



JPM

Jurnal Pengabdian Mandiri

Volume 1 Issue 1, 2024 (69-72)

ISSN (*online*) : 3089-3070

Homepage : <https://jurnalunived.com/index.php/MANDIRI>

Doi : <https://doi.org/10.37676/mandiri.v1i2>

Administering Boiled Water From Soursop Leaves To Reduce Blood Pressure In Hypertensive Sufferers At Kampung Delima Health Center, Rejang Lebong District, Bengkulu Province

Handi Rustandi ¹⁾, Intan Pratiwi ²⁾, Aditya Yohandi Putra ³⁾, Belkis Sulaika ⁴⁾, Naomi Ersanly ⁵⁾
Nofela Kristifani ⁶⁾

^{1,2,3,4,5,6)} Universitas Dehasen Bengkulu

Email: ¹⁾ handi_rustandi@ymail.com, ²⁾ intanpratiwi2702@gmail.com, ³⁾ adityayohandip@gmail.com,
⁴⁾ Belkissulaikacurup@gmail.com, ⁵⁾ ersanly84@gmail.com, ⁶⁾ nofelakf@gmail.com

Received [24-07-2024]

Revised [03-09-2024]

Accepted [31-12-2024]

Abstract. Elderly (elderly) is someone aged 60 years and over. As a person gets older, a person's health condition can decline, making him susceptible to various kinds of diseases. This puts elderly people at risk of developing degenerative diseases, namely health conditions that occur due to the deterioration of a tissue or organ over time. The aging process in the elderly will result in physical, mental, social, economic and physiological changes. One of the changes that occurs is changes in the structure of large veins which can result in hypertension (Kristiawan and Adiputra, 2022). Health problems in the elderly begin with the deterioration of body cells, decreased function and endurance, and increased risk factors for disease. A problem often experienced by elderly people is hypertension (Indonesian Ministry of Health, 2021). Soursop leaves (*Annona muricata* Linn) contain monotetrahydrofuran acetogenin, including anomurisin A and B, gigantetrosin A, annonasin 10 one, muricotasin A and B, annonacin, and goniotalamicin and potassium ions. The benefits of these compounds are for the treatment of various diseases. Other compounds contained in soursop leaves are calcium, phosphorus, carbohydrates, vitamin A, vitamin B, vitamin C, tannins, phytosterols, calcium oxalate and alkaloids. Soursop leaves have antioxidants which can ward off free radicals and can also elasticize and stretch blood vessels and lower blood pressure (Yano & Keswara, 2021) This community service has been carried out from July 8 2024 to July 21 2024. Evaluation of the activity is based on analysis report data regarding the effect of soursop leaf boiled water on reducing blood pressure with cardiovascular system disorders: hypertension. Conducted using an experimental method and the number of respondents was 10 people, blood pressure decreased slowly and it was proven that giving soursop leaf decoction could reduce high blood pressure in hypertension sufferers. It is hoped that the conclusion of this report can help science in the health sector in carrying out complementary therapeutic measures for hypertensive patients in reducing high blood pressure in elderly people with hypertension.

Keywords: *Elderly, soursop leaves, lowering blood pressure, complementary therapy*

INTRODUCTION

Elderly (elderly) is someone aged 60 years and over. As a person gets older, a person's health condition can decline, making him susceptible to various kinds of diseases. This puts elderly people at risk of developing degenerative diseases, namely health conditions that occur due to the deterioration of a tissue or organ over time. The aging process in the elderly will result in physical, mental, social, economic and physiological changes. One of the changes that

occurs is changes in the structure of large veins which can result in hypertension (Kristiawan and Adiputra, 2022). Health problems in the elderly begin with the deterioration of body cells, decreased function and endurance, and increased risk factors for disease. A problem often experienced by elderly people is hypertension (Indonesian Ministry of Health, 2021).

High blood pressure or hypertension is a condition where there is severe contraction of the blood vessels, causing the heart to work much harder to pump blood. High blood pressure or hypertension is a condition of abnormality in arterial blood pressure. Based on data from the World Health Organization (WHO), the normal blood pressure threshold for adults is less or more than 120/80 mmHg, where the figure 120 mmHg interprets systolic pressure, namely the pressure when the heart is active in pumping blood throughout the body. Apart from that, the figure 80 mmHg interprets diastolic pressure, which is the pressure when the heart muscle relaxes and gets blood returned after circulating throughout the body (Susanti et al., 2020). Hypertension is high blood pressure which shows systolic pressure above 130 mmHg and diastolic pressure above 90 mmHg. Hypertension kills 9.4 million people in the world every year. Lack of knowledge in elderly people with hypertension will influence how to deal with it and prevent it. This is because the majority of elderly people with hypertension live in rural areas, which can result in ignorance regarding health information or hypertension. The lifestyle that is still followed today is using traditional medicine and using available resources. Traditional medicine and medicines have become integrated among society and are used to treat various health problems, whether they occur in rural areas or big cities. Understanding traditional medicine and how to use it effectively is key to promoting a healthy lifestyle. Traditional medicine to treat disease must have strong efficacy, so that its use and instructions can be clearly understood. Otherwise, there will be risks. Non-pharmacological treatments use natural plants such as cucumber juice, celery leaves, and one of them is boiled water from soursop leaves (Kosanke, 2019). Therefore, preventive measures using herbal plants are very useful for reducing the number of hypertension sufferers.

RESEARCH METHODS

This community service was carried out in Kampung Melayu village, East Curup District, Rejang Lebong Regency, where this village is where students carry out Real Work Lecture (KKN) activities for the Nursing Science Study Program (S1) at the Faculty of Health Sciences, Dehasen University, Bengkulu. The target is the Kampung Delima Village Community for Hypertension sufferers.

1. Participants fill in attendance
2. Providing complementary therapy (boiled soursop leaf water)
3. Archive measurement results

The preparatory stages of implementing community service are requesting permission from the village head, making SOPs, making materials, and preparing soursop leaf boiled water as a complementary therapy that will be given. This complementary therapy was provided to 10 respondents suffering from hypertension in the UPTD work area of the Kampung Delima Community Health Center. Carried out on July 12 2024, with the implementation stage at the Kampung Delima Community Health Center. Respondents were given informed consent first, after the respondent was willing, the time contract was that they would be given water boiled with soursop leaves, before giving it, the respondent had their blood pressure checked first, after that the respondent was given boiled soursop leaves, for 30 minutes after drinking the water boiled in soursop leaves, their blood pressure was measured again. . After carrying out the activity, the committee then made notes as evaluation material regarding the implementation of community service activities as well as evaluation regarding the results to find out the differences between participants before and after drinking water boiled with soursop leaves.

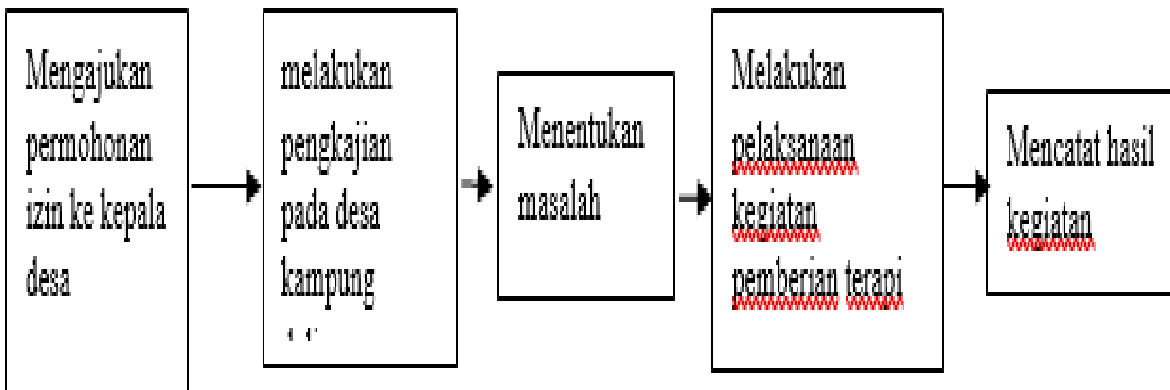


Figure 1 Activity Scheme

RESULTS AND DISCUSSION

The aim of complementary therapy is to give boiled water from soursop leaves. It is hoped that after nursing care the client's blood pressure will decrease with an action plan to assess the patient first, then measure vital signs, give boiled water from soursop leaves. From this action, it is hoped that the client's blood pressure will be normal with systole 100-140 mmHg and diastole 60-90 mmHg.

In this section, after carrying out the activities, the results were obtained, namely a positive impact because there were significant changes in blood pressure. From these results it was found that giving boiled soursop leaves can reduce blood pressure slowly if consumed regularly. Therefore, this therapy can provide assistance activities, interactive education to reduce blood pressure.

The results of the evaluation carried out through the observation process of 10 intervention group respondents can be concluded that:

1. There was a change in the blood pressure of hypertension sufferers before and after giving boiled water from soursop leaves in the intervention group in the UPTD Work Area of the Kampung Delima Community Health Center in the high category with an initial average value of 150/100 mmHg and a final value of 140/95 mmHg.
2. Of the 10 respondents, there were 7 respondents who had an influence on giving boiled water from soursop leaves on reducing blood pressure in hypertension sufferers in the UPTD Work Area of the Kampung Delima Health Center

CONCLUSION

From these community service activities it can be concluded that boiled water from soursop leaves is effective in lowering blood pressure. Measurements show an average reduction in systolic blood pressure of 10 mmHg and diastolic blood pressure of 5 mmHg, proving that boiled water from soursop leaves can be used as a medicine to lower blood pressure and can help control blood pressure. Hypertension is a degenerative disease that affects many people, not only the elderly, but is now even attacking young adults. As a result of this, not all hypertension sufferers need anti-hypertension drugs, namely pharmacological by

using drugs and non-pharmacological, namely by modifying daily lifestyle and returning to natural products. The habitual effect of drinking soursop leaf decoction (*Annona muricata* linn) has the effect of lowering blood pressure.

The community service carried out by Dehasen Bengkulu Faculty of Health Sciences Students in Providing Complementary Therapy in the form of boiled water from soursop leaves to reduce blood pressure in hypertension sufferers will hopefully be able to increase insight and knowledge about non-pharmacological therapy which can be applied later in providing nursing care or to develop research .

REFERENCES

- Ansori. (2022). Penggunaan Rebusan Daun Sirsak Terhadap Penurunan Tekanan Darah Penderita Hipertensi. *Paper Knowledge . Toward a Media History of Documents*, 3(April), 49–58.
- Radi, (2015). Konsep Metodologi Peneliti Keperawatan Daun sirsak Terhadap Penurunan Tekanan Darah Pada Penderita hipertensi *Jurnal Kesehatan Panrita Husda*. Vol.2.NO.2 Lembaga Penelitian dan Pemberdayaan Masyarakat UNIVED Bengkulu. 2024. *Buku Panduan Kuliah Kerja Nyata Universitas Dehasen Bengkulu*. LPPM : Bengkulu.