

ABSTRAK

KORELASI ANTARA KECEMASAN, ASUPAN ZAT GIZI (NATRIUM, LEMAK, KOLESTEROL, DAN KAFEIN), DAN TEKANAN DARAH PADA MAHASISWA FAKULTAS KEDOKTERAN UNIVERSITAS LAMPUNG

Oleh

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Latar Belakang: Hipertensi semakin banyak terjadi pada dewasa muda (18–24 tahun), termasuk mahasiswa. Akibat beban akademik yang padat pada mahasiswa kedokteran, penelitian ini bertujuan untuk mengetahui korelasi antara kecemasan, asupan zat gizi, dan tekanan darah pada mahasiswa Fakultas Kedokteran Universitas Lampung.

Metode: Penelitian ini adalah *cross-sectional*. Sampel penelitian sebanyak 139 orang mahasiswa Fakultas Kedokteran Universitas Lampung diambil dengan teknik *stratified random sampling*. Variabel bebas penelitian adalah kecemasan, asupan natrium, lemak, kolesterol, dan kafein. Variabel terikat penelitian adalah tekanan darah sistolik dan diastolik. Data diambil menggunakan kuesioner DASS-21, *food recall* 2x24 jam, dan tensimeter digital. Analisis data bivariat dengan uji korelasi Pearson atau Spearman tergantung pada normalitas distribusi data.

Hasil: Tekanan darah sistolik dan diastolik responden dalam batas normal (76,3%; 56,1%). Kecemasan dialami pada 60,4% responden. Asupan natrium, lemak, kolesterol, dan kafein responden dalam batas normal (82%, 89,9%, 71,2%, 99,3%). Tidak terdapat korelasi antara kecemasan, asupan natrium, lemak, kolesterol, kafein, dan tekanan darah sistolik pada mahasiswa Fakultas Kedokteran Universitas Lampung ($p=0,222$; $p=0,615$; $p=174$; $p=0,820$; $p=0,123$). Tidak terdapat korelasi antara kecemasan, asupan natrium, lemak, kolesterol, asupan kafein, dan tekanan darah diastolik pada mahasiswa Fakultas Kedokteran Universitas Lampung ($p=0,411$; $p=0,427$; $p=0,798$; $p=0,406$; $p=0,264$).

Kesimpulan: Mayoritas mahasiswa mengalami kecemasan, tetapi menunjukkan tekanan darah dan asupan zat gizi dalam batas normal.

Kata Kunci: Kecemasan, Asupan Natrium, Asupan Lemak, Asupan Kolesterol, Asupan Kafein, Tekanan Darah Sistolik, Tekanan Darah Diastolik, Mahasiswa

ABSTRACT

CORRELATION BETWEEN ANXIETY, NUTRIENT INTAKE (SODIUM, FAT, CHOLESTEROL, AND CAFFEINE), AND BLOOD PRESSURE AMONG MEDICAL STUDENTS OF THE UNIVERSITY OF LAMPUNG

By

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Background: Hypertension is increasingly observed among young adults aged 18–24 years, including university students. Due to the heavy academic burden experienced by medical students, this study aimed to determine the correlation between anxiety, nutrient intake, and blood pressure among students of the Faculty of Medicine, University of Lampung.

Methods: This study employed a cross-sectional design. A total of 139 medical students from the Faculty of Medicine, University of Lampung were selected using stratified random sampling. The independent variables were anxiety, sodium intake, fat intake, cholesterol intake, and caffeine intake, while the dependent variables were systolic and diastolic blood pressure. Data were collected using the DASS-21 questionnaire, 2×24-hour food recall, and a digital sphygmomanometer. Bivariate analysis was conducted using Pearson or Spearman correlation tests, depending on data normality.

Results: Most respondents had normal systolic and diastolic blood pressure (76.3% and 56.1%, respectively). Anxiety was reported by 60.4% of respondents. The majority of respondents had normal intake of sodium, fat, cholesterol, and caffeine (82%, 89.9%, 71.2%, and 99.3%, respectively). There was no significant correlation between anxiety, sodium intake, fat intake, cholesterol intake, or caffeine intake and systolic blood pressure ($p=0.222$; $p=0.615$; $p=0.174$; $p=0.820$; $p=0.123$). Similarly, no significant correlation was found between these variables and diastolic blood pressure ($p=0.411$; $p=0.427$; $p=0.798$; $p=0.406$; $p=0.264$).

Conclusion: The majority of students experienced anxiety; however, their blood pressure levels and nutrient intake remained within normal ranges.

Keywords: Anxiety, Sodium Intake, Fat Intake, Cholesterol Intake, Caffeine Intake, Systolic Blood Pressure, Diastolic Blood Pressure, Students