

ABSTRACT

DEASY DWI LESTARI. B4110172 Purple Sweet Potato Consumption Correlation Againsts Blood Pressure People Who Consume And Do Not Consume Sweet Potato Purple Kaliwates In District Of Jember Regency; Mentored By Ir. Heri Warsito, MP And Puspito Arum, S.Gz, M. Gizi

Hypertension is one of the diseases that lead to high numbers of pain, whereby a person is experiencing an increase in blood pressure is above normal. There are several factors that can affect your blood pressure is a factor that cannot be controlled. Purple sweet potato contains anthocyanin, calcium and potassium that allegedly can lower blood pressure. Research on data retrieval is performed using the FFQ instrument and measurement of blood pressure the time. The purpose of this research is to know the correlation of purple sweet potato consumption of blood pressure in people who consume and do not consume purple sweet potato and research conducted using observational design method with cross sectional approach. The data used for the analysis of differences in blood pressure people who consume and do not consume sweet potato purple using test mann whitney and to influence the consumption of purple sweet potato on the blood pressure between groups using correlation. Result of the analysis of differences in systolic blood pressure of *P value* = 0,435 and diastolic blood pressure *P value* = 0,788 Analysis of the correlation test result to find out the influence of frequency of purple sweet potato consumption of *P value* = 0,246 systolic blood pressure and diatolic *P value* = 0,508 Influence of purple sweet potato consumption of systolic blood pressure *P value* = 0,653 and diastolic blood pressure *P value* = 0,948. The conclusion from this study is there is no difference in blood pressure people who consume and do not consume sweet potato purple and there is no purple sweet potato consumption influences the blood pressure of people who consume and do not consume purple sweet potato.

Key Word: Blood Pressure, Purple Sweet Potato