

**PENGARUH PEMBERIAN JUS SEMANGKA TERHADAP  
PENURUNAN HIPERTENSI AKSEPTOR KB SUNTIK  
3 BULAN DI PMB MEI MUHARTATI  
KOTA YOGYAKARTA**

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**INTISARI**

**Latar Belakang :** Program Keluarga Berencana (KB) ialah salah satu strategi untuk mendukung percepatan penurunan angka kematian ibu, salah satunya kontrasepsi suntik 3 bulan dengan salah satu efek samping jika digunakan dalam waktu yang lama memiliki risiko peningkatan tekanan darah. Penggunaan alat kontrasepsi hormonal yang lebih dari 5 tahun 62,8% mengalami kenaikan tekanan darah. Akseptor kontrasepsi suntik memiliki peluang 2,93% kali mengalami hipertensi dibandingkan dengan alat kontrasepsi IUD

**Tujuan :** Penelitian ini bertujuan untuk mengetahui tentang pengaruh pemberian jus semangka terhadap penurunan hipertensi akseptor KB suntik 3 bulan di PMB Mei Kota Yogyakarta.

**Metode :** Penelitian ini merupakan penelitian kuantitatif dengan desain *pre-eksperimental* rancangan *one group pretest posttest design*, jumlah populasi sebesar 46 akseptor dengan sampel 16 akseptor menggunakan teknik *purposive* sampling, dan uji wilcoxon.

**Hasil :** Hasil analisa didapatkan nilai *p value* = 0,00 ( $\alpha < 0,05$ ). Sehingga dapat disimpulkan bahwa pemberian jus semangka berpengaruh terhadap penurunan tekanan darah pada akseptor KB suntik 3 bulan di PMB Mei Muhartati Kota Yogyakarta.

**Kesimpulan :** Ada pengaruh pemberian jus terhadap penurunan hipertensi akseptor KB suntik 3 bulan di PMB Mei Kota Yogyakarta

**Kata Kunci :** Hipertensi, Suntik 3 bulan, Buah Semangka

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**EFFECTS OF THE ADMINISTRATION OF SEMANGKA JUICE  
ON A DECREASE IN HYPERTENSION RECEPTOR KB  
3 MONTHS IN PMB MAY MUHARTATI  
CITY YOGYAKARTA**

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**ABSTRACT**

**Background :** The family plan program is one strategy to support the acceleration of the mother's death rate, One of them has 3 months of injection contraception with one of the side effects if used in a long time has a risk of increased blood pressure. The use of hormone contraceptives more than 5 years 62.8 % has increased blood pressure. Contraceptor injection has 2.93 probability % times hypertension compared with iud contraception tool

**Objective :** he study aimed to identify the juice of the influence of watermelon on reductions in the hypertension acceptors syringe pmb may 3 months in the city of yogyakarta

**Method :** The research is by design pre-eksperimental quantitative research design one group pretest posttest design, with a population of 46 people sample of 16 people used technique purposive sampling, wilcoxon test

**Results :** The results of the analysis that found the wilcoxon bivariate -3.578 z value of p value = 0,00 ( $\alpha < 0,05$ ) & it. So  $H_0$  rejected  $H_a$  accepted so that it can be concluded that the watermelon juice led to a decrease in blood pressure on acceptors syringe pmb muhartati may 3 months in the city of Yogyakarta.

**Conclusion :** Any impact the juice to a decrease in hypertension acceptors syringe pmb may 3 months in the city of Yogyakarta

**Keywords:** hypertension, injections for 3 months, a watermelon

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