

**Effect of Combination Soursop Juice with Starfruit to Decrease Blood
Pressure Patients with Hypertension Grade One
in Puskesmas Pakusari Jember**

Ega Riski Yulanda

Clinical Nutrition Program Study
Politechnic Of Jember

ABSTRACT

Hypertension is a state of increased systolic blood pressure (TDS) ≥ 140 mmHg and diastolic (TDD) ≥ 90 mmHg. Hypertension is a common disease in the community, visually this does not look terrible disease, but can make people threatened his life or at least does not degrade the quality of life. Therefore require special handling better than pharmacological therapy or non-pharmacological therapy is to modify using natural materials. One of the natural ingredients that can be used to treat hypertension that soursop fruit and star fruit containing potassium.

This study aimed to determine the effect of the combination of star fruit soursop juice to the reduction of blood pressure in patients with essential hypertension grade I in the clinic Pakusari Jember. This study was conducted on January 23, 2017 in Puskesmas Pakusari Jember. This research is True Experimental Design, using a pretest-posttest design with control group. There is one treatment groups: group treated with a combination of administration of soursop juice carambola and there is one control group.

The result of the research showed that there was influence of soursop juice fruit juice to systolic blood pressure in treatment group with decrease $\pm 40,29$ mmHg and there was no effect of combination soursop juice with starfruit to decrease diastolic blood pressure in treatment group but increased blood pressure.

Keyword : hypertension, soursop and starfruit juice, blood pressure