

ABSTRAK

Hipertensi adalah kondisi kronis yang meningkatkan tekanan darah dalam pembuluh arteri, beresiko menyebabkan kerusakan pada jantung, ginjal, otak, dan mata, serta berkontribusi pada kematian dini. Sering disebut "silent killer," hipertensi dapat memicu penyakit kardiovaskular, gagal jantung, dan stroke. Kadar kolesterol yang tinggi, terutama di atas 200 mg/dL, juga berbahaya karena dapat menyebabkan penumpukan di dinding pembuluh darah, memicu aterosklerosis dan penyakit jantung. Kolesterol terdiri dari LDL, HDL, dan trigliserida, dan kadar tinggi menjadi faktor resiko penyakit tidak menular. Penelitian ini bertujuan untuk mengetahui pengaruh konsumsi kopi dengan kadar kolesterol pada pasien hipertensi.

Penelitian kualitatif pada 35 pasien hipertensi di RW 01 Kelurahan Dukuh Kecamatan Kramat Jati di Jakarta Timur kategori peserta berdasarkan frekuensi tidak konsumsi kopi dan konsumsi kopi 1x sehari, 2x sehari. Pengukuran kolesterol dilakukan dengan Easy Touch GCU Menggunakan metode Electrode-based Biosensor. Hasil penelitian ini menunjukkan pengaruh signifikan antara konsumsi kopi dan kadar kolesterol (koefisien Pearson 0,739, $p < 0,001$). Kadar kolesterol meningkat sesuai frekuensi konsumsi kopi: 226 mg/dL (tanpa kopi), 281 mg/dL (1 kali sehari), dan 307 mg/dL (2 kali sehari). Konsumsi kopi juga mempengaruhi tekanan darah (sistolik $r = 0,474$, diastolik $r = 0,444$, $p < 0,001$). Selain itu, ada pengaruh kuat antara usia dan kadar kolesterol ($p < 0,001$), menunjukkan bahwa kadar kolesterol meningkat seiring bertambahnya usia.

Kesimpulan penelitian menunjukkan bahwa konsumsi kopi meningkatkan kadar kolesterol dan tekanan darah. Kadar kolesterol juga meningkat seiring bertambahnya usia. Temuan ini penting untuk pengelolaan kesehatan kardiovaskular. Disarankan untuk mengurangi konsumsi kopi dan meningkatkan aktivitas fisik untuk mengurangi resiko hipertensi dan penyakit jantung.

Kata Kunci : Hipertensi, Konsumsi Kopi, Kadar Kolesterol

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ABSTRACT

Hypertension is a chronic condition that increases blood pressure in the arteries, risking damage to the heart, kidneys, brain, and eyes, and contributing to premature death. Often called the “silent killer,” hypertension can trigger cardiovascular disease, heart failure and stroke. High cholesterol levels, especially above 200 mg/dL, are also dangerous as they can cause buildup on the walls of blood vessels, triggering atherosclerosis and heart disease. Cholesterol consists of LDL, HDL, and triglycerides, and high levels are a risk factor for non-communicable diseases. This study aims to determine the effect of coffee consumption on cholesterol levels in hypertensive patients.

Qualitative research on 35 hypertensive patients in RW 01 Kelurahan Dukuh Kecamatan Kramat Jati in East Jakarta categorized participants based on the frequency of no coffee consumption and coffee consumption 1x a day, 2x a day. Cholesterol measurement was done with Easy Touch GCU using Electrode-based Biosensor method. The results of this study showed a significant influence between coffee consumption and cholesterol levels (Pearson coefficient 0.739, $p < 0.001$). Cholesterol levels increased according to the frequency of coffee consumption: 226 mg/dL (no coffee), 281 mg/dL (1 time per day), and 307 mg/dL (2 times per day). Coffee consumption also affected blood pressure (systolic $r = 0.474$, diastolic $r = 0.444$, $p < 0.001$). In addition, there was a strong influence between age and cholesterol levels ($p < 0.001$), indicating that cholesterol levels increase with age.

The study concluded that coffee consumption increases cholesterol levels and blood pressure. Cholesterol levels also increased with age. These findings are important for cardiovascular health management. It is recommended to reduce coffee consumption and increase physical activity to reduce the risk of hypertension and heart disease.

Keywords : Hypertension ,Coffee consumption, cholesterol levels
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