

ABSTRACT

THE EFFECT OF GOLDEN FINGER BANANA AND SUKARI DATES ON BLOOD PRESSURE, POTASSIUM AND SODIUM INTAKE IN PRE-ELDERLY WOMEN WITH HYPERTENSION

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Hypertension ranks as the fourth most prevalent disease in Indonesia. The management of hypertension can be achieved by balancing potassium and sodium intake. Due to their potassium content, golden finger bananas and sukari dates can help lower hypertension. This study aims to determine the effects of golden finger bananas and sukari dates on blood pressure, potassium intake, and sodium intake in hypertensive patients within the working area of Jogorogo Public Health Center. This research employs a Quasi-Experimental Pre-test and Post-test Group Design. A total of 30 participants were selected using total sampling and divided into three groups: one group receiving 100 grams of golden finger bananas, another receiving 60 grams of sukari dates, and a control group receiving no intervention for 14 days. Blood pressure measurements and SQFFQ interviews were conducted before and after the intervention. Data analysis was performed using Paired T-Test, Wilcoxon, One-Way ANOVA, Kruskal-Wallis, and Post Hoc Mann-Whitney tests with a significance level of $\alpha < 0.05$. The study results indicate that sukari dates ($p=0.001$) and golden finger bananas ($p=0.007$) significantly affect systolic blood pressure, with the golden finger banana group showing the most substantial decrease of -18.40 mmHg. All three groups exhibited effects on diastolic blood pressure (control: $p=0.008$, golden finger bananas: $p=0.004$, sukari dates: $p=0.007$), with the golden finger banana and sukari date groups showing the greatest reduction of -8.60 mmHg. Golden finger bananas and sukari dates significantly influenced potassium intake ($p=0.000$), with the sukari date group showing the highest increase of 505.78 mg. Sukari dates also affected sodium intake ($p=0.013$), with the golden finger banana group demonstrating the most substantial reduction of -176.85 mg. Overall, golden finger banana and sukari dates affect blood pressure, as well as potassium and sodium intake in individuals with hypertension, with golden finger banana having the most significant effect.

Keywords: Blood pressure, hypertension, potassium, pre-elderly, sodium

ABSTRAK

PENGARUH PEMBERIAN PISANG MAS DAN KURMA SUKARI TERHADAP TEKANAN DARAH, ASUPAN KALIUM DAN NATRIUM PADA PRA LANSIA WANITA HIPERTENSI

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Hipertensi menduduki peringkat ke 4 penyakit tertinggi di Indonesia. Penatalaksanaan hipertensi dapat dilakukan dengan menyeimbangkan asupan kalium dan natrium. Pisang mas dan kurma sukari dapat membantu menurunkan hipertensi dengan kandungan kaliumnya. Penelitian ini bertujuan untuk mengetahui pengaruh pisang mas dan kurma sukari terhadap tekanan darah, asupan kalium dan natrium penderita hipertensi di wilayah kerja Puskesmas Jogorogo. Jenis penelitian *Quasi Experimental Pre-test and Post-test Group Design*. Jumlah sampel sebanyak 30 orang dengan teknik *total sampling*, terbagi menjadi 3 kelompok, yaitu kelompok yang diberikan pisang mas sebanyak 100 gram, kurma sukari sebanyak 60 gram dan kontrol yang tidak diberikan apapun selama 14 hari, dilanjutkan pemeriksaan tekanan darah dan wawancara SQFFQ sebelum dan sesudah perlakuan. Analisis data menggunakan uji *Paired T Test*, *Wilcoxon*, *One Way Anova*, *Kruskal Wallis* dan *Post Hoc Mann Whitney* $\alpha < 0,05$. Hasil penelitian (kurma sukari $p = 0,001$) dan (pisang mas $p = 0,007$) menunjukkan adanya pengaruh perlakuan terhadap tekanan darah sistolik. Perlakuan paling berpengaruh kelompok pisang mas dengan selisih penurunan $-18,40$ mmHg. Ketiga kelompok menunjukkan pengaruh perlakuan terhadap tekanan darah diastolik (kontrol $0,008$ pisang mas $0,004$, dan kurma sukari $0,007$). Kelompok paling berpengaruh pisang mas dan kurma sukari dengan selisih penurunan $-8,60$ mmHg. Perlakuan pisang mas dan kurma sukari mempengaruhi asupan kalium $p = 0,000$, perlakuan paling berpengaruh kelompok kurma sukari dengan selisih kenaikan $505,78$ mg. Kurma sukari mempengaruhi asupan natrium $p = 0,013$ dengan perlakuan paling berpengaruh kelompok pisang mas dengan selisih penurunan $-176,85$ mg. Pisang mas dan kurma sukari mempengaruhi tekanan darah, asupan kalium dan natrium pada penderita hipertensi, dengan pisang mas perlakuan paling berpengaruh.

Kata kunci: tekanan darah, hipertensi, kalium, pra lansia, natrium