

**HUBUNGAN ANTARA KONSUMSI KAFEIN, TINGKAT
AKTIVITAS FISIK, KUALITAS TIDUR DENGAN TEKANAN
DARAH PADA MAHASISWA GIZI FAKULTAS ILMU
KESEHATAN UNIVERSITAS PEMBANGUNAN NASIONAL
“VETERAN” JAKARTA ANGKATAN 2021-2023**

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Abstrak

Penelitian ini bertujuan untuk menganalisis korelasi antara konsumsi kafein, tingkat aktivitas fisik, dan kualitas tidur dengan tekanan darah serta mengeksplorasi faktor penghambat dan pendorongnya pada mahasiswa Gizi FIKES UPN “Veteran” Jakarta Angkatan 2021-2023. Metode penelitian yaitu *sequential mix-method*. Penelitian dilakukan secara *cross-sectional* dengan teknik *stratified random sampling* untuk kuantitatif dengan total sampel sebanyak 167 responden dan *purposive sampling* dengan variasi maksimum untuk kualitatif dengan total sampel sebanyak 8 informan. Data kuantitatif dianalisis secara univariat dan bivariat menggunakan uji Spearman dan data kualitatif dianalisis secara tematik. Penelitian menemukan bahwa 17,4% responden mengalami hipertensi, 83,8% mengalami kualitas tidur buruk, dan 97,6% beraktivitas tingkat ringan. Uji Spearman menunjukkan tidak ditemukannya korelasi yang signifikan antara konsumsi kafein ($p= 0,661$, $r= 0,034$) dan kualitas tidur ($p= 0,262$, $r= -0,087$) dengan hipertensi. Lalu, terdapat korelasi positif yang signifikan, tetapi sangat lemah antara tingkat aktivitas fisik dan hipertensi ($p=0,02$, $r=0,18$). Hal yang sama ditemukan antara konsumsi kafein dan buruknya kualitas tidur ($p= 0,007$, $r=0,208$). Faktor pendorong responden dalam mengonsumsi kafein yaitu selera pribadi, menahan rasa kantuk, merasa lebih segar, dan tersedianya stok minuman berkafein di rumah. Adapun faktor penghambatnya yaitu anjuran orang tua, kesadaran pribadi untuk mulai membatasi konsumsi kafein, dan memiliki riwayat penyakit GERD.

Kata Kunci: Konsumsi Kafein, Kualitas Tidur, Mahasiswa, Tekanan Darah, Tingkat Aktivitas Fisik

**THE RELATIONSHIP BETWEEN CAFFEINE
CONSUMPTION, PHYSICAL ACTIVITY LEVEL, SLEEP
QUALITY WITH BLOOD PRESSURE IN NUTRITION
STUDENTS OF THE FACULTY OF HEALTH SCIENCES OF
UPN "VETERAN" JAKARTA CLASS OF 2021-2023.**

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Abstract

This study aims to analyze the correlation between caffeine consumption, physical activity level, sleep quality with blood pressure and explore the inhibiting also driving factors in Nutrition students at FIKES UPNVJ Class of 2021-2023. The method is sequential mix-method and was conducted cross-sectionally. The study employed stratified random sampling for quantitative data with 167 respondents and purposive sampling with maximum variation for qualitative data with 8 informants. Quantitative data were analyzed univariately and bivariately using Spearman test and qualitative data were analyzed thematically. The research found that 17.4% of respondents experienced hypertension, 83.8% experienced poor sleep quality, and 97.6% had light levels of activity. The Spearman test showed that there was no significant correlation between caffeine consumption ($p= 0.661$, $r= 0.034$) and sleep quality ($p= 0.262$, $r= -0.087$) with hypertension. Then, there was a significant, but very weak, positive correlation between physical activity level and hypertension ($p=0.02$, $r=0.18$). Also, between caffeine consumption and poor sleep quality ($p= 0.007$, $r=0.208$). The driving factors to consume caffeine were personal taste, preventing drowsiness, feeling fresher, and having a stock of caffeinated drinks at home. The inhibiting factors are parental advice, personal awareness to start limiting caffeine consumption, and having a history of GERD.

Keywords: Caffeine Consumption, Quality of Sleep, College Students, Level of Physical Activity, Blood pressure