

Hubungan Konsumsi Kafein dan Lama Jam Kerja terhadap Tekanan Darah pada Sopir Truk Galian C di Kabupaten Klaten

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ABSTRAK

Latar Belakang : Sopir truk lebih berisiko mengalami hipertensi. Kebiasaan yang dimiliki yaitu sering konsumsi minuman berkafein dan jam kerja yang lama. Konsumsi kafein dan jam kerja sering dikaitkan dengan peningkatan tekanan darah.

Tujuan : Mengetahui hubungan konsumsi kafein dan lama jam kerja terhadap tekanan darah pada sopir truk galian C di Kabupaten Klaten

Metode : Desain penelitian *cross sectional* dengan jumlah sampel 67 orang sopir yang dipilih secara *consecutive sampling*. Variabel penelitian antara lain tekanan darah sistolik dan diastolik, konsumsi kafein, lama jam kerja, riwayat hipertensi keluarga, kebiasaan merokok, durasi tidur, IMT, lingkar perut, aktivitas fisik, asupan lemak, serat, natrium, dan kalium. Data dianalisis menggunakan uji regresi linear berganda.

Hasil : Persentase hipertensi sopir mencapai 40,3% dan prehipertensi 34,3%. Mayoritas konsumsi kafein (91%) dan lama jam kerja subjek normal (86,6%). Konsumsi kafein dan lama jam kerja tidak berhubungan dengan tekanan darah sistolik dan diastolik ($p > 0,05$). Asupan serat berhubungan dengan tekanan darah sistolik ($p = 0,043$). Asupan natrium berhubungan dengan tekanan darah sistolik ($p = 0,000$) dan diastolik ($p = 0,000$).

Simpulan : Konsumsi kafein dan lama jam kerja tidak berhubungan dengan tekanan darah sistolik dan diastolik

Kata Kunci : sopir, tekanan darah, konsumsi kafein, lama jam kerja

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Relationship between Caffein Consumption and Long Working Hours on Blood Pressure in C Excavation Truck Drivers in Klaten Regency

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ABSTRACT

Background : Truck drivers are more risk of hypertension. Their habits include frequent consumption of caffeinated drinks and long working hours. Caffeine consumption and working hours on blood pressure often associated with increased blood pressure.

Objective : To determine the relationship between caffeine consumption and long working hours on blood pressure in C excavation truck drivers in Klaten Regency.

Methods : Cross sectional research design with a sample size of 67 drivers selected by consecutive sampling. The research variables included systolic and diastolic blood pressure, caffeine consumption, length of working hours, family history of hypertension, smoking habits, sleep duration, BMI, abdominal circumference, physical activity, fat, fiber, sodium, and potassium intake. Data were analyzed using multiple linear regression test.

Results : The percentage of driver hypertension reach 40,3% and prehypertension 34,3%. The majority of caffeine consumption (91%) and length of working hours of subjects were normal (86,6%). Caffeine consumption and length of working hours not associated with systolic and diastolic blood pressure ($p>0,05$). Fiber intake was associated with systolic blood pressure ($p=0,043$). Sodium intake was associated with systolic ($p=0,000$) and diastolic blood pressure ($p=0,000$).

Conclusion : Caffeine consumption and length of working hours are not associated with systolic and diastolic blood pressure.

Keyword : driver, blood pressure, caffeine consumption, length of working hours

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