



UNIVERSITAS ANDALAS

**HUBUNGAN STATUS GIZI, FREKUENSI KONSUMSI KOPI, DAN
KUALITAS TIDUR DENGAN KEJADIAN HIPERTENSI PADA
DEWASA MADYA DI WILAYAH KERJA
PUSKESMAS BELIMBING**

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**Sebagai Pemenuhan Syarat Untuk Mendapatkan
Gelar Sarjana Gizi**

**FAKULTAS KESEHATAN MASYARAKAT
UNIVERSITAS ANDALAS
PADANG, 2025**

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Skripsi, Juli 2025

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KUALITAS TIDUR DENGAN KEJADIAN HIPERTENSI PADA DEWASA
MADYA DI WILAYAH KERJA PUSKESMAS BELIMBING**
xii + 123 halaman, 13 tabel, 5 gambar, 10 lampiran

ABSTRAK

Tujuan

Hipertensi merupakan penyakit *the silent killer* karena sering muncul tanpa gejala dan orang baru menyadari ketika mengalami komplikasi dari hipertensi, terutama pada dewasa madya. Terdapat beberapa faktor yang mempengaruhi hipertensi pada dewasa madya, sehingga penelitian ini memiliki tujuan untuk mengetahui hubungan antara status gizi, frekuensi konsumsi kopi, dan kualitas tidur dengan kejadian hipertensi pada dewasa madya di wilayah kerja Puskesmas Belimbing.

Metode

Penelitian ini menggunakan desain *cross sectional* yang dilakukan di wilayah kerja Puskesmas Belimbing pada Februari – Juli 2025 dengan jumlah sampel 77 responden. Sampel diambil menggunakan teknik *proportional random sampling* yang mewakili setiap kelurahan di wilayah kerja Puskesmas Belimbing. Pengambilan data dilakukan dengan melakukan pengukuran BB, TB, pemeriksaan tekanan darah, pengisian kuesioner dan wawancara. Data dianalisis secara univariat dan bivariat. Analisis bivariat menggunakan uji *Chi-Square*.

Hasil

Hasil penelitian menunjukkan 51,9% responden mengalami hipertensi, 55,8% memiliki status gizi lebih, 87% mengonsumsi kopi <3x/hari, 68,8% memiliki kualitas tidur buruk dengan skor >5. Terdapat hubungan yang signifikan antara status gizi dengan kejadian hipertensi pada dewasa madya ($p\text{-value} = 0,001$), namun tidak terdapat hubungan signifikan antara frekuensi konsumsi kopi dan kualitas tidur dengan kejadian hipertensi pada dewasa madya di wilayah kerja Puskesmas Belimbing ($p\text{-value} = 0,314$; $p\text{-value} = 0,987$).

Kesimpulan

Terdapat hubungan signifikan antara status gizi dengan kejadian hipertensi, namun tidak terdapat hubungan signifikan antara frekuensi konsumsi kopi dan kualitas tidur dengan kejadian hipertensi pada dewasa madya di wilayah kerja Puskesmas Belimbing.

Daftar Pustaka : 143 (1999 – 2025)

Kata Kunci : hipertensi, konsumsi kopi, kualitas tidur, status gizi

**FACULTY OF PUBLIC HEALTH
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**THE RELATIONSHIP BETWEEN NUTRITIONAL STATUS, COFFEE
CONSUMPTION FREQUENCY, AND SLEEP QUALITY WITH THE
INCIDENCE OF HYPERTENSION IN MIDDLE ADULTS IN THE
WORKING AREA OF THE BELIMBING PUBLIC HEALTH CENTER**

xii + 123 pages, 13 tables, 5 pictures, 10 attachment

ABSTRACT

Objective

Hypertension is a silent killer disease because it often appears without symptoms, and people only realize it when they experience complications, especially in middle adulthood. Several factors influence hypertension in middle adulthood. Therefore, this study aimed to determine the relationship between nutritional status, frequency of coffee consumption, and sleep quality with the incidence of hypertension in middle adults in the Belimbing Public Health Center.

Methods

This study used a cross-sectional design and was conducted in the Belimbing Community Health Center working area from February to July 2025, with a sample size of 77 respondents. The sample was drawn using proportional random sampling, representing each sub-district within the Belimbing Community Health Center working area. Data collection was carried out by measuring body weight (BW), height (H), blood pressure measurements, completing questionnaires, and conducting interviews. Data were analyzed univariately and bivariately. Bivariate analysis used the Chi-Square test.

Results

The results showed that 51.9% of respondents had hypertension, 55.8% had overnutrition status, 87% consumed coffee $<3x/day$, 68.8% had poor sleep quality with a score >5 . There was a significant relationship between nutritional status and the incidence of hypertension in middle-aged adults ($p\text{-value} = 0.001$), but there was no significant relationship between the frequency of coffee consumption and sleep quality with the incidence of hypertension in middle-aged adults in the working area of Belimbing Community Health Center ($p\text{-value} = 0.314$; $p\text{-value} = 0.987$).

Conclusion

There is a significant relationship between nutritional status and the incidence of hypertension, but there is no significant relationship between the frequency of coffee consumption and sleep quality with the incidence of hypertension in middle-aged adults in the Belimbing Community Health Center work area.

References : 143 (1999 – 2025)

Keywords : coffee consumptions, hypertension, nutritional status, sleep quality