

## ABSTRACT

### CORELATION BETWEEN SMOKING AND COFFEE DRINKING HABITS WITH THE INCIDENCE OF HYPERTENSION AT THE SIMBARWARINGIN PUBLIC HEALTH CENTER, TRIMURJO DISTRICT, CENTRAL LAMPUNG REGENCY, LAMPUNG PROVINCE IN 2022

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**Background:** Hypertension is a condition when systolic blood pressure is 140 mmHg and diastolic pressure is 90 mmHg on two examinations of blood pressure measurements within a period of 5 minutes in a relaxed state. Incidence prevalence Hypertension in Indonesia rose from 25.8 percent to 34.1 percent in 2018 and in Lampung Province there were 7.95%. The high incidence of hypertension in the world is influenced by several factors such as the habit of consuming coffee and smoking. This study was conducted to determine the relationship between smoking and coffee drinking habits with the incidence of hypertension at the Simbarwaringin Public Health Center, Trimurjo District, Central Lampung Regency, Lampung Province in 2022.

**Method:** The type of this research is observational analytic with cross sectional approach. The population in this study all hypertensive patients at the Simbarwaringin Health Center, Trimurjo District, Central Lampung Regency, Lampung Province, for the period January 2021-December 2021 with a total of 1,061 people and the sample in this study was 91 people who were selected using purposive sampling. Data analysis using chi square.

**Results:** The prevalence of smoking habits in hypertension patients found that 65 (71.4%) respondents had the habit of smoking <10 cigarettes/day, the prevalence of drinking coffee in hypertension patients was found 58 (63.7%) respondents had the habit of consuming 1-3 cups of coffee/day, and it was found that 55 (60.4%) respondents had grade I hypertension. There was a relationship between smoking habit and the degree of hypertension with a *p-value* of 0.000. However, there is no relationship between drinking coffee and the degree of hypertension with a *p-value* of 0.108.

**Conclusion:** There is a relationship between smoking habits and the degree of hypertension, but there is no relationship between the habit of drinking coffee and the degree of hypertension.

**Keywords:** Cigarettes, Coffee, Hypertension Degrees,

## ABSTRAK

### HUBUNGAN ANTARA KEBIASAAN MEROKOK DAN MINUM KOPI DENGAN KEJADIAN HIPERTENSI DI PUSKESMAS SIMBARWARINGIN KECAMATAN TRIMURJO LAMPUNG TENGAH TAHUN 2022

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**Latar Belakang:** Hipertensi merupakan keadaan ketika tekanan darah sistolik  $\geq 140$  mmHg dan tekanan diastolik  $\geq 90$  mmHg pada dua kali pemeriksaan pengukuran tekanan darah dalam jangka waktu 5 menit dengan keadaan rileks. Prevalensi kejadian hipertensi di Indonesia naik dari 25,8 persen menjadi 34,1 persen di tahun 2018 dan di Provinsi Lampung terdapat 7,95%. Tingginya angka kejadian hipertensi di dunia, dipengaruhi oleh beberapa faktor seperti kebiasaan mengonsumsi kopi dan merokok. Penelitian ini dilakukan untuk mengetahui hubungan antara kebiasaan merokok dan minum kopi dengan kejadian hipertensi di Puskesmas Simbarwaringin kecamatan Trimurjo, Kabupaten Lampung Tengah, Provinsi Lampung tahun 2022.

**Metode:** Jenis penelitian ini adalah analitik observasional dengan pendekatan *cross sectional*. Populasi dalam penelitian ini seluruh pasien hipertensi di Puskesmas Simbarwaringin Kecamatan Trimurjo, Kabupaten Lampung Tengah, Provinsi Lampung, periode Januari 2021- Desember 2021 dengan jumlah 1.061 orang dan sampel dalam penelitian ini berjumlah 91 orang yang dipilih menggunakan *purposive sampling*. Analisis data menggunakan *chi square*.

**Hasil:** Prevalensi kebiasaan merokok pasien hipertensi didapatkan bahwa 65 (71,4%) responden memiliki kebiasaan merokok  $< 10$  batang/hari, Prevalensi minum kopi pada pasien hipertensi didapatkan 58 (63,7%) responden memiliki kebiasaan mengonsumsi kopi 1-3 cangkir/hari, dan didapatkan 55 (60,4%) responden mengalami hipertensi derajat I. Ada hubungan kebiasaan merokok dengan derajat hipertensi dengan *p-value* 0,000. Namun Tidak ada hubungan minum kopi dengan derajat hipertensi dengan *p-value* 0,108.

**Simpulan:** Terdapat hubungan antara kebiasaan merokok dengan derajat hipertensi, namun tidak ada hubungan kebiasaan minum kopi dengan derajat hipertensi.

**Kata Kunci:** Derajat Hipertensi, Kopi, Rokok