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**PENGARUH PEMBERIAN AIR REBUSAN DAUN BINAHONG TERHADAP
TEKANAN DARAH PADA LANSIA
(Studi Di Rw 004 Desa Sukomulyo Mojowarno Jombang)**

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ABSTRAK

Pendahuluan Hipertensi masalah utama bagi kesehatan dengan bertambahnya faktor usia lanjut menjadi penyebab peningkatan resiko penyakit dan kematian. **Tujuan** penelitian ini menganalisis pengaruh pemberian air rebusan daun binahong terhadap hipertensi pada lansia di Rw 004 Desa Sukomulyo Kecamatan Mojowarno Kabupaten Jombang. **Metode** penelitian ini menggunakan *one group pre test post tes design*, dengan populasi 40 responden, dan sampel 13 responden, menggunakan *sampling simple random sampling*. Variabel independent pemberian air rebusan daun binahong dan variabel dependent tekanan darah pada lansia, pengumpulan data menggunakan SOP dan lembar observasi. Teknik pengolahan data menggunakan *editing, coding, scoring, tabulating, dan analisis* menggunakan uji wilcoxon. **Hasil penelitian** didapatkan tekanan darah sebelum diberikan air rebusan daun binahong hampir setengah responden memiliki tekanan darah ringan sejumlah 8 responden (62%). Tekanan darah sesudah diberikan air rebusan daun binahong selama 7 hari sebagian besar responden memiliki tekanan darah normal sejumlah 7 responden (54%). Uji wilcoxon menunjukkan nilai $p = 0,001 < \alpha (0,005)$, sehingga H_1 diterima dengan nilai $\alpha 0,001$. **Kesimpulan** ada pengaruh pemberian air rebusan daun binahong terhadap tekanan darah pada lansia di rw 004 desa sukumulyo kecamatan mojowarno kabupaten jombang. **Saran** untuk perawat agar dapat memberikan konseling terkait terapi alternatif daun binahong terhadap lansia yang mengalami hipertensi.

Kata Kunci : Daun binahong, Hipertensi, Lansia

**EFFECT OF GIVING BINAHONG LEAF BOILED WATER ON BLOOD PRESSURE
IN ELDERLY
(Rw 004 Study in the village of the District Sukomulyo Mojoagung Jombang)**

ABSTRACT

Introduction Increased blood pressure can lead to disruption of the cardiovascular system, advanced age become a cause of increased risk of disease and research kematian. **The purpose** the effect of giving binahong leaf boiled water on hypertension in the elderly in Rw 004 Sukomulyo Village, Mojowarno District, Jombang Regency. **The research method** used one group pre test post test design, with a population of 40 respondents and a sample of 13 respondents, using simple random sampling. The independent variable was giving binahong leaf boiled water and the dependent variable of blood pressure in the elderly, data collection used SOP and observation sheet. Data processing techniques used editing, coding, scoring, tabulating, and analysis using the Wilcoxon test. **The results** showed that almost half of the respondents had a mild blood pressure before being given boiled water for binahong leaves (62%). Blood pressure after being given binahong leaf boiled water for 7 days most of the respondents had normal blood pressure as many as 7 respondents (54%). Wilcoxon test shows the value of $p = 0.001 < \alpha (0.005)$, so that H_1 is accepted with a value of $\alpha 0.001$.