

ABSTRAK

Sari Wulandari Sitio: Hubungan Konsumsi Kopi Dan Kebiasaan Merokok Dengan Kejadian Hipertensi Pada Buruh Sawit Laki-Laki Di Desa Kabupaten Bengkalis.

Hipertensi merupakan salah satu masalah kesehatan utama yang dikenal sebagai *Silent killer* karena sering tidak menimbulkan gejala spesifik, namun dapat berujung pada komplikasi serius. Faktor gaya hidup seperti konsumsi kopi berlebih dan kebiasaan merokok berkontribusi signifikan terhadap peningkatan risiko hipertensi. Kabupaten Bengkalis termasuk daerah dengan prevalensi hipertensi tinggi, terutama pada laki-laki yang bekerja sebagai buruh sawit. Penelitian ini bertujuan untuk menganalisis hubungan konsumsi kopi dan kebiasaan merokok dengan kejadian hipertensi pada buruh sawit laki-laki.

Lokasi penelitian dilakukan di Desa Tasik Serai, Kabupaten Bengkalis pada Juli-September 2025. Penelitian ini merupakan penelitian kuantitatif menggunakan desain analisis dengan pendekatan *cross sectional*. Sampel pada penelitian ini yaitu 75 buruh sawit laki-laki di Desa Tasik Serai, Kabupaten Bengkalis yang memiliki konsumsi kopi setiap hari dan kebiasaan merokok ≥ 10 tahun. Data diambil menggunakan *food recall* 1x24 jam dan kuesioner kebiasaan merokok. Teknik pengambilan sampel menggunakan *accidental sampling*. Analisis data dilakukan dengan uji korelasi *Rank Spearman* dan Regresi Logistik.

Hasil penelitian menunjukkan bahwa sebagian besar responden berusia 35-44 tahun (45,3%), berpendidikan terakhir SD/Sederajat (42,7%), dan memiliki pendapatan >Rp2.000.000-4.000.000 per bulan (68%). Lama bekerja sebagai buruh sawit, yaitu 14-20 tahun (48%). Konsumsi kopi (jumlah bubuk kopi) terbanyak berada pada jumlah 9-16 gram/hari (36%), sedangkan rata-rata konsumsi kopi pada hari kerja adalah 12,81 gram. Kebiasaan merokok didominasi perokok berat (52%) dengan rata-rata 28 batang per hari. Sebanyak 64% responden mengalami hipertensi. Analisis statistik *Rank Spearman* menunjukkan adanya hubungan bermakna antara konsumsi kopi dengan kejadian hipertensi ($p\text{-value}=0,001$; $r=0,372$) dan kebiasaan merokok dengan kejadian hipertensi ($p\text{-value}=0,000$; $r=0,480$). Analisis Multivariat yaitu uji Regresi Logistik menunjukkan adanya hubungan yang signifikan antara konsumsi kopi dan kebiasaan merokok dengan nilai ($p=0,000$). Kebiasaan merokok (PR=1,140) berpengaruh lebih besar terhadap hipertensi dibandingkan konsumsi kopi (PR=1,115).

Kata kunci: Buruh sawit, Hipertensi, Kebiasaan merokok, Konsumsi kopi

ABSTRACT

Sari Wulandari Sitio: The Relationship Between Coffee Consumption and Smoking Habits with the incidence of Hypertension among Male Palm Oil Workers in Bengkalis Regency.

Hypertension is one of the major public health problems known as a silent killer because it often shows no specific symptoms but can lead to serious complications. Lifestyle factors such as excessive coffee consumption and smoking habits significantly contribute to an increased risk of hypertension. Bengkalis Regency is among the areas with a high prevalence of hypertension, particularly among male palm oil plantation workers. This study aimed to analyze the relationship between coffee consumption and smoking habits with the incidence of hypertension among male palm oil workers.

The research was conducted in Tasik Serai Village, Bengkalis Regency, from July to September 2025. This study is a quantitative research using an analytical design with a cross-sectional approach. The sample consisted of 75 male palm oil workers in Tasik Serai Village, Bengkalis Regency, who consumed coffee daily and had a smoking habit for ≥ 10 years. Data were collected using a 1×24-hour food recall and a smoking habit questionnaire. The sampling technique used was accidental sampling. Data analysis was performed using Spearman's Rank Correlation Test and Logistic Regression.

The results of the study showed that most respondents were aged 35–44 years (45.3%), had completed primary school or equivalent education (42.7%), and earned an income of >Rp2,000,000–4,000,000 per month (68%). The majority had worked as palm oil laborers for 14–20 years (48%). Coffee consumption (based on the amount of coffee powder) was predominantly within the range of 9–16 grams per day (36%), with an average intake of 12.81 grams on working days. Smoking habits were dominated by heavy smokers (52%), with an average consumption of 28 cigarettes per day. A total of 64% of respondents experienced hypertension. Spearman's Rank statistical analysis showed a significant relationship between coffee consumption and the incidence of hypertension (p -value = 0.001; $r = 0.372$), as well as between smoking habits and hypertension (p -value = 0.000; $r = 0.480$). Multivariate analysis using Logistic Regression also indicated a significant association between coffee consumption and smoking habits ($p = 0.000$). Smoking habits (OR = 1.140) had a greater influence on hypertension compared to coffee consumption (OR = 1.115).

Keywords: *Palm oil workers, Hypertension, Smoking habits, Coffee consumption*