

**HUBUNGAN PERILAKU MINUM KOPI PLUS GULA DENGAN TEKANAN DARAH
PADA PESERTA PROGRAM PENGELOLAAN PENYAKIT KRONIS (PROLANIS)
DI KLINIK TNI AL CILACAP TAHUN 2023**

***THE RELATIONSHIP BETWEEN COFFEE DRINKING BEHAVIOR AND SUGAR IN
BLOOD PRESSURE TO PARTICIPANTS OF THE CHRONIC DISEASE MANAGEMENT
PROGRAM (PROLANIS) AT THE TNI AL CILACAP CLINIC IN 2023***

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ABSTRAK

Hipertensi dapat disebabkan oleh beberapa faktor diantaranya kondisi lingkungan, faktor keturunan, pola hidup yang tidak seimbang, stress, garam, kebiasaan merokok, kebiasaan konsumsi alkohol dan kebiasaan mengkonsumsi kafein atau kopi. Penelitian ini bertujuan untuk mengetahui hubungan perilaku minum kopi plus gula dengan tekanan darah pada peserta Program Pengelolaan Penyakit Kronis (Prolanis) di Klinik TNI AL Cilacap tahun 2023. Jenis penelitian ini adalah penelitian kuantitatif dengan desain eksplanatori dan rancangan *cross sectional* terhadap 76 peserta Prolanis di Klinik TNI AL Cilacap yang diambil menggunakan metode *purposive sampling*. Analisis data menggunakan uji *Spearman Rank*. Hasil penelitian menunjukkan bahwa peserta prolanis di Klinik TNI AL Cilacap mayoritas mempunyai perilaku minum kopi plus gula dalam kategori ringan 85,5% dan mempunyai tekanan darah dalam kategori pre hipertensi 82,9%. Tidak ada hubungan perilaku minum kopi plus gula dengan tekanan darah pada peserta prolanis di Klinik TNI AL Cilacap tahun 2023 ($p_v = 0,956$, $\alpha = 0,05$).

Kata kunci : Hubungan, perilaku, minum kopi plus gula, tekanan darah, peserta prolanis

ABSTRACT

Hypertension can have multiple causes, such as environmental factors, genetics, unhealthy habits, stress, excessive salt, smoking, alcohol consumption, and the habit of consuming caffeine or coffee. This study aims to determine the relationship between coffee and sugar-drinking behavior and blood pressure in the Chronic Disease Management Program (Prolanis) participants at the TNI AL Cilacap Clinic in 2023. This study is quantitative research that utilizes an explanatory design and cross-sectional design. The study was conducted on 76 Prolanis participants at the TNI AL Cilacap Clinic, selected through a purposive sampling method. Data analysis was done using the Spearman Rank test. The study revealed that 85.5% of the participants had a mild level of coffee consumption with sugar and 82.9% had pre-hypertensive blood pressure. However, there was no significant association found between coffee consumption with sugar and blood pressure in elderly participants at the Cilacap Navy Clinic in 2023 ($p_v = 0.956$, $\alpha = 0.05$).

Keywords : Relationship, behavior, drinking coffee plus sugar, blood pressure, prolanis participants