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THE EFFECT OF AMBON BANANA (*MUSA PARADISIACA)* ON PREGNANT WOMEN WITH HYPERTENSION IN THE WORK AREA UPTD CIRINTEN HEALTH CENTER, LEBAK DISTRICT

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Abstract

Background Hypertension is a disease that can attack anyone from the youngest to the oldest and do not look at the rich or poor. Woman pregnant with hypertension have risk tall caught complications Which heavy like disease heart, disease vessels brain blood, or fail organ until death. Hypertension treatment includes non pharmacology, namely treatment relatively cheap And No has significant side effects compared to pharmacological drugs and has caused many people to look again at traditional medicinal plants including fruits For overcome hypertension include Ambon banana. Research purposes. The aim of the research is to determine the effect of Ambon banana *(Musa Paradisiaca)* towards pregnant women with hypertension in the UPTD Puskesmas working area Cirinten Lebak Regency. Research method This research is a type of quantitative research, with the research design used being *Quasi Experimental* with approach *pretest posttest one groups design*, The sample for this research was 20 people. Research result There is a difference in the mean value before and after consumption banana ambon *(Moses Paradisiaca)* namely *systolic* before the mean value 145.4, and after that 123.4 whereas For mark pressure *diastolic* blood with the mean value 97.0 and after that 87.2, while the *Paired t-test* showed that there was a significant effect of Ambon banana *(Musa Paradisiaca)* on pregnant women with hypertension in the working area of the UPTD of the Cirinten Health Center, Lebak Regency. Conclusions and recommendations. Efforts to treat hypertension include providing non-pharmacological therapy to hypertensive patients and monitoring so that hypertensive patients' compliance with non-pharmacological therapy can be controlled.

Keywords : Ambon Banana *(Musa Paradisiaca)*, Hypertension, Pregnant Women

Introduction

The World Health Organization (WHO) shows 2020 data high maternal mortality rate (MMR) every day. A total of 810 women die because complications on pregnancy And labor And as many as 295,000 women died after giving birth or during the postpartum period. (WHO, 2020). The incidence of pregnancy hypertension in 2019 reached 861 out of 96,494 pregnant women (WHO, 2019). Meanwhile in 2020 the figures The incidence of pregnancy hypertension reached 959,980 incidents and the death rateMother due to pregnancy hypertension as much 326.109 cases (WHO, 2020).

According to Chairman Committee Scientific *International Conference on Indonesia Family Planning and Reproductive Health* (ICIFPRH), until 2019 Number Death Mother (BATTERY) Indonesia Still still tall, that is 305 per 100,000 live births (Ministry of Health, 2019). In fact, Indonesia's MMR target in 2018 it was 102 per 100,000 live births (Ministry of Health, 2018). His height BATTERY is Wrong One challenge Which must facedIndonesia so that become Wrong One commitment priority national, that is reduce death Mother moment pregnant And give birth to. Reason

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death mothers in Indonesia, the most common are bleeding, hypertension in pregnancy andetc. Reason BATTERY consequence bleeding (31%), Hypertension in pregnancy (26%), And etc (28%). *Target Sustainable Global Development Goals* (SDGs), reducing MMR to less than 70 per 100,000 birth live on in 2030 (Indonesian Ministry of Health, 2020).

In Indonesia on year 2019 showing decline become 305 maternal deaths per 100,000 live births and is ranked 12th out of 18 ASEAN and SEARO countries with the problem of pregnancy complications especiallyhypertension pregnancy Which reach 5409 case (Ministry of Health, 2019). Whereas on year 2020 number incident death on Mother pregnant as many as 409 per 100,000 with the classification of complications of pregnancy anemia as much 15% hypertension pregnancy 23% pre eclampsia 21% abortion 18% SEZ 23% (Profile Health Indonesia 2015; Ministry of Health, 2019).

The direct cause of maternal death in the Banten region is around 37% of mothers die Because bleeding, 22 % Because infection, And 14 % Because hypertension, the rest is due to other things, such as the family's lack of responsiveness to it mothers who are about to give birth (Banten Health Office, 2020). The cause of maternal death is still dominated by bleeding 28% and hypertension 29%, although reason etc Also Still tall that is 24% (Dinkes Banten, 2020).

Based on an initial survey conducted by researchers regarding the number of visits caused by hypertension in 2022, there were 763 cases, this number was only detected by the Community Health Center but not by the network of health facilities in the Cirinten Community Health Center area which did not report routinely every month, while the number of pregnant women from trimester First until trimesters third Which do inspection pregnancy as many as 585 pregnant women and as many as those experiencing pregnancy hypertension 42 people, anemia as many as 38 people, KEK as many as 17 people and other pregnancy complications 8 people. During the interview to 5 Mother pregnant Which experience hypertension say causative factor hypertension That Alone Because Mother not enough notice diet salt consumption and rest patterns, the mother also said that hypertension felt without complaint Mother No do consul to officerhealth and lack of understanding of how to do therapy without using medication to reduce hypertension problems.

Hypertension is a disease that can attack anyone from the youngest to the oldest and do not look at the rich or poor (Utaminingsih, 2015). Of the approximately 90% of hypertension sufferers, the cause is not known for certain (Triyanto, 2014). Frequent hypertension called " *Silent Killer* ", because sufferers often suffer from it feeling a disturbance or symptom without knowing the cause (Triyanto, 2014, Utaminingsih, 2015).

Hypertension is disease Which can in prevent with controlling risk factors, most of which are behavioral factors, And habit life (Sukmawati, 2017). If somebody Want to If you adopt a healthy lifestyle , you will most likely avoid hypertension. This disease continues throughout life and often without any complaints typical as long as there have been no complications in the body's organs (Sukmawati, 2017). Hypertension factors include genetic factors, age, gender, ethnicity, stress, obesity, salt intake, use of hormonal drugs and smoking habits (Wulandari, 2009; Sukmawati, 2017).

High blood pressure can reduce blood flow to the placenta, which will affect the baby's supply of oxygen and nutrients. This can slows the growth of the baby and increases the risk during childbirth. High blood pressure can also increase the risk of sudden damage from placenta, Where placenta will separated from uterus before the time (Prawirohardjo, 2016). Hypertension in pregnancy that is 5-15% complicate pregnancy and is one of the three highest causes of mortality And morbidity Mother giving birth (Lalage, 2013). In Indonesia mortality And Hypertension morbidity in pregnancy is also still quite high (Ministry of Health, 2015). This is caused not only by unclear etiology, but also by treatment Childbirth is still handled by non-medical staff and a referral system Which not perfect (Lalage, 2013; Prawirohardjo, 2016).

Woman pregnant with hypertension have risk tall caught complications Which heavy like disease heart, disease vessels bloodbrain, or fail organ until death (Yudasmara, 2018). Tofetus, hypertension

poses a risk to the development of the fetus in the womblate, birth before time, And death fetus in uterus (Lalage, 2013). Gestational hypertension is hypertension that occurs in pregnancy without proteinuria and hypertension disappeared after 3 months postpartum or pregnancy with signs of preeclampsia but without proteinuria .

The factor that triggers the emergence of hypertension is nutritional status unbalanced (Muliyati 2012). Changes in nutritional status characterized by enhancement heavy body can in a way direct influence change blood pressure (Prawirohardjo, 2016). Sodium and potassium are cations The main body in the body's extracellular fluid which has the function of regulating balances body fluids and acids and bases and plays a role in nerve transmission and muscle contractions (Prawirohardjo, 2016). Excessive sodium intake can cause disturbances in the body's balance, which can cause edema, ascites, And hypertension. (Riayadi et al, 2007; Muliyati 2012; Prawirohardjo, 2016).

A number of complications Which can caused by hypertension onPregnancy includes: lack of plasma fluid due to vascular disorders blood, disturbance kidney, disturbance hematologist, disturbance cardiovascular, disturbance heart, disturbance breathing, *syndrome hemolysis, elevated liver enzymes, low platelets count* (HELLP), as well as disturbance on fetus like growth hampered, prematurity until death in womb (Yudasmara, 2018). The causes of hypertension in pregnancy are influenced by hereditary history, taste or ethnic group, obesity and behavior, age Mother And amount child Which born by Mother (Prawirohardjo, 2016). Hypertension in pregnancy with the highest mortality is the main disease on primigravida And pregnancy > 4 time (Yudasmara, 2018). On primigavid or Mother Which First time pregnant And > 4 time pregnant often suffer stress in experience labor so that can happen hypertension in pregnancy (Prawirohardjo, 2016).

Drug anti hypertension Which used Now This, contain substancechemicals such as *angiotensin converting enzyme inhibitors* (*Angiotensin Converting Enzymes Inhibitors* (ACEI), *angiotensin receptors blockers* (ARB), β-blockers, *calcium channels blockers* (CCB), and thiazides type diuretic will reduce complications caused by hypertension. However, the treatment will give rise to effect side Which toxic among them can cause *hypokalemia*, cardiac arrhythmia, *hypovolemia,* shock, kidney failure and so on. InApart from that, anti-hypertension drugs are also relatively expensive and can be used for a long time life (Sukmawati, 2017).

Excess treatment non pharmacology Which relatively cheap And No has significant side effects compared to pharmacological drugs, causing many people to look again at traditional medicinal plants including fruits For overcome hypertension like orange, celery, cucumber, chayote, watercress, radish, tomato, starfruit, noni, roselle, bitter, crown of god, sweet star fruit, watermelon, carrot, avocado, banana, apples and kiwi (Sukmawati, 2017).

In Indonesia, bananas are a fruit that is easy to find. It feels like Which nice, price Which cheap, easy reachable, And own There are so many health benefits that make bananas one of the best fruits much loved by all groups (Yudasmara, 2018). But not everyone realize efficacy fruit banana Which Wrong the only one is For lower blood pressure (Rachel Lizel, 2013 ; Yudasmara , 2018).

Bananas can be used as a tool to replenish normal energy reserves runs out before the main meal time arrives (Sukmawati 2017). This fruit is famous will content the potassium. One sized banana fruit currentlycontains potassium or what we often call potassium as much as ±400 mg (Khairani 2019). Banana contain *angiotensin converting* natural *enzymes* or ACE *inhibitors* experience (Sukmawati 2017; Khairani 2019).

Before consuming 2 Ambon bananas (±140g/fruit) per day for 1 Sunday average pressure blood systolic And pressure blood diastolic elderlymoderate hypertension is 170.65 mmHg and 98.75 mmHg (Tryastuti, 2012). After consumption 2 fruit banana ambon (±140g/piece) per day during 1 Sunday average pressure blood systolic And pressure blood diastolic elderly moderate hypertension was 159.16 mmHg and 94.80 mmHg. Consume 2 pieces banana ambon (140g/pc) per day during 1 Sunday can lower pressure blood on sufferer hypertension moderate (Tryastuti, 2012)

Research conducted by Hidayah (2021) provided Ambon bananas during 7 day with dose 200 grams/day on Mother pregnant women who have hypertension using the Dependent t test obtained p value < α, namely 0.000 < 0.05, so in other words the hypothesis (Ha) is accepted and the hypothesis (Ho) is rejected, it can be concluded that giving Ambon bananas is effective in reducing blood pressure in pregnant women Hypertension at the Sarina Pratama Clinic, Pekanbaru in 2021

Results interview Which done to a number of Mother pregnant with The problem of hypertension states that some mothers also say they often feel it stressed and often angry, in interviews conducted by most mothers not taking treatment for pregnancy hypertension even though it has been given medicine from health workers but the mother said she often forgot it consume drug anti hypertension Because Already consume tablet Feso that bored if have to take the medicine again.

Based on background behind on writer mean do research with the title "The Effect of Ambon Bananas (*musa paradisiaca)* on Pregnant Women with Hypertension in Work Areas UPTD of Cirinten Health Center, Lebak Regency **"**

Research Methods

In this research The author uses a quantitative type of research. Method study quantitative is something method study For get description Which accurate from A characteristics problem (Notoatmodjo, 2018). So that expected paneliti on study This obtained description Which accurate from A characteristics problem Which classify data whether there is influence banana ambon *(Moses Paradisiaca)* for pregnant women with hypertension in the working area of the UPTD Cirinten Health Center , Lebak Regency:

The research design used is a *Quasi research design Experimental* with approach *pretest posttest one groups design.* This design is a design that does not use groups comparison

The population is the entire research object. Population selection and the sample is one of the factors that influences success or or not something study. Population on study This is all over Mother pregnant women who experience hypertension in the region Community Health Center U P T D work Cirinten Regency Lebak as many as 20 people g.

The sampling technique used is *total sampling* / saturated sampling. Saturated sampling is a sampling technique when all members of the population are used as samples . The entire sample of this research Mother pregnant women who experience hypertension in the region Community Health Center U P T D work Cirinten Regency Lebak as many as 20 people

Technique collection data in study This with use dataprimary, namely taking samples at the time of research, namely pregnant women who experience hypertension problems

Data processing was carried out with the help of a computerized system through the stages of Editing, Coding, Entry and cleaning. Data analysis used univariate and bivariate analysis with the *paired t test.*

Research Result

1. Normality test

Table 5. 1. Blood Pressure Normality Test Results Before and After Consuming Ambon Bananas (*Musa Paradisiaca)* in the UPTD Working Area of the Cirinten Health Center, Kab. Lebak

***Test* Score Value**	**Kolmogorov-Smirnov**
Systolic BP before	0.200
Systolic BP after	0.101
BP *diastole* before	0.164
BP after *diastole*	0.071

Based on table 5.1 above, it is known that *the Kolmogorov-Smirnov values* before and after given consumption banana ambon *(Moses paradisiaca) state mark >0 .05* , with thereby can taken conclusion that data in study This distribute normal

2. Blood Pressure Before Consuming Ambon Bananas (*Musa Paradisiaca)* in Pregnant Women with Hypertension

Table 5. 2. Distribution of Blood Pressure Before Consuming Ambon Bananas (*Musa Paradisiaca)* in Pregnant Women in the UPTD Working Area of the Cirinten Health Center, Kab. Lebak

Variable		**N**	**Min**	**Max**	**Mean**	**elementary school**
Pre Test	*Systolic*	20	140.0	152.0	145.4	3.7
	Diastolic	20	92.0	100.0	97.0	2,3

Based on table 5.2 it can be seen that the pressure blood Mother pregnant with hypertension in the UPTD Puskesmas working area Cirinten, Lebak Regency before consumption banana ambon *(Moses Paradisiaca)* namely *systolic* with the mean value 145.0 and standard deviation (SD) 3.7 whereas For mark pressure *diastolic* blood with the mean value 97.0 standard deviation (SD) 2.3.

3. Blood Pressure After Consuming Ambon Bananas (*Musa Paradisiaca)* in Pregnant Women with Hypertension

Table 5.3. Distribution of Blood Pressure After Consuming Ambon Bananas (*Musa Paradisiaca)* in Pregnant Women in the UPTD Working Area of the Cirinten Health Center, Kab. Lebak

Variable		**N**	**Min**	**Max**	**Mean**	**elementary school**
Post Test	*Systolic*	20	110.0	136.0	123.4	8.6
	Diastolic	20	78.0	98.0	87.2	5.3

Based on table 5.2 it can be seen that the pressure blood Mother pregnant with hypertension in the UPTD Puskesmas working area Cirinten, Lebak Regency after consumption banana ambon *(Moses*

Paradisiaca) namely *systolic* with the mean value 123.2 and standard deviation (SD) 8.6 whereas For mark pressure *diastolic* blood with the mean value 87.2 standard deviation (SD) 5.3.

4. The Effect of Ambon Banana (*Musa Paradisiaca)* on Pregnant Women with Hypertension (*systolic)*

Table 5.4. The Effect of Ambon Banana (*Musa Paradisiaca)* on Pregnant Women with Hypertension (*Systolic)* in the UPTD Working Area of the Cirinten Health Center, Lebak Regency

***Systolic* blood pressure**	Mean	elementary school	*P value*
Before Consumption	145.4	3.7	0,000
After Consumption	123.4	8.6	

paired t-test statistical test in table 5.4 above show that *p value of* 0.000 , which is smaller than the alpha value of 0.05, it can be concluded that there is an influence of Ambon banana *(Musa Paradisiaca)* on pregnant women with hypertension in the working area of the UPTD of the Cirinten Health Center, Lebak Regency.

5. The Effect of Ambon Banana (*Musa Paradisiaca)* on Pregnant Women with Hypertension (*diastolic)*

Table 5.5. The Effect of Ambon Bananas (*Musa Paradisiaca)* on Pregnant Women with Hypertension (*Diastolic)* in the UPTD Working Area of the Cirinten Health Center, Lebak Regency

***Diastolic* blood pressure**	Mean	elementary school	*P value*
Before Consumption	97.0	2,3	0,000
After Consumption	87.2	5.3	

paired t-test statistical test in table 5.5 above show that *p value of* 0.000 , which is smaller than the alpha value of 0.05, it can be concluded that there is an influence of Ambon banana *(Musa Paradisiaca)* on pregnant women with hypertension (*diastolic)* in the working area of the UPTD of the Cirinten Health Center, Lebak Regency.

Discussion

1. Blood pressure before consuming Ambon banana (*Musa Paradisiaca)* in pregnant women with hypertension

The research results show that pressure blood Mother pregnant women who experience hypertension in the UPTD Puskesmas working area Cirinten, Lebak Regency before consumption banana ambon *(Moses Paradisiaca)* with *systolic images* mean value 145.4 standard deviation 3.7 whereas pressure *diastolic* blood mean value 97.0 and standard deviation 2.3.

Hypertension experienced by pregnant women in the Cirinten Community Health Center area, if not treated properly, can endanger the baby and the pregnant mother herself. This is due to several things, such as conditions that can prevent the baby in the womb from getting enough oxygen and nutrition so

that fetal growth can be hampered and cause the baby to be born with a low weight or be born prematurely. The second problem that pregnant women in the Cirinten Health Center area will face if they are left with hypertension is that the baby could die in the womb, especially when the pregnancy enters the second trimester or third trimester.

Efforts that can be made by pregnant women to lower blood pressure are by maintaining diet, arranging rest time and also consuming Ambon bananas which are useful for lowering blood pressure in hypertensive pregnant women. From the results of the research above, the researchers assume that the incidence of hypertension during pregnancy, if not addressed or treated, can cause preeclampsia in pregnancy which can have a negative impact on the growth and development of the fetus and is dangerous for the mother herself, even causing death. One of the efforts that can be made by pregnant women to anticipate the incidence of hypertension when pregnancy enters the second trimester is by consuming Ambon bananas, namely fruit that is useful for lowering blood pressure.

2. Blood pressure after consuming Ambon banana (Musa Paradisiaca) in pregnant women with hypertension

The research results show that pressure blood Mother pregnant women who experience hypertension in the UPTD Puskesmas working area Cirinten, Lebak Regency after consumption banana ambon *(Moses Paradisiaca)* with *systolic images* mean value 123.4 standard deviation 8.6 whereas pressure *diastolic* blood mean value 87.2 and standard deviation 5.3.

According to study Which done Early Tryastuti (2012) about influence consumption addition two fruit banana ambon (± 140 g/fruit) per day on menu Eat to decline pressure blood on moderate hypertension sufferers in assisted families Padang–West Sumatra, show that Before consumption 2 fruit banana ambon(±140g/piece) per day for 1 week average systolic blood pressure and Diastolic blood pressure in moderately hypertensive elderly people is 170.65 mmHg and 98.75 mmHg. After consumption 2 fruit banana ambon (±140g/piece) per day for 1 week average systolic blood pressure and blood pressurediastolic in pregnant women with moderate hypertension is 159.16 mmHg and 94.80 mmHg. Consume 2 Ambon bananas (140g/fruit) per day during 1 Sunday can lower pressure blood on sufferer hypertension currently.

Pregnant women are one group that is vulnerable to experiencing problemsnutritional deficiencies include anemia, Chronic Energy Deficiency (CED), and Obesity. There is Some things you need to pay attention to during pregnancy include: nutritional intake requirements during pregnancy. Lack of nutritional intake in mothers pregnancy and nutritional problems in mothers cause growth disorders and fetal development and increases the risk of the baby experiencing LBW. Status Maternal nutrition and health is one of the critical periods determine status nutrition toddler or Which called 1000 Day First Life (HPK) which starting from 270 days during pregnancy and 730 baby's first day of life.

The impact caused by the disturbance growth And development fetus during pregnancy nature permanent And futures long between other is stunting, risk experience disease No infectious (PTM), And not enough optimally quality of human resources. Therefore, improved nutrition through intake nutrition during pregnant role important in period gold child. Activities to improve nutrition and overcome nutritional problems in mothers pregnancy is carried out in the first thousand days of life, namely by repair status nutrition Mother pregnant through food addition and drink tablet plus blood during minimum 90 tablet during pregnancy (Ministry of Health, 2013).

Hypertension is related to increase in systolic or diastolic pressure or pressure both of them. Hypertension can defined as pressurehigh blood pressure in patients whose systolic pressure is above 90 mmHg. On population seniors, hypertension as pressure systolic 160 mm, Hg And diastolic blood pressure 90 mmHg (Smeltzer, et al., 2010; Majid, 2019). Hypertension is one of the important factors that triggers disease infectious (*Non Communicable Disease* = NCD) such as heart disease, Stroke, etc. are currently the cause of death no one in the world (Ministry of Health of the Republic of Indonesia, 2015).

3. Banana influence ambon (Moses Paradisiaca) for pregnant women with hypertension

paired t-test statistical test, it was found that *p value of* 0.000, which is smaller than the alpha value of 0.05, it can be concluded that there is an effect of Ambon banana *(Musa Paradisiaca)* on pregnant women with hypertension (*systolic),* as well as *diastolic blood pressure* which shows *p value of* 0.000, which is smaller than the alpha value of 0.05, it can be concluded that there is an influence of Ambon banana *(Musa Paradisiaca)* on pregnant women with hypertension in the working area of the UPTD of the Cirinten Health Center, Lebak Regency.

Hypertension can be defined as high blood pressure persists where systemic pressure is above 140 mmHg and diastolic pressure on 90 mmHg (Manurung, 2016). Hypertension happen Because pressure blood exceed from 140/90 mmHg. Hypertension is something circumstances Where happen enhancement pressure blood in a way abnormal And Keep going continuous blood pressure checks caused by several times one or more risk factors that do not work as they shouldin maintain blood pressure (Majid, 2019).

Hypertension in pregnancy is something something circumstances Which in find as complications medical on woman pregnant. By common hypertension in pregnancy can be defined as an increase in systolic blood pressure of 140 mmHg and above and diastolic blood pressure >90 mmHg measured at least 6 hours on different times (Infodatinhypertension, 2014).

Nine tens percent sufferer hypertension experience hypertensionessential (primary). The cause is certain not yet known. A number of factor Which influence happen hypertension essential, that is factor genetics, stress and psychology, environmental factors and diet (increased salt use and reduced potassium or calcium intake). Type This occurs in the majority of high blood pressure cases, around 95%. The cause is unknown, although it is associated with a combination of factorsstyle life seems to lack movement (inactivity) and dietary habit.

P bananas can made tool For fill in energy reserve Which usually runs out before main meal time arrives. This fruit is famous for its potassium content. One medium sized banana contains potassium or what we often call potassium is ± 400 mg. Banana contain *angiotensin converting* natural *enzymes* or ACE inhibitors natural (Palmer and William, 2007 in Khairani 2019) .

In Indonesia, banana is fruit Which easy found. It tastes good, the price is cheap, easy to reach, and hasLots very benefit For health make banana become Wronga fruit that is much loved by all groups. But not allPeople are aware of the benefits of bananas, one of which is for lower blood pressure (Rachel Lizel , 2013).

Potassium And sodium is electrolyte Which there is in fruit bananas and have interconnected functions because potassium helps function role mineral in metabolism body. Consume fruit Fresh bananas can meet 23% of our daily potassium needs need potassium per day for age on 19 year is 4,7 grams per day. Potassium reduces extra fluid load and lowers pressure blood (Wardhany, 2014).

Potassium And sodium is electrolyte Which there is in fruit bananas and have interconnected functions because potassium helps function role mineral in metabolism body. Consume fruit Fresh bananas can meet 23% of our daily potassium needs The daily potassium requirement for those aged over 19 years is 4.7 grams per day. Potassium reduces extra fluid load and lowers pressure blood (Wardhany, 2014). Banana own content electrolytes Which quite complete, one of which is potassium (*pottasium*) which is in 100 grams banana there is 3.58 grams potassium And A little content sodium0.01 gram(Wardhany, 2014). Can seen For mature need The daily potassium is 4.7 grams per day so if in one day person mature consume two fruit banana so more from Enoughto meet the intake of potassium levels needed so that at study This group sample given fruit banana One fruit onAfternoon day before eating Afternoon and one fruit before Eat Evening.

Results study Which done show that exists decline pressure blood before And after given banana therapyambon . According to researchers' assumptions, Ambon bananas contain high levels of will

magnesium Which useful in lower pressure blood on Mother pregnant so that Mother pregnant no experience internal complications pregnancy

Conclusion

There is a difference in the mean value before and after consumption banana ambon *(Moses Paradisiaca)* namely *systolic* before the mean value 145.4, and after that 123.4 whereas For mark pressure *diastolic* blood with the mean value 97.0 and after 87.2.

Based on the *Paired t-test*, it shows that there is a significant influence of Ambon banana *(Musa Paradisiaca)* for pregnant women with hypertension in the UPTD working area of the Cirinten Health Center, Lebak Regency

Suggestion

It is hoped that we can provide non -pharmacological therapy to hypertensive patients and carry out monitoring so that hypertensive patients' compliance with non-pharmacological therapy can be controlled.

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