

## ABSTRACT

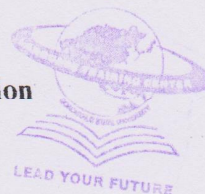
**Rizky Muzakir, 2015.** The Influence of Boiling Water of Avocado Leave toward Blood Pressure on Hypertension Patient at the Area of Puskesmas Wongkaditi, Kota Utara. Skripsi, Department of Nursing, Faculty of Health and Sport Sciences, Universitas Negeri Gorontalo. The principal supervisor was DR. LintjeBoekoesoe, M.Kes and the co-supervisor was Nasrun Pakaya, S.Kep.,Ns.,M.Kep.

*Hypertension is an increasing contraction in vein so that there is blood flow retention causing the increase of blood pressure in vein. Avocado leave contains potassium which can ream the vein and help to control the sodium concentration in blood; therefore, it can decrease the blood pressure. The research aimed at analyzing influence of boiling water of avocado leave toward blood pressure on hypertension patient. The research applied pre experimental design by having one group pretest posttest design. The population of research were all hypertension patients at the Area of Puskesmas Wongkaditi, Kota Utara. The samples of research were 15 patients chosen through accidental sampling. The observation was conducted directly to the hypertension patient before and after drinking boiling water of avocado leave. The data analysis was using Paired T Test at the level of significance as  $\alpha = 0.05$ .*

The research result showed that there was influence of boiling water of avocado leave toward blood pressure on hypertension patient at the Area of Puskesmas Wongkaditi, Kota Utara by having the  $p \text{ value} = 0.000 < \alpha = 0,05$ . It is suggested to drink the boiling water of avocado leave in 4 days in minimum to decrease the blood pressure.

**Keywords: Avocado Leave, Blood Pressure, Hypertension**

**Bibliography: total bibliographies were 25 (2000-2014)**



**LEMBAR PERSETUJUAN PEMBIMBING**

**SKRIPSI**

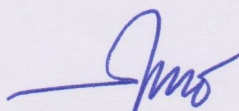
**PENGARUH PEMBERIAN AIR SEDUHAN DAUN ALPUKAT  
TERHADAP TEKANAN DARAH PADA PENDERITA  
HIPERTENSI DI WILAYAH PUSKESMAS  
WONGKADITI KOTA UTARA**

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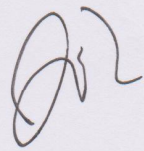
**RIZKI MUZAKIR SALEH**  
**NIM: 841413149**

Telah diperiksa dan disetujui

**PEMBIMBING I**

  
**Dr. Lintje Boekoesoe, M.Kes**  
**NIP. 195901101986032003**

**PEMBIMBING II**

  
**Ns. Nasrun Pakaya, S.Kep., M.Kep**  
**NIP. 197611181996021002**

Mengetahui,

**Ketua Jurusan Keperawatan**

  
**dr. Nanang Roswita Paramata, M.Kes**  
**Nip.197710282008122003**

LEMBAR PENGESAHAN

SKRIPSI

PENGARUH PEMBERIAN AIR SEDUHAN DAUN ALPUKAT  
TERHADAP TEKANAN DARAH PADA PENDERITA  
HIPERTENSI DI WILAYAH PUSKESMAS  
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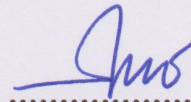
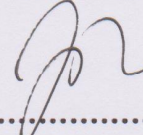
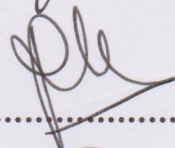
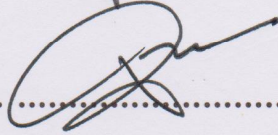
RIZKI MUZAKIR SALEH

841413149

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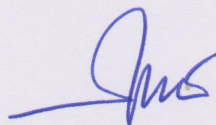
Hari / Tanggal : Jum'at / 16 Januari 2015  
Waktu : 08.30 s/d 09.30 WITA

Penguji :

- |                                                                           |                                                                                          |
|---------------------------------------------------------------------------|------------------------------------------------------------------------------------------|
| 1. <u>DR. Lintje Boekoesoe, M.Kes</u><br>NIP. 195901101986032003          | 1.  |
| 2. <u>Ns., Nasrun Pakaya, S.Kep., M.Kep</u><br>NIP. 197611181996021002    | 2.  |
| 3. <u>Ns., Rhein R. Djunaid, S.Kep., M.Kes</u><br>NIP. 197501121994031003 | 3.  |
| 4. <u>Ns., Ahmad Aswad, S.Kep., MPH</u><br>NIP. 196712311987111002        | 4.  |

Gorontalo, 16 Januari 2015

Dekan Fakultas Ilmu-Ilmu Kesehatan dan Keolahragaan



Dr. Lintje Boekoesoe, M.Kes  
NIP. 195901101986032003