Universitas Ngudi Waluyo
Program Studi Sarjana Keperawatan
Fakultas Kesehatan
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Luluk Nur Jannah
011221023

HUBUNGAN KEBIASAAN KONSUMSI KOPI DENGAN NILAI TEKANAN DARAH PADA PENDERITA HIPERTENSI DEWASA DI WILAYAH KERJA PUSKESMAS TENGARAN

ABSTRAK

Latar Belakang: Hipertensi adalah penyakit tidak menular menjadi faktor risiko penyakit kardiovaskular. Salah satu faktor hipertensi yaitu kebiasaan konsumsi kopi. Paparan kafein berulang berpotensi meningkatkan aktivitas sistem saraf simpatis dan RAAS, sehingga dapat meningkatkan nilai tekanan darah.
Tujuan : Penelitian ini bertujuan menganalisis hubungan kebiasaan konsumsi kopi dengan tekanan darah pada penderita hipertensi dewasa di Puskesmas Tengaran.
Metode: Penelitian ini menggunakan metode kuantitatif desain korelasional dengan pendekatan *cross-sectional*. Sampel berjumlah 64 responden penderita hipertensi yang dipilih menggunakan teknik *purposive sampling*. Data kebiasaan konsumsi kopi dikumpulkan melalui kuesioner dan dianalisis menggunakan uji korelasi Spearman's Rho.
Hasil: Berdasarkan hasil penelitian, sebagian besar responden memiliki kebiasaan konsumsi kopi kategori sedang sebanyak 46 responden (71,9%). Hasil pengukuran tekanan darah menunjukkan mayoritas responden berada pada kategori hipertensi derajat 1 sebanyak 27 responden (42,2%). Hasil uji korelasi *Spearman's Rho* menunjukkan nilai p = 0,000 dengan koefisien korelasi r = 0,602.
Kesimpulan: Terdapat hubungan yang signifikan dan kuat antara kebiasaan konsumsi kopi dengan nilai tekanan darah pada penderita hipertensi dewasa.
Saran: Penderita hipertensi dewasa disarankan untuk membatasi konsumsi kopi.
Kata Kunci: Konsumsi kopi, Tekanan darah, Hipertensi dewasa, Kafein
Pustaka: 92 (2019-2025)

Ngudi Waluyo University
Bachelor of Nursing Study Program
Faculty of Health
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Luluk Nur Jannah
01122102

THE RELATIONSHIP BETWEEN COFFEE CONSUMPTION HABITS AND BLOOD PRESSURE VALUES IN ADULT HYPERTENSION PATIENTS IN THE WORKING AREA OF THE TENGARAN PUBLIC HEALTH CENTER

ABSTRACT

Background: adults and is a major risk factor for cardiovascular disease. One lifestyle factor that can affect blood pressure in people with hypertension is coffee consumption. Repeated exposure to caffeine can increase the activity of the sympathetic nervous system and the renin-angiotensin-aldosterone system (RAAS), potentially increasing blood pressure. Therefore, this study aimed to determine the relationship between coffee consumption and blood pressure levels in adult hypertensive patients in the Tengaran Community Health Center area.
Goal: This study aims to analyze the relationship between coffee consumption habits and blood pressure in adult hypertension sufferers at the Tengaran Community Health Center.
Methode: This study used a quantitative correlational design with a cross-sectional approach. The sample consisted of 64 respondents with hypertension selected using a purposive sampling technique. Data on coffee consumption habits were collected through a questionnaire and analyzed using the Spearman's Rho correlation test.
Results: Based on the research results, the majority of respondents (46 respondents) had moderate coffee consumption habits (71.9%). Blood pressure measurements showed that the majority of respondents (27 respondents) had stage 1 hypertension. The Spearman's Rho correlation test showed a p-value of 0.000 with a correlation coefficient of r = 0.602.
Conclusion: There is a significant and strong relationship between coffee consumption habits and blood pressure values in adult hypertension sufferers.
Recommendation: Adults with hypertension are advised to limit their coffee consumption.
Keywords: Coffee consumption, blood pressure, hypertension, adults
Reference: 92 (2019-2025)