

**PROGRAM STUDI ILMU KEPERAWATAN  
UNIVERSITAS AWAL BROS BATAM**

Skripsi, Maret 2022  
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**Pengaruh Jus Tomat terhadap Tekanan Darah pada Pasien Hipertensi di  
Wilayah Kerja Puskesmas Kampung Jabi Batam**

110 hal + 11 tabel + 2 skema + 13 lampiran

**ABSTRAK**

**Latar Belakang :** Hipertensi merupakan keadaan dimana tekanan darah sistol  $\geq 140$  mmHg dan atau tekanan darah diastol  $\geq 90$  mmHg. Hipertensi secara global di dunia adalah 22% dari total penduduk dunia. Asia Tenggara berada di posisi ke tiga tertinggi dengan prevalensi sebesar 25%. Fenomena yang ditemukan di wilayah kerja Puskesmas Kampung Jabi Batam pada tahun 2020 sebanyak 3.869 pasien hipertensi dengan persentase capaiannya tertinggi yaitu 98,01 % **Tujuan :** dari penelitian ini adalah mengetahui pengaruh jus tomat terhadap tekanan darah pada pasien hipertensi di wilayah kerja Puskesmas Kampung Jabi Batam. **Metode :** penelitian *Quasi Eksperimen* dengan rancangan penelitian *Time series with kontrol Design* yang mengungkap hubungan sebab akibat yang melibatkan kelompok intervensi dan kontrol. Dalam metode ini, responden dilakukan *pretest*, kemudian diberikan jus tomat sebanyak 150 gram, lalu dilakukan *posttest*, diulang setiap hari selama 7 hari. Pengambilan sampel menggunakan metode *purposive sampling* Sampel sebanyak 30 responden terbagi menjadi 2 kelompok yaitu 15 responden kelompok intervensi dan 15 responden kelompok kontrol. Data dianalisis dengan uji *Repeated Measures Anova*. **Hasil :** Analisa univariat tekanan darah sebelum diberikan jus tomat 100% masuk kategori Hipertensi tingkat 1, setelah diberikan jus tomat 66,7% sistol masuk kategori pra hipertensi dan 86,7% diastol masuk kategori pra hipertensi. Analisa bivariat sebelum dan sesudah diberikan terapi jus tomat menunjukkan ada perbedaan signifikan dengan nilai *p-value* = 0,000 ( $P < 0,05$ ) artinya  $H_0$  ditolak dan  $H_a$  diterima, dengan penurunan rata-rata sistol sebesar 11,33mmHg dan diastol sebesar 6,33 mmHg, sedangkan kelompok kontrol tidak terjadi penurunan tekanan darah.. **Kesimpulan :** ada pengaruh jus tomat terhadap penurunan tekanan darah. **Saran :** diharapkan Jus tomat dapat dijadikan terapi komplementer untuk penurunan tekanan darah.

**Kata Kunci : Jus Tomat, Hipertensi, Tekanan darah**

**NURSING SCIENCE STUDY PROGRAM  
UNIVERSITAS AWAL BROS BATAM**

Thesis, March 2022  
Dwi Mahwati

**Effect of Tomato Juice on Blood Pressure in Hypertension Patients in the Working  
Area of Puskesmas Kampung Jabi Batam**

**110 things + 11 tables + 2 schemas + 13 attachments**

**ABSTRACT**

**Background:** Hypertension is a condition in which systolic blood pressure  $\geq 140$  mmHg and/or diastolic blood pressure  $\geq 90$  mmHg. Hypertension globally in the world is 22% of the world's total population. Southeast Asia is in the third highest position with a prevalence of 25%. The phenomenon found in the working area of the Jabi Batam Village Health Center in 2020 was 3,869 hypertensive patients with the highest percentage of achievements, namely 98.01%. The purpose: from this study is to find out the effect of tomato juice on blood pressure in hypertensive patients in the working area of the Puskesmas Kampung Jabi Batam. **Method:** Quasi Experimental research with time series with control design research design that reveals causal relationships involving intervention and control groups. In this method, respondents were pretested, then given tomato juice as much as 150 grams, then posttested, repeated every day for 7 days. Sampling using the purposive sampling method Sample as many as 30 respondents were divided into 2 groups, namely 15 respondents of the intervention group and 15 respondents of the control group. The data was analyzed with Anova's Repeated Measures test. **Results:** Analysis of blood pressure univariate before being given tomato juice 100% into the category of hypertension level 1, after being given tomato juice 66.7% systol into the category of pre-hypertension and 86.7% diastol into the category of pre-hypertension. Bivariate analysis before and after being given tomato juice therapy showed a significant difference with the value of p-value = 0.000 ( $P < 0.05$ ) meaning  $H_0$  was rejected and  $H_a$  accepted, with an average decrease in systol by 11.33 mmHg and diastol by 6.33 mmHg, While the control group did not have a decrease in blood pressure. **Conclusion:** there is an influence of tomato juice on the decrease in blood pressure. **Tip:** Tomato juice can be used as a complementary therapy for blood pressure reduction.

**Keywords: Tomato Juice, Hypertension, Blood Pressure**