

ABSTRAK

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**HUBUNGAN ASUPAN LEMAK DAN KAFEIN DENGAN KEJADIAN
HIPERTENSI DI WILAYAH KERJA PUSKESMAS TAWANG KOTA
TASIKMALAYA**

Hipertensi merupakan masalah kesehatan global yang ditandai dengan tekanan darah $\geq 140/90$ mmHg. Gaya hidup, termasuk pola makan, berperan penting dalam terjadinya hipertensi. Asupan lemak berlebih dapat memicu peningkatan tekanan darah melalui penumpukan plak, sedangkan kafein meningkatkan tekanan darah sementara melalui stimulasi sistem saraf. Penelitian ini bertujuan untuk menganalisis hubungan asupan lemak dan kafein dengan kejadian hipertensi di Wilayah Kerja Puskesmas Tawang Kota Tasikmalaya. Penelitian ini menggunakan desain penelitian observasional dengan pendekatan *cross-sectional* ini melibatkan 109 responden usia 45–59 tahun. Pengambilan sampel menggunakan *proportional random sampling*. Populasi penelitian adalah seluruh penduduk berusia 45–59 tahun di wilayah kerja Puskesmas Tawang, sebanyak 3.780 orang. Data asupan diperoleh menggunakan *food recall* 3x24 jam. Analisis bivariat dilakukan dengan uji *chi-square*. Hasil analisis univariat menunjukkan mayoritas responden memiliki asupan lemak berlebih (54,1%), kafein berlebih (53,3%), dan natrium berlebih (53,2%). Hasil analisis bivariat menunjukkan terdapat hubungan signifikan antara asupan lemak dengan kejadian hipertensi ($p=0,007$; OR=3,158; 95% CI=1,438–6,933), asupan kafein dengan kejadian hipertensi ($p=0,006$; OR=3,198; 95% CI=1,457–7,024), serta asupan natrium dengan kejadian hipertensi ($p=0,031$; OR=2,505; 95% CI=1,154–5,435). Upaya asupan lemak dan kafein perlu ditingkatkan untuk mencegah hipertensi, dengan memilih sumber lemak sehat serta membatasi konsumsi minuman berkafein agar tekanan darah tetap normal.

Kata Kunci: Asupan Kafein, Asupan Lemak, Asupan Natrium, Hipertensi.

ABSTRACT

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THE RELATIONSHIP BETWEEN FAT AND CAFFEINE INTAKE WITH HYPERTENSION INCIDENCE IN THE TAWANG HEALTH CENTER WORK AREA TASIKMALAYA CITY

Hypertension was a global health problem characterized by blood pressure $\geq 140/90$ mmHg. Lifestyle factors, including dietary patterns, played an important role in the occurrence of hypertension. Excessive fat intake could trigger an increase in blood pressure through plaque accumulation, while caffeine increased blood pressure temporarily through stimulation of the nervous system. This study aimed to analyze the relationship between fat and caffeine intake and the incidence of hypertension in the working area of Tawang Primary Health Center, Tasikmalaya City. This research used an observational design with a cross-sectional approach and involved 109 respondents aged 45–59 years. Sampling was carried out using proportional random sampling. The study population consisted of all residents aged 45–59 years in the working area of Tawang Primary Health Center, totaling 3.780 people. Dietary intake data were obtained using a 3x24-hour food recall. Bivariate analysis was performed using the chi-square test. The univariate results showed that the majority of respondents had excessive fat intake (54,1%), caffeine intake (53,3%), and sodium intake (53,2%). The bivariate analysis showed a significant relationship between fat intake and the incidence of hypertension ($p=0,007$; $OR=3,158$; $95\% CI=1,438-6,933$), caffeine intake and the incidence of hypertension ($p=0,006$; $OR=3,198$; $95\% CI=1,457-7,024$), as well as sodium intake and the incidence of hypertension ($p=0,031$; $OR=2,505$; $95\% CI=1,154-5,435$). Efforts to manage fat and caffeine intake needed to be improved in order to prevent hypertension by choosing healthy fat sources and limiting caffeinated beverages to maintain normal blood pressure.

Keywords: Caffeine Intake, Fat Intake, Sodium Intake, Hypertension