

HUBUNGAN KEBIASAAN OLAHRAGA DAN KONSUMI MINUMAN BERKAFEIN (KOPI DAN TEH) DENGAN DERAJAT HIPERTENSI PADA LANSIA DI PUSKESMAS CILACAP UTARA II

The Relationship Between Sports Habits And Consumption Of Caffeinated Beverages (Coffee And Tea) With The Degree Of Hypertension In The Elderly At Puskesmas Utara Cilacap II

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ABSTRAK

Hipertensi adalah keadaan peningkatan tekanan darah yang memberikan gejala yang akan berlanjut ke organ target seperti stroke, penyakit jantung koroner (pada pembuluh darah) dan hipertrofi ventrikel kanan (pada otot jantung). Tujuan dari penelitian ini untuk mengetahui hubungan kebiasaan olahraga dan konsumsi minuman berkafein (kopi dan teh) dengan derajat hipertensi pada lansia di Puskesmas Cilacap Utara II. Metode penelitian ini adalah survey analitik dengan pendekatan *cross sectional*. Populasinya adalah semua penderita hipertensi yang mengalami hipertensi berjumlah 45 orang dan jumlah sampel sebanyak 45 orang dengan teknik pengambilan sampel menggunakan *total sampling*. Pengujian hipotesis menggunakan uji *chi square*. Hasil penelitian bivariat menunjukkan bahwa ada hubungan kebiasaan olahraga dengan derajat hipertensi dengan *p value* 0,001, ada hubungan konsumsi minuman berkafein (kopi dan teh) dengan derajat hipertensi dengan *p value* 0,000. Kesimpulan penelitian ini di dapatkan hasil adanya hubungan yang bermakna antara kebiasaan olahraga dan konsumsi minuman berkafein (kopi dan teh) dengan derajat hipertensi pada lansia di Puskesmas Cilacap Utara II.

Kata kunci : lansia, hipertensi, olahraga, konsumsi minuman berkafein.

ABSTRACT

*Hypertension is a condition of increased blood pressure that gives symptoms that will continue to target organs such as stroke, coronary heart disease (in blood vessels) and right ventricular hypertrophy (in heart muscle). The purpose of this study was to determine the relationship between exercise habits and consumption of caffeinated beverages with the degree of hypertension in the elderly at Puskesmas Cilacap Utara II. The design used is an analytical survey with a cross sectional approach. The population is all patients with hypertension who have hypertension collected 45 people and the number of samples as many as 45 people with the sampling technique using total sampling. . Hypothesis testing using chi square test. The results of the bivariate study showed that there was a relationship between exercise habits and the degree of hypertension with a *p value* of 0.001, there was a relationship between consumption of caffeinated beverages (coffee and tea) and the degree of hypertension with a *p value* of 0.000. The conclusion of this study was that there was a significant relationship between exercise habits and consumption of caffeinated beverages (coffee and tea) with the degree of hypertension in the elderly at Puskesmas Cilacap Utara II.*

Keywords: elderly, hypertension, exercise, consumption of caffeinated beverages.