

**ABSTRACT**

**THE EFFECT OF PHALERIA MACROCARPA ETHNIC FOOD  
COMPLEMENTARY TO DECREASE BLOOD PRESSURE  
OF ELDERLY WITH HYPERTENSION**

Quasy-Experiment study in UPT PSTW Blitar (in Blitar and Tulungagung)

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**Introduction:** Hypertension is one of degenerative disease that is often found in the elderly group. Many studies have been developed to reduce blood pressure, including complementary therapies. One of the complementary therapies is by utilizing Phaleria Macrocarpa. **Method:** This study was aimed to explain the effect of Phaleria macrocarpa ethnic food complementary to decrease blood pressure of elderly with hypertension in UPT PSTW Blitar (in Blitar and Tulungagung). Design used in this study was quasy experiment design. The population was the elderly with hypertension in UPT PSTW Blitar (in Blitar and Tulungagung). Total sampel was 40 respondents, taken according to inclusion criteria. The independent variabel was Phaleria macrocarpa ethnic food complementary. The dependent variabel was blood pressure. Data were collected using measurement blood pressure and made ethnic food complementary with Standart Operational Procedure. Data were analized using paired t-test and ANOVA with level of significance of  $\leq 0,05$ . **Result:** The Results showed that there were effect of giving intervention by ethnic food complementary with phaleria macrocarpa fruit to decrease systolic ( $p = 0.000$ ), diastolic ( $p = 0.000$ ), and MAP ( $p = 0.000$ ). There were effect of giving intervention by ethnic food complementary with phaleria macrocarpa leaf to decrease systolic ( $p = 0.000$ ), diastolic ( $p = 0.000$ ), and MAP ( $p = 0.000$ ). There were effect of giving intervention by ethnic food complementary with phaleria macrocarpa mixed of fruit and leaf to decrease systolic ( $p = 0.001$ ), diastolic ( $p = 0.000$ ), and MAP ( $p = 0.000$ ). **Discussion:** It could be concluded that giving intervention of Phaleria macrocarpa ethnic food complementary took effect to decrease blood pressure (systolic, diastolic, MAP) of elderly with hypertension.

Keyword: Phaleria macrocarpa, ethnic food, complementary therapy, blood pressure, elderly, hypertension.