

ABSTRAK

HUBUNGAN KEBIASAAN KONSUMSI KOPI, TINGKAT STRES, DAN STATUS GIZI DENGAN TEKANAN DARAH PADA PETUGAS KEAMANAN DI UNIVERSITAS JENDERAL SOEDIRMAN

Latar Belakang: Tekanan darah tinggi pada petugas keamanan dipengaruhi oleh pola makan dan gaya hidup, serta berpengaruh pada status gizi dan kesehatan. Tujuan penelitian ini mengetahui hubungan kebiasaan konsumsi kopi, tingkat stres, dan status gizi dengan tekanan darah pada petugas keamanan di Universitas Jenderal Soedirman.

Metodologi: Penelitian ini adalah studi potong lintang pada 85 petugas keamanan di Universitas Jenderal Soedirman yang dipilih menggunakan metode *simple random sampling*. Instrumen penelitian terdiri atas kuesioner *Semi-quantitative Food Frequency Questionnaire* kebiasaan konsumsi kopi, kuesioner *Kessler Psychological Distress Scale* untuk tingkat stres, stadiometer dan timbangan digital untuk status gizi, dan *sphygmomanometer* untuk mengukur tekanan darah. Analisis data menggunakan uji *Spearman Rho*, uji *Chi square*, dan *Kolmogorov-Smirnov* dengan nilai signifikan 0,05.

Hasil Penelitian: Seluruh petugas keamanan adalah laki-laki, berusia 30-49 tahun (81,2%), lulusan SMA/ sederajat (87,1%). Empat dari sepuluh petugas keamanan mengalami hipertensi. Tiga dari sepuluh responden mengkonsumsi kopi ≥ 3 kali sehari, sedangkan berdasarkan asupan 1 dari 10 petugas keamanan mengkonsumsi kafein > 400 mg/hari. Mayoritas responden tidak mengalami stres 92,94%, namun 44,7% petugas keamanan memiliki status gizi gemuk-obesitas. Tidak terdapat hubungan antara kebiasaan konsumsi kopi berdasarkan frekuensi konsumsi kopi ($p=0,981$), asupan konsumsi kafein ($p=0,523$), serta tingkat stres (0,364) terhadap tekanan darah. Terdapat hubungan status gizi ($p=0,004$; PR 3,396) terhadap tekanan darah.

Kesimpulan: Frekuensi harian konsumsi kopi, asupan kafein dan tingkat stres petugas keamanan Universitas Jenderal Soedirman tidak berhubungan dengan tekanan darah. Sedangkan, petugas keamanan dengan status gizi gemuk-obesitas berpotensi mengalami hipertensi.

Kata Kunci: konsumsi kopi, status gizi, tekanan darah, tingkat stres.

ABSTRACT

THE RELATIONSHIP BETWEEN COFFEE CONSUMPTION HABITS, STRESS LEVELS, NUTRITIONAL STATUS, AND BLOOD PRESSURE AMONG SECURITY PERSONNEL AT JENDERAL SOEDIRMAN UNIVERSITY

Background: High blood pressure in security personnel can be influenced by diet, lifestyle, and health status, including nutritional status. This study aims to identify the relationships between coffee consumption habits, stress levels, and nutritional status with blood pressure among security personnel at Jenderal Soedirman University.

Methods: This cross-sectional study involved 85 security personnel selected through simple random sampling. Instruments included the Semi-Quantitative Food Frequency Questionnaire for coffee consumption, the Kessler Psychological Distress Scale for stress levels, a stadiometer and digital scales for nutritional status, and a sphygmomanometer for measuring blood pressure. Data were analyzed using Spearman Rho, Chi-square, and Kolmogorov-Smirnov tests, with a significance level of 0.05.

Results: All security personnel were male, aged 30-49 years (81.2%), with most being high school graduates (87.1%). About 40% experienced hypertension. Three out of ten respondents consumed coffee ≥ 3 times a day, and one in ten consumed caffeine >400 mg/day. Most respondents did not experience stress (92.94%), but 44.7% had a nutritional status classified as overweight or obese. There was no significant relationship between coffee consumption frequency ($p=0.981$), caffeine intake ($p=0.523$), or stress levels ($p=0.364$) and blood pressure. However, there was a significant relationship between nutritional status and blood pressure ($p=0.004$; PR 3.396).

Conclusion: Daily coffee consumption frequency, caffeine intake, and stress levels are not associated with blood pressure among security personnel at Jenderal Soedirman University. However, personnel with an overweight or obese nutritional status are at a higher risk of hypertension.

Keywords: blood pressure, coffee consumption, nutritional status, stress levels.