**ABSTRACT**

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### EFFECT OF GIVING AVOCADO LEAF LIGHT ON THE REDUCTION OF BLOOD PRESSURE IN PATIENTS OF NON PHARMACOLOGY HYPERTENSION IN THE WORKING AREA OF PAJANG PUBLIC HEALTH CENTER IN SURAKARTA CITY

**Background:** Avocado leaves are empirically believed to be diuretic. The chemical content of avocado leaves is flavanoid function to reduce blood pressure. **Purpose:** To determine the effect of avocado leaf steeping on blood pressure reduction in patients with non-pharmacological hypertension in the working area of Pajang Public Health Center in Surakarta City. **Methods:** This study used quasi-experimental research with one-group pretest-posttest design. Sampling was purposive sampling as many 16 respondents. Research instrument with observation sheet and sphygmomanometer. This research using an ordinal scale so that the Wilcoxon test was used. **Results:** Blood pressure before being given steeping avocado leaves in the category 1 stage hypertension is 15 people (93.75%) and stage 2 hypertension is 1 person (6.25%) and after being given steeping therapy avocado leaves have decreased in the category of 11 prehypertension people (68.75%) of 16 respondents. Wilcoxon test analysis showed systolic blood pressure Z count of -3.527 with p = 0.000 (p <0.05) and diastole blood pressure Z-count of -2.889 with p = 0.004 (p <0.05), which means there is an influence of steeping avocado leaves against decreased blood pressure in non-pharmacological hypertension. **Conclusion:** There is an effect of avocado leaf steeping on blood pressure reduction in patients with non-pharmacological hypertension in the working area of Pajang Public Health Center in Surakarta City.

**Keywords:** steeping avocado leaves, decreased blood pressure, hypertension