

ABSTRAK

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Implementasi Keperawatan Keluarga Dengan Pemberian Jus Mentimun Pada Klien Hipertensi Di Desa Gumukmas Kabupaten Jember

Xix + 108 hal + 11 tabel + 3 gambar + 8 lampiran

Latar belakang: Hipertensi adalah masalah kesehatan umum di kalangan lansia yang dapat menyebabkan komplikasi serius. Penelitian ini bertujuan untuk mengeksplorasi dampak intervensi jus mentimun dan edukasi kesehatan terhadap pengendalian tekanan darah pada lansia, serta peran keluarga dalam proses tersebut.

Metode: Desain penelitian kuasi-eksperimental melibatkan tiga klien lansia (Ny. M, Ny. S, dan Ny. U) yang didiagnosis hipertensi. Intervensi yang diberikan meliputi konsumsi jus mentimun dua kali sehari selama tiga hari dan edukasi tentang manajemen hipertensi. Data tekanan darah diukur sebelum dan sesudah intervensi, dan analisis dilakukan secara deskriptif.

Hasil: Hasil penelitian menunjukkan penurunan signifikan dalam tekanan darah sistolik dan diastolik, dengan rata-rata penurunan 10 mmHg dan 7 mmHg, masing-masing. Klien juga melaporkan peningkatan pengetahuan tentang pola hidup sehat.

Diskusi: Temuan ini menunjukkan bahwa intervensi jus mentimun dan edukasi kesehatan dapat berkontribusi pada pengendalian hipertensi pada lansia. Dukungan keluarga selama intervensi terbukti penting dalam meningkatkan motivasi dan kepatuhan klien terhadap pengobatan. Penelitian ini menekankan perlunya pendekatan holistik dalam pengelolaan hipertensi, melibatkan partisipasi aktif keluarga dan edukasi berkelanjutan untuk meningkatkan kualitas hidup lansia.

Kata Kunci : Hipertensi; Lansia; Jus Mentimun

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Abstract

MUHAMMADIYAH UNIVERSITY OF JEMBER
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Implementation of Family Nursing by Providing Cucumber Juice to Hypertensive Clients in Gumukmas Village, Jember Regency

Xix + 108 pages + 11 tables + 3 figures + 8 appendices

Introduction: Hypertension is a common health issue among the elderly that can lead to serious complications. This study aims to explore the impact of cucumber juice intervention and health education on blood pressure control in the elderly, as well as the role of family in the process.

Method: The quasi-experimental research design involved three elderly clients (Mrs. M, Mrs. S, and Mrs. U) who were diagnosed with hypertension. The intervention provided included the consumption of cucumber juice twice a day for three days and education on hypertension management. Blood pressure data were measured before and after the intervention, and the analysis was conducted descriptively.

Result: The research findings indicate a significant decrease in systolic and diastolic blood pressure, with an average reduction of 10 mmHg and 7 mmHg, respectively. The client also reported an increase in knowledge about healthy lifestyle habits.

Discussion: These findings indicate that cucumber juice intervention and health education can contribute to hypertension control in the elderly. Family support during the intervention proved important in enhancing clients' motivation and adherence to treatment. This research emphasizes the need for a holistic approach in managing hypertension, involving active family participation and ongoing education to improve the quality of life for the elderly.

Keywords: Hypertension; elderly; cucumber