

Abstrak

UNIVERSITAS MUHAMMADIYAH JEMBER  
PROGRAM STUDI S1- ILMU KEPERAWATAN  
FAKULTAS ILMU KESEHATAN

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Hermawan Prasetyo

Pengaruh Pemberian Jus Kelor Sebagai Upaya Preventif Hipertensi pada Kelompok Usia 45 – 60 Tahun di Wilayah Kerja Puskesmas Gumukmas Jember

xviii + 71 hal + 13 tabel + 4 gambar + 9 lampiran

Abstrak

Hipertensi merupakan masalah kesehatan serius dengan prevalensi yang tinggi. Penggunaan bahan alam berbasis fitofarmaka menjadi penting sebagai upaya pengendalian tekanan darah. Daun kelor (*Moringa oleifera*) mengandung kalium, potasium, kalsium, magnesium, dan quercetin yang berpotensi menurunkan tekanan darah secara non-farmakologis. Penelitian ini bertujuan untuk mengetahui pengaruh pemberian jus daun kelor terhadap tekanan darah sebagai upaya preventif hipertensi pada kelompok usia 45–60 tahun di wilayah kerja Puskesmas Gumukmas Jember. Penelitian kuantitatif dengan desain pre-eksperimen *one group pretest-posttest*. Sampel berjumlah 20 responden yang dipilih menggunakan teknik *purposive sampling*. Intervensi berupa pemberian jus daun kelor 200 ml per hari selama tiga hari berturut-turut. Tekanan darah diukur sebanyak empat kali (pre, post-1, post-2, post-3) menggunakan *sphygmomanometer* dan stetoskop. Data dianalisis menggunakan uji Friedman dengan kemaknaan  $\alpha=0,05$ . Hasil penelitian menunjukkan rerata tekanan darah sistolik menurun secara progresif dari 117,95 mmHg menjadi 110,35 mmHg. Rerata tekanan darah diastolik menurun dari 85,55 mmHg menjadi 80,10 mmHg. Hasil analisis menunjukkan perbedaan bermakna pada tekanan darah sistolik ( $\chi^2 = 55,106$ ;  $p<0,001$ ) dan diastolik ( $\chi^2 = 43,825$ ;  $p<0,001$ ). Pemberian jus daun kelor 200 ml per hari selama tiga hari berturut-turut berpengaruh signifikan dalam menurunkan tekanan darah sistolik maupun diastolik pada kelompok usia 45–60 tahun. Jus daun kelor berpotensi dijadikan terapi komplementer non-farmakologis dalam upaya preventif hipertensi di masyarakat

Kata kunci : Hipertensi, Kelor, *Moringa oleifera*, Tekanan Darah,  
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*Abstract*

MUHAMMADIYAH UNIVERSITY OF JEMBER  
STUDY PROGRAM OF NURSING  
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*Hermawan Prasetyo*

*The Effect Of Moringa Juice Administration As A Preventive Effort For Hypertension In The 45–60 Year Age Group In The Working Area Of Gumukmas Primary Health Center, Jember*

*xviii + 71 pages + 13 tables + 4 pictures + 9 attachments*

*Abstract*

*Hypertension is a serious health problem with a high prevalence. The use of natural products based on phytopharmaceuticals is important as an effort to control blood pressure. Moringa leaves (*Moringa oleifera*) contain potassium, calcium, magnesium, and quercetin, which are known to possess non-pharmacological antihypertensive properties. This study aim to determine the effect of moringa leaf juice administration on blood pressure as a preventive effort for hypertension in the 45–60 year age group in the working area of Gumukmas Primary Health Center, Jember. Methods in this study was a quantitative study using a pre-experimental one group pretest-posttest design. A total of 20 respondents were selected through purposive sampling from population in Purwoasri Village, Gumukmas District. The intervention consisted of 200 ml of moringa leaf juice administered once daily for three consecutive days. Blood pressure was measured at four time points (pre, post-1, post-2, post-3) using a sphygmomanometer and stethoscope. Data were analyzed using the Friedman test with a significance level of  $\alpha=0.05$ . Results in this study mean systolic blood pressure decreased progressively from 117.95 mmHg to 110.35 mmHg. Mean diastolic blood pressure declined from 85.55 mmHg to 83.25 mmHg 80.10 mmHg. The Friedman test revealed statistically significant differences in systolic blood pressure ( $\chi^2 = 55.106$ ;  $p<0.001$ ) and diastolic blood pressure ( $\chi^2 = 43.825$ ;  $p<0.001$ ). Nearly all pairwise comparisons demonstrated a large effect size ( $r = 0.72-0.884$ ). Administration of 200 ml of moringa leaf juice per day for three consecutive days significantly reduced both systolic and diastolic blood pressure in the 45–60 year age group. Moringa leaf juice has the potential to serve as a non-pha*

*Key Words* : Blood pressure Hypertension, *Moringa oleifera*,  
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