ABSTRACT

THE EFFECT OF CONTEXTUAL STIMULUS (MAHKOTA DEWA HERBAL NOODLE AND LAVENDER AROMATHERAPY) TO DECREASE BLOOD PRESSURE AND INCREASE ANKLE BRACHIAL INDEX OF ELDERLY WITH HYPERTENSION IN JOMBANG DISTRICT

Introduction: Elderly classified as high risk for health problems, one of them is hypertension. Elderly with hypertension is a health problem that needs to get concrete interventions. Noodle is a food that can be used as the alternative carbohydrate substitute from rice for elderly and herbal mahkota dewa has been known to reduce blood pressure. The scent of lavender could make relaxation and effectation a blood pressure. The aim of this study to determine the effect of contextual stimulus mahkotadewa and lavender aromatherapy to decrease blood pressure and an increase in ankle brachial index of elderly.

Methods: This study was quasi-experimental pretest and post test control group design, in order to determine changes in blood pressure values and ankle brachial index before and after intervention was given in 30 days. The population of this research elderly in Jombang with hypertension. Respondents were elderly with hypertension in working area of Tambakrejo Public Health Center in Sariloyo Village, Sambong Indah and Sambong Permai, with inclusion criteria elderly hypertensive new identification and not taking medication. Selection of the sample in this study conducted by quota sampling, which consists of 48 respondents. The independent variable of this research was mahkota dewa herbal noodle and lavender aromatherapy while the dependent variable was blood pressure and ankle brachial index. Data analyzed by paired t-test and ANOVA.

Result and analysis: Results of this study was reduction of blood pressure and an increase in ankle brachial index in elderly were significantly in the group of mahkotadewa herbal noodle and lavender aromatherapy. Post test results of systolic blood pressure, diastolic, and ankle brachial index, diastolic blood pressure obtained the most significant result comparison of blood pressure systole and ankle brachial index value.

Discussion and conclusion: There were a significant change value of pre-test and post-test in systolic blood pressure, diastolic, and ankle brachial index. Among pressure systole, diastole, and ankle brachial index values ,the most significant change in diastolic blood pressure.

Keywords: mahkota dewa, herbal noodle, lavender aromatherapy, hypertension