

THE EFFECT OF GIVING CELERY LEAVES JUICE ON THE REDUCTION OF BLOOD PRESSURE TO HYPERTENSION PATIENTS IN THE PUBLIC HEALTH CENTER IN PACCERAKANG MAKASSAR

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ABSTRACT

Background: long-term consumption of medicine to control blood pressure makes sufferers worry of side effect. So, using an alternative treatment becomes the option for some patient to treat hypertension. Some of the non-pharmacological alternatives treatments are celery leaves, watermelon, star fruit, and others. **Objective:** The aim of this research is to find out to of celery leaves in the public health center in Paccerakang Makassar. **Methods:** The type of research is pre-experimental (two-group pretest-posttest design). The purposive sampling technique used to obtain 15 samples according to inclusion criteria. The data collection was done by using the blood pressure device (sphygmomanometer) and observation sheets. The population is hypertension patients in the public health center in Paccerakang Makassar was 42 people with total samples by 15 people. The sampling technique used is non-probability sampling with method purposive sampling is a sampling technique with the chosen sample between population agree with desire researcher (aim and problem in research) until this sample can represent characteristic population has been familiar before. **Results:** And the samples have been tested by using t- no paired statistical test with an alternative Mann-Whitney test with a value of $p: 0,015 < 0,05$ for blood pressure distilled and systole before giving celery leaves. And after celery leaves treatment the result value of $p: 0,042 < 0,05$ for blood pressure distilled and systole blood pressure. **Conclusions:** The conclusion of this research is there is effect significant in blood pressure reduction after giving celery leaves treatment to hypertension patients. The respondents are expected to use this celery leaves treatment as an alternative for reducing blood pressure in their everyday life.

Keywords: *Blood Pressure, Celery Leaves, Hypertension*