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THE EFFECT OF WAX VEGETABLE (SATERIA PALMIFOLIA) AGAINST HIGH BLOOD PRESSURE DOWNS IN PREGANT WOMEN AT PUSTU TOLONUO

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ABSTRACT

High Blood disease is a disease classified as the silent killer. One solution to overcome that is with the provision of wax vegetables, because nutritious for lowering high blood pressure, including in pregnant women. Vegetable candles(Sateria Palmifolia) is a vegetable that can grow in the highlands and lowlands including the earthof halmahera. Recent research has shown that this vegetable can be a very beneficial drug for some diseases such as; Hypertension, Diabetes, Ulcer, Rheumatism, Headache, Anti-Oxidant, Carotenoids, Anti-Septic, Cephotoxia, Lactation, Gout and Joint Pain.

This plant has prominent features, namely; in general, green leaves are useful for health because it as a high nutritional value, not durable because it is easily damaged, so most of the required in the fresh condition and leaf vegetables are very sensitive to pests and disease. In addition, the wax vegetables also have both edges of the leaves on the left side of the mother's bones grandually heading upwards and meeting at the peak that forms a pointed angle or smaller than 900. Leaf pinnate bones and leaf veins parallel and have a leaf midrib, is a wet plant. The chemical content contained in wax vegetable plants include plants rooted in fibers and have many tillers.

The chemical content and provide pharmacological activity, phytochemical screening aims to provide an overview of the class of compounds, antioxidants contained in the plants under study. The purpose of thr

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study was to determine the effect of waxing on low blood pressure in pregnant women. The research type is experimental research with true experimental design. The independent variable is the provision of wax vegetables and the dependent variable is the hunting of high blood pressure in pregnant women.

The result of this research is in experimental group of systolic blood pressure p value = 0,020 and diastolic blood pressure p value = 0,423 while in systolic blood pressure control group that is p = 0423 and diastolic pressure with p value = 423, it can be concluded that by consuming vegetables wax can lower blood pressure in pregnant women.

INTRODUCTION

According to *World Health Organization* (WHO) moms' death were still high, every day in all the world, there were about 800 female died because complication at pregnancy or partus¹. In 2015, there were 289.0200 female died during and after pregnancy and partus period. Between 1990-2015, death rate of mom in the world (that was death rate per per 100.000 live birth) only decreased 2,6% per year. This number was far from target of decreasing AKI annually (5,5%) which was needed in order to reach target of 5th MDG's. Hypertension much disturbed at the blood circulation that could cause the increasing of blood pressure until normal that was more than 140/90 mmHg².

Based on the data collected from Pustu Tolonuo, number of pregnant moms with hypertension in January until April 2017 were 10 persons.

The data above showed that if the patients didn't get good treatment, so the condition would be worse and threaten moms' live. If hypertension at pregnant moms wasn't handled immediately, it could direct to preeclampsia and then to eclampsia. .

Based on the phenomena above, the writer was motivated to deeply studied it and choose the title "**Influence of Giving Lilin Vegetable (*Setaria Palmifolia*) Toward the decreasing of Blood Pressure in Pregnant Mom at Pustu Tolonuo**", as material to arrange report of final assignment.

THEORETICAL REVIEW

General Review about Pregnancy

1. Pregnancy process was continued link and consisted of ovulation, migration of spermatozoa and ovum, conception and zygote growing, nidasi (implantation) at uterus, placenta

forming, and growth and development of conception result until aterm.⁵.

2. Pregnancy was defined as fertilization or unification spermatozoa and ovum and continued with nidasi or implantation, if it was counted from fertilization until the baby born, normal pregnancy would take place during 40 weeks or 10 months or 9 months according to international calendar.⁶

Indications of Pregnancy

In order to enforce pregnancy, it stated by doing assessment toward some pregnancy's indications and symptoms as follow:

Indication of Pregnant Assumption

- a. Amenore (late of menstruation)
Conception and nidasi caused no forming of follicle de Graaf and ovulation in ovarium.
- b. Nauseous vomit
Generally, this was occurred at young pregnancy and often in the morning.
- c. Craving
Wanted certain food/drink, often occurred at first months the pregnancy but it was losing in line with the pregnancy.

Definition of Hypertension

Hypertension or high blood pressure, was the increasing of blood pressure or power to press the blood at the cavity wall where the blood existed. High blood pressure (Hypertension) was an increasing of blood pressure in the artery. (Hyper meant over, tension meant pressure/stress; so hypertension was disturbance of blood circulation system that caused the increasing of blood pressure above normal. Blood pressure of someone life was varied naturally. Baby and children normally had lower blood pressure than adults. Blood pressure was also influenced by physical activities, where it was higher while doing activities and lower while getting rest. There was an assumption that low blood pressure was less good, but it wasn't correct. The statistical data showed that people with low blood pressure had similar age with they who were called normal.

Definition of hypertension at pregnancy

Gestational hypertension was hypertension occurred at pregnant mom that didn't have hypertension before and would be normal again before 12 weeks after maternity without the existence of protein inside the urine¹⁰.

Lilin Vegetable Plant (*Setaria Palmifolia*)

Lilin vegetable plant (*Setaria Palmifolia*) included in horticulture plants, that was used its leave and stem. This plant had special characteristics: generally its leave was green so it was useful for health because it had high nutrient, it didn't stay longer because easy to be damage so most of them needed at fresh condition and this leave vegetable was very sensitive toward peat and disease¹⁸.

Lilin vegetable plant (*Setaria Palmifolia*) could be planted in the lowland and plateau, meant that there was vegetable plant that could be planted and fertile grew in the plateau and lowland, instead this lilin vegetable plant was able to live in both condition¹⁹.

Leave vegetable also contained fiber that useful to help the digestion process, by the complete nutrient inside the vegetable so there were many people prohibited with meat and only consumed vegetable²⁰.

Requirement of Lilin Vegetable Grow

Lilin vegetable was able to grow anywhere because its wide adaptation ability. Lilin vegetable plant was planted from the lowland to the plateau for about 2700m dpl

METHODS

Type of this research was experiment research with pre test and post test at control group, that there were two groups. ²².

Moreover, it was done measuring at the previous (pretest) for both groups, then it was given the intervention at the first group (experiment group) and at second group (control group) wasn't given the intervention. After that, it was done the measuring again (posttest) at both groups. This was purposed to see the comparison at group with intervention (experiment group) and group without intervention (control group).

RESULTS

This research was conducted at Pustu Tolonuo with the purpose to see the influence of Giving Lilin Vegetable (*Sateria Palmifolia*) toward Decreasing High Blood Pressure at Pregnant Mom in 2017. Total sample in this research were 10 persons who had fulfilled the inclusion criteria.

The research result in the form of data had been organized became information in line with the research purpose that was described in the form of table and explanation. The data collected then was organized by

using *SPSS for windows* program, which was differentiated into univariat and bivariat analysis.

The complete result of data organization was displayed as follow:

Univariat Analysis

Univariate analysis was done toward characteristics of respondents and research variables by describing those research result.

Respondents' Characteristics

Respondents' characteristic was special characteristic attached at respondents' themselves. Respondents' characteristics in this research included: age, gender, education, and profession. Description of respondents' distribution based on patients' characteristics at this research was as follow:

Table 1. Respondents' Characteristics based on Age.

Age	n	%
21 – 30	6	60
31-40	4	40
>41	0	0
Total	10	100

Based on Table 1, it showed that Respondents' age distribution in this research, the biggest proportion was at the group of age 21-30 years old for 6 orang (60.0%) and the least were respondents at the age of 31-40 years old (40.0%).

Table 2. Profession Distribution.

Profession	n	%
PNS	2	20
Wiraswasta	1	10
Housewife	7	70
Total	10	100

Education at this research related with the last education or graduation certificate owned by the respondents. Based on table 2, distribution of education level of patients of pregnant moms who were become the respondents at this research, the most was SMA of 5 persons (50.%), while the least respondents was at the level elementary school of 1 person (10,0%).

Table 3. Respondents' Distribution based on Education.

Education	n	%
SD	1	10

Education	n	%
SMP	2	20
SMA	5	50
DIII/DIV/S1/S2	2	20
Total	10	100

For the respondents' profession, it showed that the most of them was House wife of 7 persons (70.0%), while the least respondent was entrepreneur of 1 person (10.0%).

CONCLUSION

After being done the data analysis and discussion, so the conclusions were:

1. The average of mean of blood pressure before the giving lilin vegetable was sistole 143.9 mmHg and diastole 93.5 mmHg.
2. The average of mean of blood pressure after the giving lilin vegetable was sistole 143.2 mmHg and diastole 93.0 mmHg.
3. There was influence of giving after consuming lilin vegetable toward the decreasing of blood pressure at pregnant mom with p value 0, <0,05.

Suggestion

1. For Respondent

It hoped that this could increase the knowledge about consuming lilin vegetable and process of blood pressure decreasing at pregnant mom.

2. For the Researcher

It hoped that she could implement this theory at reality when she was in the similar condition of pregnant mom.

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