

**FAMILY NURSING ASSISTANCE Mr. G WITH HYPERTENSION
PROBLEMS IN Mrs. H THE GIVING OF MENTIMUN JUICE****Rivi Maldanurman Putri, Kamariyah**Profession Study Program
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Email: rivimalda12@gmail.com**Abstract**

Hypertension is also referred to as a non-communicable disease, because hypertension is a chronic disease that cannot be transmitted to other people. This study aims to understand and learn about nursing care in families with hypertensive clients at Garuda Bagan Pete Housing. The results of the assessment on the client found the main complaint was lack of knowledge in families with hypertension. Planning and implementation are supported by supporting facilities and means and evaluation is carried out properly. The results of the final evaluation on Mrs. H with hypertension are the family's inability to recognize family health problems. At the beginning of the study Mrs. H said she did not know about hypertension and how to treat hypertension sufferers. After being implemented for 5 meetings, namely the family was given health education about hypertension and how to treat hypertension sufferers, now Mrs. H's family is able to understand hypertension and is able to care for hypertension sufferers. And after implementing the cucumber juice intervention Mrs. H's blood pressure decreased from 160/90 mmHg to 120/90 mmHg.

Keywords: *Hypertension, Family, Care***INTRODUCTION**

Family is two or more people who are united by ties of togetherness and emotional ties and identify themselves as part of the family (Seniwati et al., 2023) (Pangestu, T. H., Aisyiah, A. & Nurani, 2022) (Inoue et al., 2024) . The family is the smallest unit of society consisting of a head of household and several people who are gathered and live in one house and are interdependent. (Ayu et al., 2024) (Representative, W. & Bali Province, 2021) (Arslan, 2023) .

Family is a group of people with ties of marriage, adoption, and birth that aims to create, maintain culture and enhance the physical, mental, emotional and social growth of each family member (Roostin, 2018) (Arslan, 2023) . The family as a unit that needs

to be cared for, may not be bound by blood or legal relationships, but functions in such a way that they consider themselves a family. (Trimaya, *, Mulat, C., Tetap, 2009) (Jensen and Sanner, 2021) (Shang, Rowe and Lin, 2023) (Adler and Lenz, 2023) .

So, it can be concluded that a family is two or more people who are united by the bonds of marriage, birth, adoption and usually not bound by blood and legal relationships that settle in an area under one roof with a state of mutual need and emotional closeness that has the aim of maintaining culture, increasing physical, mental, emotional and social growth so that they consider themselves a family.

Family nursing care is a series of activities provided through nursing practice targeting family members. The purpose of

nursing care is to solve a health problem that is being experienced by the family using the nursing process approach. In general, the purpose of family nursing care is to improve the family's ability to overcome their health problems independently. One of the problems in health is hypertension. (Nursing Mr. Especially Mr. Y with Stroke Health Bulletin, A. Y., Firsty, L. & Syamsiah, 2017)

Hypertension is a health problem in all parts of the world and as one of the main risk factors for cardiovascular disease (Talimbung, 2023). Hypertension is also referred to as a non-communicable disease, because hypertension is a chronic disease that cannot be transmitted to other people. Non-communicable diseases are still one of the health problems of concern in the world today. (Studi et al., 2022)

According to WHO data (2018), worldwide, around 972 million people or 26.4% have hypertension, this figure is likely increase to 29.2% in 2021. Data released by WHO (2018) shows that around 26.4% of the world's population has hypertension with a ratio of 26.6% men and 26.1% women. Approximately 60% of people with hypertension are in developing countries, including Indonesia. According to data released by the Ministry of Health, hypertension and other heart diseases account for more than one-third of all deaths, with hypertension being the second leading cause of death after stroke. This is because the emergence of NCDs is generally caused by the lifestyle of each individual who

pays less attention to health. ((Riskesdas), 2018)

Therefore, it is necessary to manage hypertension using pharmacological methods (with drugs) or also non-pharmacological (without drugs). Pharmacological management can be done by administering diureticstiazide, adrenergic blockers, angiotensin converting enzyme inhibitors (ACEinhibitors), angiotensin-II-blockers, calcium antagonists, vasodilators. (Ummah, 2019) (Hariani et al., 2025) (Al-Makki et al., 2022) Nonpharmacological measures using plant-based natural resources can also be utilized in controlling blood pressure. resources that can be utilized to control blood pressure are fruits and vegetables that are rich in vitamins and minerals (contain lots of water), one of which is cucumber (Zahro, Widiyanto and Isnani, 2022) (Wulandari, E., 2014).

Cucumber is a vegetable that is easily available and the price is cheap. (Wibowo and Anita, 2021) (Sustiyono et al., 2023) Among the general public, cucumbers are commonly consumed for just a complement to dishes, this can be used as a solution to treat hypertension nonpharmacologically. (Kusnul, Z., & Munir, 2011) Cucumber juice has mineral content, namely potassium, magnesium, and phosphorus. Cucumber functions to maintain salt and fluid balance and control normal blood pressure while the intake of sodium, potassium, calcium and magnesium is associated with high blood pressure or the incidence of hypertension,

so cucumber is very good as an herbal remedy for hypertension. (Nugraheni, 2016)

Research conducted by Zauhani & Zainal (2021) shows that there is evidence of the effect of giving cucumber juice on lowering blood pressure. Then research from Lovindy (2014) also proves that cucumber juice can be used to lower blood pressure which is carried out for 7 days and uses 100 grams (150ml) of cucumber juice. The results of his research found that there was a 12% systolic and 10.4% diastolic pressure reduction with a p value of 0.000. (Lovindy PL, no date)

The content in cucumber including potassium, magnesium, and phosphorus is effective in treating hypertension. In addition, cucumbers are also diuretic due to their high water content, which helps lower blood pressure. Potassium is the main intracellular electrolyte, in fact 98% of the body's potassium is in the cell, the remaining 2% is outside the cell. Potassium affects the activity of both skeletal muscle and heart muscle. (Dewi, S., & Familia, 2010)

The role of nurses that can be done to treat patients with hypertension problems is one of them by providing non-pharmacological therapy (Li'wuliyya, 2024) . One of them is by providing cucumber juice interventions that have health benefits, namely to maintain salt and fluid balance and control blood pressure, help lower blood pressure. In addition, the benefits of cucumber juice are as the best diuresis, namely as an accelerator of urine. (Nugraheni, 2016)

Based on data obtained at the Kenali Health Center, the number of people with hypertension in 2023 was 1,580 people, characterized by people whose tensions were above 140 mmHg and many said they had headaches, their heads felt heavy, as well as complaints felt by Mr. G's family members, especially Mrs. H, who said headaches, their heads felt heavy and after being examined, their blood pressure was 160/90 mmHg. Mr. G's family members, especially Mrs. H, said they had a headache, felt heavy and after checking their blood pressure was 160/90 mmHg.

METHODS

This study uses a case study method with a nursing care management process approach and literature studies related to the provision of cucumber juice. The technique of taking respondents used was purposive sampling. Respondents selected were respondents with hypertension and did not know about giving cucumber juice. Data collection in this study used anamnesa / interview methods, physical examination and psychosocial assessment. The instrument used is SOP (Standard Operating Procedure) for giving cucumber juice. Data analysis is carried out after the application of nursing care which contains data and then analyzed by domain analysis.

RESULTS

The results of the assessment that was carried out on June 12, 2023, obtained data Mrs. H, 58 years old, female gender with a medical diagnosis of hypertension since 5 years ago. Subjective data in this case, namely Mrs. H said

she did not know the cause of her current health problems, did not know the signs and symptoms of health problems experienced. Mrs. H complained of dizziness, headache, lethargy and sweating easily. While the objective data that was successfully found were BP: 160/90 MmHg, RR: 20x/min, Mrs. H looked confused.

The diagnosis raised in this study is a knowledge deficit. The diagnosis of knowledge deficit is based on the signs and symptoms that appear on Mrs. H by referring to the Indonesian Nursing Diagnosis Standards. Major signs and symptoms that appear include feeling worried about the consequences of the conditions faced, difficulty concentrating, looking anxious, tense and having difficulty sleeping. While minor signs and symptoms are complaining of dizziness, blood pressure increased to 160/90 MmHg.

This study focuses on independent nursing actions, namely giving cucumber juice to clients with hypertension. The plan for giving cucumber juice to Mr. G's family nursing care with hypertension problems in Mrs. H was carried out for five days from June 12-16, 2023. G with hypertension problems in Mrs.H was carried out for five days from June 12-16, 2023. The activity was carried out at the residence of Mrs.H Garuda Housing, Kenali Besar Health Center working area.

1. Day One: June 12, 2023 the nursing plan developed is to assess the signs and symptoms of hypertension, explain the meaning, causes, signs and symptoms and

how to overcome hypertension. Every plan that has been prepared can be implemented. Clients are cooperative and able to follow the implemented activities well.

2. Second day: June 13, 2023. The nursing plan that has been prepared is to evaluate the client's knowledge about hypertension and how to overcome it, followed by practicing how to overcome hypertension by giving cucumber juice. The results of the activity, the entire nursing plan can be implemented. Clients are able to explain again the meaning, causes and signs and symptoms of hypertension. Clients are also willing to learn to practice making cucumber juice.
3. Third day: June 14, 2023. The nursing plan developed is to evaluate the activities of giving cucumber juice, continue giving cucumber juice and include it in the activity schedule. Implementation is carried out in accordance with the plan that has been prepared. The nurse evaluates the client's blood pressure.
4. Day four: June 15, 2023. The nursing plan is to re-evaluate the client's blood pressure, continue to control hypertension with cucumber juice. Implementation has been carried out in accordance with the established plan. The client's blood pressure has started to decrease.
5. Day five: June 16, 2023. The nursing plan that has been prepared is to re-evaluate the client's blood pressure and continue giving cucumber juice. The nurse re-evaluated

the client's blood pressure, resulting in the client's blood pressure dropping to 120/90 mmHg.

On the last day the client began to experience changes and lower blood pressure on the third day of cucumber juice administration.

The evaluation results obtained data Mrs.H said more relaxed, head pain and dizziness reduced, BP: 120/90 mmHg. These results indicate a decrease in blood pressure before and after giving cucumber juice.

DISCUSSION

The results of the assessment obtained by the researcher when the assessment was carried out through anamnesa on June 12, 2023 at Mrs. H's house, the results of the assessment obtained by the researcher through anamnesa and observation with a visit to Mrs.H's house aged 58 years, with a history of hypertension since 2018. When Mrs. H was assessed, she did not know the causes of hypertension and food restrictions for hypertensive patients and did not know the management of hypertension. Currently, Mrs. H still eats foods that contain a lot of salt such as fried foods. Mrs. H said she takes medicine that she buys herself.

At the time of the assessment, Mrs.H's medical history was found that her parents (father) had the same disease as Mrs.H, namely hypertension and Mrs.H said she had been hospitalized several years ago. At the time of assessment Mrs.H complained of frequent headaches and pain in the back of the neck, after

checking Mrs.H's blood pressure was 160/90mmHg. Mrs. H said she had suffered from hypertension for 4 years due to lifestyle and.

The priority nursing diagnosis raised in Mrs. H's case is a knowledge deficit because based on the data found when the researcher conducted anamnesa, Mrs. H said she did not know the exact cause of hypertension, Mrs. H said she did not know about what foods were prohibited by hypertensive patients. When asked, Mrs. H mentioned that the only foods forbidden by hypertensive patients are foods containing salt, but Mrs. H did not know exactly how much salt was allowed to be consumed in a day. Mrs. H said she did not know how to reduce hypertension, Mrs. H said she did not know the treatment that could be done at home for hypertension, Mrs. H did not know the further consequences of uncontrolled hypertension.

The second diagnosis raised is health management is not effective family's inability to maintain or modify the environment that can affect hypertension because Mr.. in maintaining or modifying the environment that can affect hypertensive disease because Mr. G and Mrs. H really hope to be able to maintain a family suffering from hypertension. Mr. G and Mrs. H really hope to be able to maintain a family suffering from hypertension. Mrs. H said she was ready to change her diet, Mrs. H said she would stay away from her abstinence and the whole family was ready to monitor Mrs. H's progress.

The planning carried out refers planning by the SDKI SLKI SIKI based on 5 family health tasks, namely the family being able to recognize problems, the family being able to decide, the family being able to care, the family being able to modify the environment and the family being able to utilize health facilities. The first intervention carried out is to provide health education regarding the hypertension disease process understanding, causes, signs and symptoms, prevention, how to control and treatment) using leaflets / flip sheets.

The second is to provide support or motivation to the family to make the right decisions in caring for family members (Mrs. H) who suffer from hypertension by giving hope to Mrs. H in the process of hypertension treatment.

The third is to involve the family in caring for Mrs.H who has hypertension by preparing a diet / traditional hypertension treatment for Mrs.H which aims to lower blood pressure in hypertensive patients.

Based on research conducted by Jacomina Anthonete Salakory, the results of giving cucumber juice to hypertensive patients, after being given cucumber juice on the first day the patient's blood pressure dropped to 140/100 mmHg, the patient looked relaxed and did not feel pain. And on the second heart, the BP dropped to 120/80. Based on research conducted by Meirlina et al, it was found that there was an effectiveness of cucumber juice on

lowering blood pressure in the elderly at PSTW Sinta Rangkang.

One of the efforts that can be made by patients and families is to make efforts and non-pharmacological treatments such as giving cucumber juice. According to research conducted by Zauhani & Zainal, giving cucumber juice to 20 elderly people with hypertension is proven to reduce elderly blood pressure by 4.4 mmHg (systolic) and 2.5 mmHg (diastolic). This is also supported by research conducted by Ryan Adrian (2006) which states that giving 200cc of cucumber juice can reduce blood pressure by up to 8 mmHg.

The good benefits that can result from regular consumption of cucumber juice can support blood pressure control in hypertension.

in hypertension, but this is considered less effective if the family does not understand how to make cucumber juice. how to make cucumber juice.

Based on this, the author conducted counseling and demonstrations on the benefits and how to make cucumber juice to increase family knowledge and skills on how to care for patients with hypertension as a means to reduce the blood pressure of these hypertensive patients.

The fourth is to involve the family in managing a safe and comfortable home environment for Mrs. H and then motivate the family to have regular health checks at existing health facilities.

Giving therapy to Mrs. H was carried out for 5 days starting on June 12, 2023 at Mrs. H's house in the Kenali Besar Health Center area.

On the first day of June 12, 2023 before conducting health education about hypertension, the researcher first contracts time with the client. At the time of implementation, the researcher identified the client's level of knowledge about hypertension, then the researcher explained the definition of hypertension, risk factors for hypertension and symptoms of hypertension, and explored the family's knowledge about the definition of hypertension that had been explained. Furthermore, the researcher explained to the family the further consequences if hypertension was not immediately overcome and motivated the family to mention what had been explained and motivated the family to overcome the problems faced by Mrs. H. Mrs. H's blood pressure on the first day was 160/90 mmHg.

On the second day of June 13, 2023, before conducting health education on making decisions to care for sick family members and how to care for family members with hypertension, the researcher first contracts time with the client. Then at the time of the following implementation, the researcher explored the client's and family's knowledge of hypertension prevention and how to take care of family members with illnesses that had been explained on the previous day, after which the researcher explained the second implementation, namely about foods that should be avoided by people

with hypertension and treatment of hypertension, as well as exploring family knowledge about alternative medicine or complementary therapies that can be given to family members with hypertension problems and demonstrating directly how to make cucumber juice to reduce blood pressure levels in patients. Furthermore, the patient is given 1 glass or 200 ml of cucumber juice to the client. Then provide positive reinforcement for the decisions made by the client. After the action was taken, the results of Mrs. H's blood pressure 157/83 mmHg were obtained.

On the third day, June 14, 2023, before conducting health education, the researcher first contracts time with the client on how to make complementary therapy in the form of cucumber juice to reduce blood pressure levels, and re-evaluates whether the client is able to make cucumber juice independently. Furthermore, the client is given 1 glass or 200 ml of cucumber juice to the client. Then provide positive reinforcement for the decisions made by the client. After the action was taken, the results of Mrs. H's blood pressure was 140/87 mmHg.

On the fourth day of June 15, 2023, before conducting health education, the researcher first contracts time with the client on how to modify the environment for people with hypertension. Then the researcher implements it by exploring Mrs. H and family knowledge and how to modify a healthy environment, explaining to the family how to maintain a healthy environment such as creating a

comfortable environment for sufferers, then providing complementary therapy in the form of cucumber juice to reduce blood pressure levels, then the client is given the cucumber juice 1 glass or 200 ml to the client. Then provide positive reinforcement for the decisions made by the client. After the action was taken, the results of Mrs. H's blood pressure were 137/80 mmHg.

On the fifth day, June 16, 2023, before conducting health education, the researcher first contracts time with the client about utilizing health services properly and correctly for people with hypertension. Then the researcher carries out the implementation by explaining the types of health services, explaining about the benefits of visiting health services, explaining about health service facilities, encouraging families to choose health facilities that will be utilized in the treatment of hypertension, providing complementary therapy in the form of cucumber juice to reduce blood pressure levels I glass or 200 ml to the client. Then provide positive reinforcement for the decisions made by the client. After the action was taken, the results of Mrs. H's blood pressure was 120/90 mmHg.

During the implementation of nursing on the client, the researcher did not experience difficulties because the researcher had made an approach first and established a trusting relationship, then the researcher explained the purpose and purpose of the researcher to carry out family nursing care to the family client openly.

Based on home visits for 5 days starting from June 12-16, 2023 and providing nursing implementation as planned.

Based on the evaluation of the first day on June 12, 2023 knowledge deficits related to lack of exposure to information about hypertension obtained the results that after conducting health counseling about hypertension where the client experienced increased knowledge, Mrs. H and the family could mention again about the meaning, causes and signs and symptoms of hypertension, Mrs. H said Hypertension is an increase in systolic blood pressure of at least 140 mmhg or diastolic pressure of at least 90 mmhg. The causes can be due to heredity, obesity and a lot of salt consumption, smoking, alcohol consumption, Mrs. A also said the signs and symptoms of hypertension are dizziness or headaches, difficulty sleeping, irritability, and anxiety.

And the family is able to make decisions to care for family members who have hypertension by mentioning the complications that occur if hypertension is not treated immediately, Mrs. H said the consequences of hypertension are causing complications such as heart disease, stroke and kidney disease. Mrs. H said she wanted to change her diet and reduce foods that were high in salt.

Based on the second day of evaluation on June 13, 2023 knowledge deficits related to less exposure to information about hypertension, the results show that clients are able to care for sick family members by preventing, avoiding food taboos and handling

by doing complementary therapy cucumber juice. Mrs. H said that the way to prevent and care for family members with hypertension is by regulating food or diet. Mrs. H was able to practice how to make cucumber juice therapy to reduce blood pressure levels.

Based on the third day evaluation on June 14, 2023 the client was able to make cucumber juice independently. Mrs. H is willing to re-do the complementary therapy that has been explained based on the time contract on the previous day. Mrs. H is willing to do complementary therapy as recommended.

Based on the evaluation of the fourth day on June 15, 2023 the client was able to modify the environment, Mrs. H was able to mention the recommended environmental modifications, Mrs. H said that a healthy environment is to stay away from the risk of recurrence such as dietary factors. Mrs. H is willing to re-do the complementary therapy that has been explained based on the time contract on the previous day. Mrs. H is willing to do complementary therapy as recommended.

Based on the evaluation of the fifth day 16 June 2023 the client utilizes health services by mentioning the benefits of visiting health services and the nearest health facilities that can be used. Mrs. H said the types of health services are primary, secondary, and tertiary health services. Examples such as hospitals, health centers and clinics, Mrs.H said the benefits of coming to health services were to check their health and seek treatment, Mrs.H and her family said they would choose the health center

as a family health facility to visit. Based on nursing interventions, giving cucumber juice to reduce blood pressure levels Mrs.H. At the time before giving cucumber juice, Mrs. H's blood pressure level was 160/90 mmHg. After giving complementary therapy of cucumber juice for 4 days by giving cucumber juice, 150gr cucumber, 200 ml water, blender and drinking 1 time a day, namely at the time of giving the intervention to the client's home, on day 3, the blood pressure levels were checked again and Mrs. H's blood pressure decreased after being given cucumber juice, which was 120/90 mmHg.

Where this is in accordance with research conducted by Zauhani & Zainal, giving cucumber juice to 20 elderly people with hypertension is proven to reduce elderly blood pressure by 4.4 mmHg (systolic) and 2.5 mmHg (diastolic). This is also supported by research conducted by Ryan Adrian (2006) which states that giving 200cc of cucumber juice can reduce blood pressure by up to 8 mmHg.

CONCLUSIONS

Based on the results of the analysis of nursing care related to the provision of cucumber juice to Mrs.H with hypertension, it was concluded that Mrs.H experienced hypertension due to lack of knowledge and an unhealthy lifestyle. After the implementation of giving cucumber juice for five days, it was found that Mrs.H's blood pressure level decreased from 160/90 mmHg to 120/90 mmHg. The limitation in this study is that the short time of implementation of the research

makes the intervention carried out can only be carried out for 5 days, for the next 2 days the researcher recommends that the family continue the cucumber juice therapy as taught.

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