

Hubungan Konsumsi Alkohol dengan Tekanan Darah: Literature Review

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ABSTRAK

Latar Belakang: Menurut WHO 2023, diperkirakan ada sebanyak 1,28 milyar orang dewasa yang memiliki hipertensi. Tingginya prevalensi hipertensi di seluruh dunia menjadi perhatian bagi seluruh kalangan. Alkohol yang adalah salah satu faktor risiko terjadinya hipertensi memiliki sifat adiktif yang sering kali disalahgunakan hingga berakibat pada tekanan darah.

Tujuan: Mengetahui hubungan konsumsi alkohol dengan tekanan darah.

Metode: Penelitian menggunakan metode *literature review* dan disajikan dalam rangkuman deskriptif. Artikel dicari menggunakan kata kunci pada *database* Pubmed, Google Scholar, Semantic Scholar, dan ScienceDirect. Artikel berbahasa Indonesia dan Inggris yang digunakan membahas hubungan konsumsi alkohol dengan tekanan darah yang diterbitkan 10 tahun terakhir.

Hasil: Didapatkan 5 artikel yang membahas mengenai konsumsi alkohol dengan tekanan. Semua artikel menyatakan adanya hubungan konsumsi alkohol dengan tekanan darah. Satu artikel menyatakan adanya hubungan lama konsumsi dan tekanan darah dan satu artikel menyatakan efek kenaikan yang mirip terhadap berbagai jenis minuman beralkohol.

Simpulan: Terdapat hubungan antara konsumsi alkohol dengan tekanan darah.

Kata Kunci: *alkohol, tekanan darah, hipertensi*

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Relationship Between Alcohol Consumption and Blood Pressure: Literature Review

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ABSTRACT

Background: According to WHO 2023, there are an estimated 1,28 billion adults with hypertension. The high prevalence of hypertension worldwide is a concern for everyone. Alcohol, which is one of the risk factors for hypertension, has addictive properties that are often abused, resulting in blood pressure.

Objective: To know the relationship between alcohol consumption and blood pressure.

Method: This research used literature review method and was presented in a descriptive summary. Articles were searched using keywords on Google Scholar, Pubmed, Semantic Scholar, and ScienceDirect databases. Indonesian and English articles were used that discussed the relationship between alcohol consumption and blood pressure published in the last 10 years.

Result: There are 5 articles that discussed alcohol consumption and pressure. All articles stated that there was an association between alcohol consumption and blood pressure. One article stated a relationship between length of consumption and blood pressure and one article stated a similar increase effect for various types of alcoholic beverages.

Conclusion: There is a relationship between alcohol consumption and blood pressure.

Keywords: *alcohol, blood pressure, hypertension*

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