



The effect of boiled Binahong leaf water on reducing blood pressure in the elderly in Mongolato Village, Telaga District, Gorontalo.

¹Hamna Vonny Lasanuddin

Universitas Muhammadiyah Gorontalon, Gorontalo, Indonesia

hamnavonnylasanuddin@umgo.ac.id (Corresponding author)

²Nur Fadila Hasan

Universitas Muhammadiyah Gorontalo, Gorontalo, Indonesia

nurfadilahasan@gmail.com

Abstract. Elderly individuals are those aged 60 years and above. As people age, their health condition may gradually decline, making them more vulnerable to various diseases. One of the changes that can occur is in the structure of major veins, which can lead to hypertension. The aim of this study is to determine the effect of boiled Binahong leaf water on reducing blood pressure in the elderly in Mongolato Village, Telaga District. This study used a qualitative design with an experimental approach, specifically a one-group pre-test and post-test design. The sampling technique used was purposive sampling, involving 10 respondents. Data collection was conducted using observation sheets. The results showed that before the administration of boiled Binahong leaf water therapy, all 10 respondents experienced stage 2 hypertension. After the therapy, 3 respondents experienced prehypertension and 7 respondents experienced stage 1 hypertension. The Wilcoxon statistical test yielded a p-value of 0.004 ($p < 0.05$), indicating that the alternative hypothesis (H_a) is accepted and the null hypothesis (H_o) is rejected. This means that there is a significant effect on blood pressure in hypertensive patients before and after the administration of boiled Binahong leaf water in the experimental group.

Keywords: Binahong Leaves, Hypertension, Elderly