

THE EFFECT OF BOILED CELERY LEAVES ON BLOOD PRESSURE IN HYPERTENSION PATIENTS IN SIDORAHAYU VILLAGE IN THE WORKING AREA OF THE WAGIR PUBLIC HEALTH CENTER

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ABSTRACT

Hypertension is a significant health issue that raises the risk of complications, including stroke and death. Effective treatment is essential to prevent these outcomes, and one approach involves using natural herbs like celery leaf decoction. Although known to help lower blood pressure, many people are still under- or reluctant to use it, preferring to take medications, which are considered practical for managing hypertension. This study aims to analyze the effects of celery leaf decoction on blood pressure among hypertensive patients in Sidorahayu Village, under the Wagir Community Health Center Working Area. A quasi-experimental method with a two-group pretest-posttest design was employed, involving 52 respondents selected through purposive sampling, divided into intervention and control groups. Data analysis utilized the Wilcoxon Signed Rank Test and Mann-Whitney. Results indicated that the intervention group showed a reduction in blood pressure, with average systolic values decreasing from 159.19 to 140.08 and diastolic from 96.88 to 89.85. The control group experienced a smaller decrease, with systolic values ranging from 146.96 to 144.08 and diastolic from 95.85 to 94.19. The Mann-Whitney test revealed a significant difference between groups, with a probability value of $p = 0.000$ ($< \alpha = 0.05$). In conclusion, boiled celery leaves have a significant effect on blood pressure in hypertensive patients in Sidorahayu Village.

Keywords: Boiled Celery Leaves, Blood Pressure, Hypertension.