

ABSTRACT

HANIFAH NUR LAILI, NIM : G2B013010. EFFECT OF CONSUMING BANANA AMBON LUMUT (*Musa accuminata Colla*) AND EXERCISE ON BLOOD PRESSURE PEOPLE WITH HYPERTENSION Pembimbing I : Ali Rosidi, Pembimbing II : Joko Teguh Isworo, Negistry Study Program S1 Nutrition Faculty of Nursing and Health Sciences University of Muhammadiyah Semarang.

Background : Hypertension is an increasing of blood pressure in artery. Hypertension could not directly causing death but if it does not get cured will increasing the risk of stroke, myocardium infarct, kidney failure and enfalosepati. The two factors that linked to hypertension are uncontrolled factors (age, gender, family history) and controlled factors (salt intake, fat intake, smoking, obesity and physical activity). Intake pattern that could lowering hypertension is potassium. Ammonia banana type banana is a kind of banana ambon with the name of latin Mosa accuminata Colla high potassium is equal to 747.6 mg / 100 gr. This study aims to determine the effect of ambon banana and gymnastics consumption on blood pressure of hypertensive patients.

Method : This research type is quasi experiment with Pretest-Posttest approach, Non-Equivalent Control Group Design. The samples are 20 respondents with age range from 45-78 years old in elderly shelter west ungaran semarang regency. Hypothesis examination using statistical analysis t-test and man whitney test. The blood pressure is measure by *sphygnomanometer* .

Result : The research shows there is a unloading of blood pressure that has greater effect on first group who consuming ambon banana moss and do exercise. The larger group decreased in the group taking ambon moss banana and did exercise after 5 non hypertensive hypertensive studies compared with the group of gymnastics, 7 with hypertension and 3 without hypertension. Statistical analysis showed that differences in systolic and diastolic blood pressure with ($p = 0,000$) systole and ($p = 0.00$) diastole.

Conclution : There was a decrease in systolic and diastolic blood pressure in the respondents who consumed ambon banana mucus and did the exercises more significantly than in the group of respondents who did exercise.

Keywords: hypertension, ambon banana moss, sistole blood pressure, diastole blood pressure