

# Effect Of Pineapple Juice and Siam Juice Consumption On Patients Blood Pressure with Primary Hypertension

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## ABSTRACT

Hypertension is the main risk factor for cardiovascular disease that is the primer cause of death in the world. Pineapple and siam juice are high potassium food that can decrease high blood pressure . To find out the effect of pineapple and siam juice for decreasing of blood pressure in patient's hypertension. This study was use *Quasi Experimental* with *Pretest-Posttest Control Group Design* in *Single Blind*. The sampling technique is *purposive sampling* with 42 respondents of patient with hypertension divided into 2 groups. The first group was treated with 300 ml combination of pineapple and siam juice, derived from 350 grams pineapple and 200 gram siam that containing 79,5 mg of potassium. Giving juice done on 3 times a day. The second group was a control group without consumed pineapple and siam juice. Statistical analysis used here was *paired t-test*, *independent sample t-test*, *wilcoxon*, *man-whitney* and *anacova*. There was significant decreases in systolic and diastolic blood pressure of  $15,71 \pm 10,28$  mmHg and  $28,10 \pm 10,30$  mmHg in treatment group with pineapple and siam juice, and decrease of  $5,24 \pm 8,13$  mmHg and  $12,86 \pm 10,56$  mmHg in control group. There was effect consumption pineapple and siam juice on the decreases in systolic and diastolic blood pressure level pressure after controlled intake of fat, sodium, and potassium with *p value* = 0,003 ( $p < 0,05$ ) and *p value* = 0,001 ( $p < 0,05$ ) . The conclusion of the research is pineapple and siam juice had significant effect on the decrease of blood pressure patients with primary hypertension.

**Keyword:** *Blood pressure, Hypertension, Pineapple and Siam Juice*

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