

## ABSTRACT

Hypertension is the silent disease which is a person will not know if he has increased blood, it is also called by a symptom of a syndrome that can trigger the occurrence of hardening of blood vessels, it causes damage to the target organs. The incidence rate of hypertension is very high especially in the elderly population over 60 years. The purpose of this study is to determine the effect of non-noni fruit tea (*Morinda citrifolia*) on the decrease in blood pressure in the elderly group with hypertension in UPTD. Griya Werdha Kota Surabaya.

This research was quasi experimental through with *Pretest-Posttest Control Group Design*. The sample of the research was 34 respondents and divided into treatment group and control group at UPTD Griya Werdha Kota Surabaya through simple random sampling. The research conducted by giving noni fruit tea (*Morinda citrifolia*) 10gram / day for 30 days in the treatment group. In the control group was not given by noni fruit tea (*Morinda citrifolia*). The test that research used in this study was the *wilcoxon* test to know the differences between blood pressure in each treatment group and control group before and after giving noni fruit tea (*Morinda citrifolia*). *Mann Whitney* test used to know the difference between treatment group blood pressure and control group with  $\alpha = 0,05$ .

The research showed that all respondents have blood pressure with mild hypertensio and moderate hypertension of hypertension category. Blood pressure in treatment group before and after giving *Morinda citrifolia* tea decreased on systole blood pressure by 26% and diastole blood pressure by 20%. There was a difference between blood pressure in the treatment and control group based on non-parametric test with score  $p < 0,05$ . We recommend that nutrition education should be done periodically and giving noni fruit tea (*Morinda citrifolia*) as an alternative medicine to reduce hypertension should be given in a routine.

Keyword: Noni fruit tea, elderly, blood pressure