

ABSTRAK

HUBUNGAN ANTARA STATUS GIZI, ASUPAN KAFEIN, DAN KECERDASAN EMOSIONAL DENGAN KEJADIAN PRA-HIPERTENSI PADA MAHASISWA TINGKAT AKHIR DI UNIVERSITAS JENDERAL SOEDIRMAN

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Latar Belakang: Pra-hipertensi merupakan keadaan tekanan darah di atas normal namun belum termasuk ke dalam hipertensi, yaitu antara 120/80 mmHg hingga 139/99 mmHg. Keadaan pra-hipertensi lebih berisiko mengalami hipertensi dan penyakit kardiovaskular dibandingkan dengan tekanan darah normal. Faktor yang menyebabkan terjadinya pra-hipertensi dan hipertensi yaitu status gizi, konsumsi kopi, dan kecerdasan emosional. Tujuan penelitian ini adalah untuk mengetahui hubungan antara status gizi, asupan kafein, dan kecerdasan emosional dengan kejadian pra-hipertensi pada mahasiswa tingkat akhir di Universitas Jenderal Soedirman.

Metode: Penelitian ini merupakan penelitian observasional analitik dengan pendekatan *cross-sectional*. Jumlah responden sebanyak 89 mahasiswa tingkat akhir yang berasal dari 12 fakultas di Universitas Jenderal Soedirman dengan menggunakan teknik *purposive sampling*. Responden berjenis kelamin perempuan dan laki-laki yang menjalani semester tujuh ke atas atau sedang mengerjakan tugas akhir dengan syarat tidak sedang menjalani diet penurunan berat badan dan tidak pernah terdiagnosis penyakit ginjal ataupun jantung. Variabel status gizi diukur menggunakan metode IMT, variabel asupan kafein diukur menggunakan SQ-FFQ, dan variabel kecerdasan emosional diukur menggunakan TEIQue-SF. Analisis data menggunakan uji *fisher exact*.

Hasil: Hasil penelitian menunjukkan terdapat hubungan yang signifikan antara status gizi ($p=0,013$) dan kecerdasan emosional ($p=0,011$) dengan kejadian pra-hipertensi, namun tidak terdapat hubungan yang signifikan antara asupan kafein ($p=0,188$) dengan kejadian pra-hipertensi pada mahasiswa tingkat akhir di Universitas Jenderal Soedirman.

Kesimpulan: Terdapat hubungan antara status gizi dan kecerdasan emosional dengan kejadian pra-hipertensi, namun tidak terdapat hubungan antara asupan kafein dengan kejadian pra-hipertensi pada mahasiswa tingkat akhir di Universitas Jenderal Soedirman.

Kata Kunci: status gizi, asupan kafein, kecerdasan emosional, pra-hipertensi.

ABSTRACT

THE RELATIONSHIP BETWEEN NUTRITIONAL STATUS, CAFFEINE INTAKE, AND EMOTIONAL INTELLIGENCE WITH INCIDENCE OF PRE-HYPERTENSION IN FINAL YEAR STUDENTS AT JENDERAL SOEDIRMAN UNIVERSITY

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Background: Pre-hypertension is a state of blood pressure above normal but not yet included in hypertension, which is between 120/80 mmHg to 139/99 mmHg. Pre-hypertension is more at risk for hypertension and cardiovascular disease than normal blood pressure. Factors that cause pre-hypertension and hypertension are nutritional status, coffee consumption, and emotional intelligence. The purpose of this study was to determine the relationship between nutritional status, caffeine intake, and emotional intelligence with the incidence of pre-hypertension in final year students at Jenderal Soedirman University.

Methods: This study was an analytic observational study with a cross-sectional approach. The respondent size was 89 final year students from 12 faculties at Jenderal Soedirman University using purposive sampling technique. Respondents were female and male who were in their seventh semester or above or were working on their final project with condition that they were not on a weight loss diet and had never been diagnosed with kidney or heart disease. Nutritional status variables were measured using IMT, caffeine intake variables were measured using the SQ-FFQ, and emotional intelligence variables were measured using the TEIQue-SF. Data analysis used fisher exact test.

Results: The results showed a significant relationship between nutritional status ($p=0.013$) and emotional intelligence ($p=0.011$) with the incidence of pre-hypertension, but there was no significant relationship between caffeine intake ($p=0.188$) with the incidence of pre-hypertension in final year students at Jenderal Soedirman University.

Conclusion: There is a relationship between nutritional status and emotional intelligence with the incidence of pre-hypertension, but there is no relationship between caffeine intake and the incidence of pre-hypertension in final year students at Jenderal Soedirman University.

Keywords: nutritional status, caffeine intake, emotional intelligence, pre-hypertension.