

**PENERAPAN PEMBERIAN LABU SIAM KUKUS UNTUK
MENURUNKAN TEKANAN DARAH PADA LANSIA
HIPERTENSI DI DESA SANGIANG**

KARYA TULIS ILMIAH



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**Penerapan Pemberian Labu Siam Kukus Untuk Menurunkan Tekanan Darah
Pada Lansia Hipertensi Di Desa Sangiang**

xvi + 83 halaman + 4 tabel + 1 gambar + 15 lampiran

ABSTRAK

Latar Belakang Hipertensi merupakan kondisi degeneratif yang umum terjadi pada lansia dan menjadi faktor risiko utama berbagai komplikasi serius seperti stroke dan gagal jantung. Pengobatan non-farmakologis berbasis herbal semakin diminati karena dianggap aman dan mudah diakses. Labu siam (*Sechium edule*) yang kaya kalium dan mengandung senyawa diuretik alami diyakini dapat membantu menurunkan tekanan darah. Tujuan Penelitian ini bertujuan untuk mengevaluasi efektivitas pemberian kukusan labu siam dalam menurunkan tekanan darah pada lansia penderita hipertensi di Desa Sangiang. Metode Penelitian ini merupakan studi kasus deskriptif dengan pendekatan studi kasus terhadap tiga lansia yang didiagnosis menderita hipertensi dan tidak sedang mengonsumsi obat antihipertensi. Setiap peserta mengonsumsi 200–300 gram labu siam kukus setiap hari selama tujuh hari berturut-turut. Tekanan darah diukur sebelum dan sesudah intervensi, serta data tambahan dikumpulkan melalui wawancara. Hasil Seluruh peserta menunjukkan penurunan tekanan darah yang signifikan. Tekanan sistolik menurun sebesar 20–40 mmHg dan tekanan diastolik turun 10 mmHg. Penurunan terbesar terjadi pada peserta dengan tekanan darah awal paling tinggi. Tidak ditemukan efek samping selama intervensi. Kesimpulan Kukusan labu siam efektif menurunkan tekanan darah pada lansia dengan hipertensi. Intervensi ini dapat menjadi alternatif non-farmakologis yang aman, terjangkau, dan praktis, khususnya di daerah pedesaan.

Kata Kunci : Hipertensi, labu siam, lansia, tekanan darah, terapi non-farmakologis

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The Implementation of Steamed Chayote Administration in Elderly Patients with Hypertension in Sangiang Village

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ABSTRACT

Background Hypertension is a common degenerative condition in the elderly and a major risk factor for complications like stroke and heart failure. Herbal-based non-pharmacological treatments are gaining attention due to their safety and accessibility. Chayote (Sechium edule), which is rich in potassium and contains natural diuretic compounds, is believed to aid in lowering blood pressure. Objective This study aims to evaluate the effectiveness of steamed chayote in reducing blood pressure among elderly individuals with hypertension in Sangiang Village. Method A descriptive case study was conducted on three elderly participants diagnosed with hypertension who were not on antihypertensive medications. Each participant consumed 200–300 grams of steamed chayote daily for seven days. Blood pressure was measured before and after the intervention, and supporting data were gathered through interviews. Results All participants experienced a notable reduction in blood pressure. Systolic pressure decreased by 20–40 mmHg, while diastolic pressure dropped by 10 mmHg. The participant with the highest initial blood pressure saw the most significant decline. No adverse effects were reported. Conclusion Steamed chayote was effective in lowering blood pressure in elderly hypertensive patients. This suggests its potential as a safe, affordable, and practical non-pharmacological option for hypertension management in rural areas.

Keywords: blood pressure, chayote, ederly, hypertension, non-pharmacological therapy