ABSTRAK

Penyakit Tidak Menular (PTM) merupakan penyebab tertinggi kematian pada tahun 2013 sejumlah 63%. Menurut WHO angka kematian mencapai 36 juta kematian per tahun. Kematian akibat PTM diketahui bahwa 35% merupakan penyakit jantung dan pembuluh darah. Data Riskesdas tahun 2018 pada penduduk usia 18 tahun ke atas menunjukkan peningkatan prevalensi darah tinggi dari 25,8% menjadi 34,1%, prevalensi obesitas meningkat dari 14,8% menjadi 21,8%. Beberapa mahasiswa mengunjungi warung kopi ketika mengalami kepenatan dari tugas maupun aktivitas kuliah untuk menikmati secangkir kopi. Studi pendahuluan yang dilakukan peneliti pada tahun 2019 melalui pengukuran tekanan darah dan status gizi pada 20 mahasiswa anggota UKM UNAIR menunjukkan 6 mahasiswa mengalami hipotensi, 8 mahasiswa mengalami tekanan darah normal, dan 6 mahasiswa mengalami hipertensi. 5 mahasiswa kurus, 6 mahasiswa berstatus gizi normal, 4 mahasiswa gemuk, dan 5 mahasiswa obesitas.

Penelitian ini menggunakan studi observasional analitik. Desain yang digunakan studi *cross sectional* kepada 80 mahasiswa anggota UKM UNAIR. Responden diambil dari populasi berdasarkan metode *accidental sampling*. Variabel independen dalam penelitian ini adalah status gizi, pola makan, dan kebiasaan minum kopi. Variabel dependen penelitian adalah tekanan darah. Analisis data menggunakan *chi square*.

Hasil penelitian didapatkan bahwa karakteristik sebagian besar berusia 19-21 tahun, masa pendidikan di semester 4, mengikuti UKM Wanala, memiliki pengetahuan gizi cukup, memiliki risiko rendah hipertensi, status gizi tidak lebih, sering makan makanan tinggi natrium, dan jarang minum kopi. Hasil uji *chi square* didapatkan bahwa terdapat hubungan tekanan darah dengan status gizi (p=0,009), pola makan makanan tinggi natrium (p=0,022), kebiasaan minum kopi (p=0,046), serta tidak terdapat hubungan tekanan darah dengan pola makan tinggi kalori (p=0,663) dan tinggi lemak (p=0,215).

Kesimpulan penelitian ini yaitu terdapat hubungan tekanan darah dengan status gizi, pola makan tinggi natrium, dan kebiasaan minum kopi pada mahasiswa anggota UKM UNAIR. Berdasarkan hasil penelitian, disarankan untuk meningkatkan pendidikan kesehatan secara berkesinambungan melalui media stiker, poster, dan *leaflet*.

Kata Kunci: Tekanan Darah, Status Gizi, Pola Makan, Kebiasaan Minum Kopi

ABSTRACT

Non-Communicable Diseases (NCD) is the highest cause of death in 2013 amounting to 63%. According to WHO, the death rate reaches 36 million deaths per year. It is known that 35% of deaths due to NCD are heart and blood vessel diseases. Riskesdas 2018 for the population aged more than 18 years old showed an increase in the prevalence of high blood pressure from 25.8% to 34.1%, the prevalence of obesity increased from 14.8% to 21.8%. Some students visit coffee shops when they are tired from assignments and college activities to enjoy a cup of coffee. A preliminary study conducted by researchers in 2019 through measuring blood pressure and nutritional status on 20 members of UKM UNAIR showed that 6 students had hypotension, 8 students had normal blood pressure, and 6 students had hypertension. 5 thin students, 6 students with normal nutritional status, 4 overweight students, and 5 obese students.

This study uses an analytic observational study. The design use a cross-sectional study of 80 student members of UKM UNAIR. Respondents were taken from the population based on accidental sampling method. The independent variables in this study were nutritional status, diet, and coffee drinking habits. The dependent variable of the study was blood pressure. Data analysis using chi square.

The results showed that the characteristics of most respondents were 19-21 years old, had 4th semester of education, joined Wanala, had adequate nutrition knowledge, had a low risk of hypertension, had normal nutritional status, often ate high-sodium foods, and rarely drank coffee. chi square found that there was a relationship between blood pressure and nutritional status ($p = 0.009$), high sodium diet ($p = 0.022$), coffee drinking habits ($p = 0.046$), and there was no relationship between blood pressure and a high-calorie diet ($p = 0.663$) and high fat diet ($p = 0.215$).

The conclusion of this study is that there is a relationship between blood pressure and nutritional status, high sodium diet, and coffee drinking habits in UNAIR UKM members. Based on the results of the study, it is recommended to continuously improve health education through the media of stickers, posters, and leaflets.

Keyword : Blood pressure, nutritional status, diet, coffee drinking habits.