari (*Glycine max* (L.) Merr) on changes in blood pressure of primary hypertensive patients in elderly at UPT elderly Jember**

**Anggiana Darmayanti Firdaus**  
*Clinical Nutrition Study Program*  
*Health Programs*

**ABSTRACT**

*Hypertension is a disease with elevated systolic blood pressure and diastolic blood pressure with a consistency above 140/90 mmHg. As well as a multifactorial illness arising from interaction of various factors. Growing age causes increased blood pressure and potentially hypertension. In middle age, men have a tendency of hypertension is greater than in women. To overcome these problems by using natural ingredients that is using foods that contain high potassium and low in sodium. One of them is soybeans and edamame. The purpose of this study to determine the effectiveness of differences in blood pressure in patients with primary hypertension who consume soy essence and edamame sari. This research was conducted on 26 - 31 December December 2016 at UPT Jember Senior Social Service. The research method used Quasi Experimental Design with the form of research design that is pre test post test control group design. Samples taken 42 people by way of purposive sampling. Results paired t test. Test on systolic blood pressure obtained p value <0.05, meaning that the soybean and edamame sari have an effect on the decrease in systolic blood pressure. One Way Anova test results in systolic blood pressure obtained p value <0.05, meaning that the soybean and edamame sari there is a difference to the decrease in systolic blood pressure. The results of wilcoxon test on diastolic blood pressure obtained p value <0.05 means that the essence of soybean and edamame sari have an effect on the decrease of diastolic blood pressure. The result of Kruskal-Wallis test on diastolic blood pressure was obtained p > 0,05 meaning sari and edamame sari no difference to systolic blood pressure decrease. It can be concluded that soy and edamame sari can lower systolic blood pressure and can not lower diastolic blood pressure. People can use both materials to lower systolic blood pressure.*

*Keywords: Soy Sari, Edamame Sari, Blood Pressure*