

**PENGARUH REBUSAN TANAMAN CIPLUKAN (*PHYSALIS ANGULATA*)
TERHADAP TEKANAN DARAH PADA PENDERITA HIPERTENSI
DIWILAYAH KERJA PUSKESMAS MADUREJO KECAMATAN
ARUT SELATAN KABUPATEN KOTAWARINGIN BARAT
PROVINSI KALIMATAN TENGAH**



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**PROGRAM STUDI SARJANA KEPERAWATAN
SEKOLAH TINGGI ILMU KESEHATAN
BORNEO CENDEKIA MEDIKA**

2025

**PROGRAM STUDI S1 KEPERAWATAN
STIKES BORNEO CENDEKIA MEDIKA PANGKALAN BUN
2025**

ABSTRAK

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Pendahuluan: Hipertensi merupakan suatu kondisi dimana tekanan darah melebihi batas normal, yaitu tekanan darah sistolik >140 mmHg dan atau tekanan darah diastolik >90mmHg pada pemeriksaan berulang. Hipertensi juga di sebut sebagai tekanan darah tinggi yang terjadi karena gangguan pada pembuluh darah sehingga darah yang membawa suplai oksigen dan nutrisi terhambat sampai ke jaringan tubuh. sebagai pengobatan alternatif rebusan tanaman ciplukan terhadap tekanan darah pada penderita hipertensi.

Tujuan: Untuk mengetahui apakah ada pengaruh rebusan tanaman ciplukan terhadap tekanan darah pada penderita hipertensi di wilayah kerja puskesmas madurejo pangkalan bun.

Metode: Jenis penelitian *quasy experimental*, dengan *rancangan one group pre test post test design*, sampel 30 responden, dengan *purposive sampling*. pengukuran tekanan darah menggunakan tensimeter digital dan lembar observasi, menggunakan uji *wilcoxon*.

Hasil: Hasil penelitian di dapatkan tekanan darah penderita hipertensi pre test responden dalam kategori *garde 1* optimal 26,7%, normotensi 6,7%, ringan 56,7%, sedang 3,3%, berat 6,7%. hasil tingkat penderita hipertensi meliputi tipe optimal 56,7%. hasil uji *wilcoxon* di dapat *p value* 0,008. Ada pengaruh rebusan tanaman ciplukan terhadap tekanan darah pada penderita hipertensi di wilayah kerja puskesmas madurejo pangkalan bun kalimantan tengah

Kesimpulan: Sebelum di berikan rebusan tanamn ciplukan tekanan darah pada dewasa di Wilayah Kerja Puskesmas Madurejo Pangkalan Bun sebagian besar dalam kategori hipertensi (tingkat 1). Sesudah di berikan rebusan tanaman ciplukan tekanan darah pada dewasa di wilayah kerja puskesmas madurejo pangkalan bun sebagian besar dalam kategori hipertensi (normal).Ada pengaruh rebusan tanaman ciplukan terhadap tekanan darah pada penderit hipertensi pada dewasa di Wilayah Kerja Puskesmas Madurejo Pangkalan Bun.

Kata Kunci : *Rebusan ciplukan,tekanan darah, dewasa dan hipertensi.*

**UNDERGRADUATE NURSING PROGRAM
STIKES BORNEO CENDEKIA MEDIKA PANGKALAN BUN
2025**

ABSTRACT

**THE EFFECT OF CIPLUKAN *PHYSALIS ANGULATA* ON BLOOD
PRESSURE IN HYPERTENSIVE PATIENTS IN THE MADUREJO
PANGKALAN BUN HEALTH CENTER'S WORKING AREA,
ARUTSELATAN DISTRICT, KOTAWARINGIN BARAT
REGENCY, CENTRAL KALIMATAN PROVINCE**

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Introduction: Hypertension is a condition characterized by blood pressure that exceeds the normal range, defined as systolic blood pressure > 140 mmHg and or diastolic blood pressure > 90 mmHg on repeated examinations. Hypertension is also known as high blood pressure that occurs due to disorders in the blood vessels, causing blood that carries oxygen and nutrient supplies to be blocked from reaching body tissues. As an alternative treatment, boiled ciplukan plants can be used to manage blood pressure in hypertensive patients.

Objective: To determine whether there is an effect of boiled ciplukan plants on blood pressure in hypertensive patients in the madurejo Pangkalan Bun Health center's working area.

Method: This study employed a quasi-experimental design with a one-group pretest - posttest approach, sample of 30 respondents, with purposive sampling. Blood pressure measurement using a digital tensiometer and observation sheet, using the Wilcoxon test.

Results: The study found that pre-test blood pressure levels among hypertensive respondents were categorized as optimal (26.7%), normotensive (6.7%), mild (56.7%), moderate (3.3%), and severe (6.7%). Following the intervention, 56.7% of the respondents achieved optimal blood pressure levels. The Wilcoxon test obtained a p value of 0.008. There is an effect of boiled ciplukan plants on blood pressure in hypertensive patients in the Madurejo Pangkalan Bun health center's working area.

Conclusion: prior to consuming the ciplukan plant decoction, most adults with hypertension in the Madurejo Pangkalan Bun Health Center's Working Area had stage I hypertension. After consuming the ciplukan plant decoction, most adults in the Madurejo Pangkalan Bun Health Center's working area were categorized as having normal blood pressure. There is an effect of the ciplukan plant decoction on blood pressure in adult with hypertension in the Madurejo Pangkalan Bun Health Center's Working Area.

Keywords: Ciplukan decoction, blood pressure, adults and hypertension.

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