HUBUNGAN STATUS GIZI, KEBIASAAN KONSUMSI MINUMAN BERKAFEIN, DAN KEBIASAAN MEROKOK DENGAN HIPERTENSI PADA SOPIR BUS TERMINAL KALIDERES TAHUN 2023

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Abstrak

Hipertensi atau sering dikenal dengan tekanan darah tinggi adalah ketika tekanan darah sistolik ≥140 mmHg atau tekanan darah diastolik ≥90 mmHg. Hipertensi dapat menimbulkan penyakit kardiovaskuler seperti stroke, gagal jantung, penyakit jantung koroner, bahkan kematian. Hipertensi disebabkan oleh faktor yang dapat diubah seperti stres, merokok, konsumsi minuman berkafein, konsumsi natrium, status gizi, dan kualitas tidur. Untuk faktor yang tidak dapat diubah seperti riwayat hipertensi keluarga, usia, dan jenis kelamin. Tujuan penelitian yaitu untuk mengetahui hubungan status gizi, kebiasaan konsumsi minuman berkafein, dan kebiasaan merokok dengan hipertensi pada sopir bus di Terminal Kalideres tahun 2023. Penelitian ini merupakan penelitian analitik observasional dengan desain studi *cross sectional*. Jumlah sampel dalam penelitian ini adalah 70 responden yang diambil dengan metode *accidental sampling*. Instrumen penelitian menggunakan kuesioner kebiasaan konsumsi minuman berkafein, kuesioner kebiasaan merokok, dan pengukuran tekanan darah menggunakan Sphygmomanometer digital, serta pengukuran antropometri meliputi berat badan dan tinggi badan. Analisis data menggunakan uji chi-square. Berdasarkan hasil uji statistik, terdapat hubungan antara status gizi (p=0,028), dan kebiasaan merokok (p=0,007) dengan hipertensi pada sopir bus. Tidak terdapat hubungan antara kebiasaan konsumsi minuman berkafein terhadap tekanan darah pada sopir bus (p=0,236).

Kata Kunci: Hipertensi, Kafein, Merokok, Status Gizi

THE RELATION OF NUTRITIONAL STATUS, CAFFEINED BEVERAGE CONSUMPTION HABITS, AND SMOKING HABITS WITH HYPERTENSION IN KALIDERES TERMINAL BUS DRIVERS IN 2023

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Abstract

Hypertension or often known as high blood pressure is when the systolic blood pressure is $\geq$140 mmHg or diastolic blood pressure is $\geq$90 mmHg. Hypertension can cause cardiovascular diseases such as stroke, heart failure, coronary heart disease, and even death. Hypertension is caused by modifiable factors such as stress, smoking, caffeinated beverage consumption, sodium consumption, nutritional status, and sleep quality. For unchangeable factors such as family history of hypertension, age, and gender. The purpose of the study was to determine the relationship between nutritional status, caffeinated beverage consumption habits, and smoking habits with hypertension in bus drivers at Kalideres Terminal in 2023. This research is an observational analytic research with cross sectional study design. The number of samples in this study were 70 respondents who were taken by accidental sampling method. The research instrument used a caffeinated beverage consumption habit questionnaire, a smoking habit questionnaire, and blood pressure measurements using a digital Sphygmomanometer, as well as anthropometric measurements including body weight and height. Data analysis used chi-square test. Based on the results of statistical tests, there is an association between nutritional status (p=0.028), and smoking habits (p=0.007) with hypertension in bus drivers. There is no relationship between caffeinated beverage consumption habits and blood pressure in bus drivers (p=0.236).

Keywords: Caffein, Hypertension, Nutritional Status, Smoking