

**HUBUNGAN KONSUMSI MINUMAN KAFEIN, BUAH DAN SAYUR
DENGAN TEKANAN DARAH PRA LANSIA DI POSBINDU
WILAYAH KERJA UPT PUSKESMAS DABO LAMA
KABUPATEN LINGGA**

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Kata kunci : Buah, Minuman Kafein, Sayur, Tekanan Darah, Pra Lansia.

ABSTRAK

Pra lanjut usia (45–59 tahun) dan lanjut usia (60–69 tahun) memiliki risiko tinggi terhadap masalah kesehatan. Salah satu masalah kesehatan yang dialami lansia dan pra lansia adalah penyakit hipertensi. Tujuan penelitian ini untuk menganalisis hubungan antara konsumsi minuman kafein, buah dan sayur dengan tekanan darah pra lansia. Penelitian menggunakan metode observasional analitik pendekatan *cross sectional*. Besar sampel sebanyak 37 orang pra lansia sehat dengan menggunakan *simple random sampling*. Instrumen penelitian menggunakan *Semi-Quantitatif Food Frequency Questionnaire* (SQ FFQ). Analisis data yang digunakan dalam penelitian ini adalah uji korelasi *Rank Spearman*. Mayoritas responden memiliki konsumsi minuman kafein cukup, konsumsi buah kurang, dan konsumsi sayur cukup. Adapun nilai rata-rata responden yang mengkonsumsi minuman kafein yaitu 183 mg/hari, konsumsi buah 73 gr/hari dan konsumsi sayur 235 gr/hari. Hasil analisis data menunjukkan terdapat hubungan konsumsi minuman kafein ($p < 0,05$), tidak terdapat hubungan konsumsi buah ($p > 0,05$) dan tidak terdapat hubungan konsumsi sayur ($p > 0,05$) dengan tekanan darah pra lansia di posbindu wilayah kerja UPT Puskesmas Dabo Lama Kabupaten Lingga.

**THE RELATIONSHIP BETWEEN CAFFEINATED BEVERAGE, FRUIT,
AND VEGETABLE CONSUMPTION AND BLOOD PRESSURE
IN PRE-ELDERLY AT POSBINDU WORKING AREA OF
UPT PUSKESMAS DABO LAMA,
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Keywords : *Blood Pressure, Caffeine Drinks, Fruits, Vegetables, Pre-Elderly.*

ABSTRACS

Pre-elderly (45–59 years) and elderly (60–69 years) have a high risk of health problems. One of the health problems experienced by the elderly and pre-elderly is hypertension. The aim of this research is to analyze the relationship between the consumption of caffeinated beverages, fruits, and vegetables with pre-elderly blood pressure. The research uses the analytical observational method with a cross-sectional approach. The sample size consisted of 37 healthy pre-elderly individuals using simple random sampling. The research instrument uses a Semi-Quantitative Food Frequency Questionnaire. (SQ FFQ). The data analysis used in this research is the Spearman Rank correlation test. The majority of respondents have adequate caffeine beverage consumption, insufficient fruit consumption, and adequate vegetable consumption. The average value of respondents consuming caffeine beverages is 183 mg/hari, fruit consumption is 73 gr/hari, and vegetable consumption is 235 gr/hari. The results of the data analysis show that there is a relationship between caffeine consumption ($p < 0.05$), no relationship between fruit consumption ($p > 0.05$), and no relationship between vegetable consumption ($p > 0.05$) with pre-elderly blood pressure at the posbindu working area of UPT Puskesmas Dabo, Lingga Regency.

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