

Universitas Ngudi Waluyo Ungaran  
Program Studi S1 Keperawatan  
Skripsi, Agustus 2022  
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**“Hubungan Konsumsi Kopi dengan Tekanan Darah pada Usia Dewasa di Dusun Banjaran Kelurahan Klepu Kecamatan Pringsurat Kabupaten Temanggung”**

**xiii + 90 halaman + 5 tabel + 2 gambar + 8 lampiran**

**ABSTRAK**

**Latar Belakang :** Tekanan darah digambarkan sebagai rasio tekanan sistolik terhadap tekanan diastolik, dengan nilai normalnya berkisar dari 100/60 sampai 140/90. Untuk risiko tekanan darah laki-laki dan perempuan sama-sama memiliki kemungkinan berisiko mengalami hipertensi. Kebiasaan orang yang mengkonsumsi kopi akan berdampak dalam peningkatan tekanan darah. Frekuensi minum kopi lebih dari 3 cangkir per hari dapat mempengaruhi tekanan darah meskipun sebenarnya bukan hanya karena kebiasaan ini seseorang mengalami peningkatan tekanan darah

**Tujuan :** Mengetahui hubungan konsumsi kopi dengan tekanan darah pada usia dewasa di Dusun Banjaran Kelurahan Klepu Kecamatan Pringsurat Kabupaten Temanggung

**Metode :** Desain penelitian ini deskriptif korelasional dengan pendekatan *cross sectional*. Populasi dalam penelitian ini warga usia dewasa di Dusun Banjaran Kelurahan Klepu Kecamatan Pringsurat Kabupaten Temanggung yaitu sebanyak 276 orang dengan sampel sebanyak 74 orang diambil dengan teknik *accidental sampling*. Alat pengumpulan data yang digunakan kuesioner. Data di analisis menggunakan rumus *chi square* dengan menggunakan *soft ware* program pengolahan data SPSS.

**Hasil :** Usia dewasa sebagian besar konsumsi kopi kategori sedang yaitu sebanyak 53 dari 74 responden (71,6%). Usia dewasa mempunyai tekanan darah kategori tetap yaitu sebanyak 44 dari 74 responden (59,5%). Ada hubungan konsumsi kopi dengan tekanan darah pada usia dewasa di Dusun Banjaran Kelurahan Klepu Kecamatan Pringsurat Kabupaten Temanggung, dengan *p value* sebesar 0,035 ( $\alpha = 0,05$ ),

**Saran :** sebaiknya masyarakat mengendalikan dalam mengkonsumsi kopi setiap harinya. Tenaga kesehatan sebaiknya memberikan promosi kesehatan tentang aturan minum kopi serta takaran minum kopi yang baik bagi kesehatan.

**Kata Kunci** : konsumsi kopi, tekanan darah, usia dewasa

**Kepustakaan** : 65 (2011-2020)

**Ngudi Waluyo University**  
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**"The Relationship of Coffee Consumption with Changes in Blood Pressure in Adults in Banjaran Hamlet, Klepu Village, Pringsurat District, Temanggung Regency"**

**xiii + 90 pages + 5 tables + 2 pictures + 8 attachments**

### **ABSTRACT**

**Background :** Blood pressure is described as the ratio of systolic pressure to diastolic pressure, with normal values ranging from 100/60 to 140/90. For the risk of blood pressure, men and women both have the possibility of being at risk of developing hypertension. The habit of people who consume coffee will have an impact on increasing blood pressure. The frequency of drinking coffee more than 3 cups per day can affect blood pressure even though it's not only because of this habit that a person experiences an increase in blood pressure

**Objective:** To determine the relationship between coffee consumption and changes in blood pressure in adults in Banjaran Hamlet, Klepu Village, Pringsurat District, Temanggung Regency.

**Methods:** The design of this research is correlational descriptive with a cross sectional approach. The population in this study were adults in Banjaran Hamlet, Klepu Village, Pringsurat District, Temanggung Regency, as many as 276 people with a sample of 74 people taken by accidental sampling technique. The data collection tool used was a questionnaire. The data were analyzed using the chi square formula using SPSS data processing software software.

**Results:** Most of the adults who consumed coffee were in the moderate category, as many as 53 out of 74 respondents (71.6%). Adult age has a fixed blood pressure category, as many as 44 of 74 respondents (59.5%). There is a relationship between coffee consumption and changes in blood pressure in adults in Banjaran Hamlet, Klepu Village, Pringsurat District, Temanggung Regency, with a p value of 0.035 ( $\alpha = 0.05$ ),

**Suggestion:** people should control their coffee consumption every day. Health workers should provide health promotion about the rules of drinking coffee and the dose of coffee that is good for health.

**Keywords:** coffee consumption, changes in blood pressure, adult age

**Literature :** 65 (2011-2020)