

ABSTRACT

Nur Ridha Salsabila, 2025. *The Effect of Fruit Salad Consumption and Nutritional Counseling on Blood Pressure in Outpatient Hypertension Patients at the Gading Rejo Community Health Center, Pasuruan City.*

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Hypertension is a non-communicable disease that has increased in Indonesia from the results of measurements of the population experiencing hypertension at the age of >18 years from 25.8% to 34.1% in 2018. The way to reduce blood pressure is by using two treatment methods, namely pharmacological therapy and non-pharmacological therapy. Non-pharmacological therapeutic treatment methods can be handled by consuming vegetables and fruit. One way is to consume fresh fruit salad with a high content of potassium, fiber and magnesium consisting of several pieces of fruit, namely dragon, melon and papaya. Dragon fruit, melon and papaya are useful in helping lower blood pressure in hypertension sufferers. The aim of this study was to determine the effect of giving fruit salad on blood pressure in outpatient hypertensive patients at the Gading Rejo Community Health Center, Pasuruan City. Pre-Experimental research design using a One Group Pretest Posttest design. The research was conducted during 5 days of fruit salad intervention before and after the intervention. The results of the study showed that there was a difference in blood pressure after the intervention, the average systolic was 142.10 mmHg and diastolic was 83.10 mmHg. The results of the paired T-test test showed a significant difference in blood pressure of 0.000 <0.05. The conclusion of the research is that there is an effect of giving fruit salad on blood pressure in outpatient hypertensive patients at the Gading Rejo Community Health Center, Pasuruan City.

Keywords: Hypertension, Fruit Salad