

RELATIONSHIP BETWEEN COFFEE DRINKING HABITS WITH HYPERTENSION INCIDENCE IN ADULTS

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Abstract

Coffee is one of the drinks that are most in demand by the people of Indonesia and other countries besides the fondness for consuming tea. The effect of coffee on blood pressure will have an impact on public health, the effect of coffee on hypertension is currently still controversial, besides hypertension is a health problem. Riskesdas 2013 data shows the prevalence of hypertension in Indonesia is 25.8%, the highest prevalence is in Bangka Belitung (30%) and the lowest is in Papua (16.8%). Meanwhile, data from the 2016 National Health Indicators Survey (Sirkesnas) showed an increase in the prevalence of hypertension in the population aged 18 years and over by 32.4%. The purpose of this study was to determine the relationship between coffee drinking habits and the incidence of hypertension in adults. The type and method used in this research is Literature Review with traditional review method. The source of data used in this study is the type of secondary data obtained through the Google Scholar database. The journals obtained have been selected using inclusion criteria and exclusion criteria and are related to the topic under study. From the results of the analysis of the five journals that have been discussed, 2 of the 5 journals concluded that there was a significant relationship between coffee drinking habits and the incidence of hypertension.

Keywords : The habit of drinking coffee and the incidence of hypertension