

**PENGARUH PEMBERIAN TEH BUNGA ROSELLA TERHADAP
PENURUNAN TEKANAN DARAH PADA PENDERITA HIPERTENSI
DI WILAYAH KERJA PUSKESMAS BASIRIH BARU**

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ABSTRAK

Latar belakang : Hipertensi sering tidak menampakkan gejala inilah yang membuat hipertensi dikenal sebagai *Silent “Killer”*. Pengobatan yang bisa dilakukan salah satunya adalah pengobatan non farmakologi dengan teh bunga rosella yang dapat menurunkan tekanan darah, Hibiscus Sabdariffa Linne atau biasa di sebut bunga rosella memiliki komponen kimia sebagai antihipertensi antara lain antosianin flavoid dan polifenol yang terkandung didalam kelopak bunga rosella yang dapat menurunkan tekanan darah. **Tujuan :** Mengetahui pengaruh pemberian teh bunga rosella terhadap penurunan tekanan darah pada penderita hipertensi di Puskesmas Basirih Baru. **Metode :** Jenis penelitian kuantitatif menggunakan metode *pre-experimental design* dengan rancangan *one group pretest-posttest* dengan pretest dan posttest berupa lembar observasi dan pengukuran tekanan darah. Pengambilan sampel menggunakan *purposive sampling* dengan menggunakan rumus Federer maka di dapatkan sampel 18 responden penderita hipertensi. Variabel penelitian terdapat variabel bebas teh bunga rosella dan variabel terikat tekanan darah. **Hasil penelitian :** Analisis data menggunakan Paired t test pada tekanan darah sistol pada pretest dan posttest nilai selisih perubahan rerata 27,78 mmHg , nilai selisih perubahan rerata *p value* 0,000 pada tekanan darah diastol pre-post test 12,33 mmHg. Nilai sig. *p value* 0,000 <0,05 maka H_a diterima. **Kesimpulan :** Ada pengaruh pemberian teh bunga rosella untuk menurunkan tekanan darah pada penderita hipertensi. Penelitian ini diharapkan pada Puskemas Basirih Baru agar dapat mengedukasikan teh bunga rosella pada penderita hipertensi.

Kata kunci : Hipertensi; Rosella; Non Farmakologi; *Pre-Experimental Design*; Tekanan Darah; Teh Rosella

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The Effect Of Rosella Flower Tea Infusion On Blood Pressure Reduction In Hypertension Patients In The Work Area Of Puskesmas Basirih Baru

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ABSTRACT

Background: Hypertension often shows no symptoms, which is why it is known as the "Silent Killer." One treatment option is non-pharmacological, using roselle flower tea, which can lower blood pressure. Hibiscus Sabdariffa Linne, commonly known as roselle flower, contains chemical components such as anthocyanins, flavonoids, and polyphenols in its petals, which have antihypertensive properties and can help reduce blood pressure. **Objective:** To determine the effect of roselle flower tea consumption on reducing blood pressure in hypertensive patients at Puskesmas Basirih Baru. **Methods:** This quantitative research uses a *pre-experimental design* method with a *one-group pretest-posttest design*, where the pretest and posttest consist of observation sheets and blood pressure measurements. Sampling was conducted using purposive sampling, and based on Federer's formula, a sample of 18 respondents with hypertension was obtained. The research variables include the independent variable roselle flower tea and the dependent variable blood pressure. **Results:** Data analysis used the Paired t test on systolic blood pressure in the pretest and posttest, the difference in mean change value was 27.78 mmHg, the difference in mean change in p value was 0.000 in pre-post test diastolic blood pressure 12.33. Sig value. p value 0.000 < 0.05 then H_a is accepted. **Conclusion:** There is an effect of consuming roselle flower tea on lowering blood pressure in hypertensive patients. This study is expected to encourage the Puskesmas Basirih Baru to educate hypertensive patients about roselle flower tea.

Keywords: Hypertension; Rosella; Non Farmakologi; *Pre-Experimental Design*; Blood Pressure; Rosella Tea

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