ABSTRAK

Mayang Dwi Susiaji (2026). *Implementasi Pemberian Air Rebusan Bunga Rosella Terhadap Tekanan Darah Pada Lansia Penderita Hipertensi di Wilayah Kerja Puskesmas Gribig Kota Malang*. Karya Tulis Ilmiah studi kasus, Program Studi D3 Keperawatan Malang, Jurusan Keperawatan. Dosen Pembimbing: Dr. Nurul Pujiastuti S. Kep., Ns., M. Kes.

Hipertensi merupakan salah satu masalah kesehatan yang banyak dialami oleh lansia dan berisiko menimbulkan komplikasi serius seperti penyakit jantung dan stroke. Pengelolaan hipertensi tidak hanya dilakukan secara farmakologis, tetapi juga dapat didukung dengan terapi non-farmakologis, salah satunya melalui pemberian air rebusan bunga rosella yang memiliki kandungan senyawa aktif bersifat antihipertensi. Tujuan penelitian ini mengidentifikasi perubahan tekanan darah pada lansia penderita hipertensi sebelum dan sesudah implementasi pemberian air rebusan bunga rosella. Penelitian ini menggunakan metode studi kasus deskriptif dengan jumlah 4 subjek penelitian yang dilakukan pada tanggal 26 Januari - 16 Februari 2026. Pengambilan data menggunakan teknik observasi dan wawancara terstruktur dan hasil penelitian disajikan dalam bentuk tabel dan narasi. Hasil penelitian menunjukkan bahwa sebelum intervensi seluruh subjek berada pada kategori hipertensi tingkat 1 dan tingkat 2. Setelah pemberian air rebusan bunga rosella, terjadi penurunan tekanan darah pada seluruh subjek meskipun terdapat fluktuasi harian. Intervensi dilakukan selama 7 hari secara berturut-turut di pagi hari. Hal ini menunjukkan bahwa implementasi pemberian air rebusan bunga rosella dapat menurunkan tekanan darah. Diharapkan responden dapat melakukan implementasi pemberian air rebusan bunga rosella secara mandiri untuk membantu menurunkan tekanan darah, serta menjaga pola makan dengan mengurangi makanan tinggi garam, lemak, dan mengandung kafein.

Kata Kunci: bunga rosella, tekanan darah, lansia, hipertensi

ABSTRACT

Mayang Dwi Susiaji (2026). *Implementation of Roselle Flower (Hibiscus sabdariffa) Decoction Administration on Blood Pressure in Elderly Patients with Hypertension in the Working Area of Gribig Public Health Center, Malang City. Scientific Paper (Case Study), Diploma III Nursing Program, Department of Nursing. Supervisor:* Dr. Nurul Pujiastuti, S.Kep., Ns., M.Kes.

Hypertension is one of the most common health problems experienced by the elderly and can lead to serious complications such as heart disease and stroke. The management of hypertension is not only carried out pharmacologically but can also be supported by non-pharmacological therapy, one of which is the administration of roselle flower decoction, which contains active compounds with antihypertensive properties. This study aimed to identify changes in blood pressure among elderly patients with hypertension before and after the implementation of roselle flower decoction administration. This study used a descriptive case study method involving four subjects, conducted from January 26 to February 16, 2026. Data were collected through observation and structured interviews, and the results were presented in tables and narrative form. The findings showed that before the intervention, all subjects were categorized as having stage 1 and stage 2 hypertension. After the administration of roselle flower decoction, a decrease in blood pressure was observed in all subjects, although daily fluctuations occurred. The intervention was carried out for 7 consecutive days in the morning. These results indicate that the implementation of roselle flower decoction administration can help reduce blood pressure. It is expected that respondents can independently apply the administration of roselle flower decoction to help lower blood pressure, along with maintaining a healthy diet by reducing the intake of high-salt, high-fat, and caffeinated foods.

Keywords: roselle flower, blood pressure, elderly, hypertension