

HUBUNGAN PERILAKU KONSUMSI KOPI, POLA TIDUR YANG BURUK SERTA KEBIASAAN MEROKOK DENGAN KEJADIAN HIPERTENSI PADA PETUGAS DINAS PEMADAM KEBAKARAN DAN PENYELAMATAN KOTA MEDAN

ABSTRAK

Hipertensi merupakan penyakit tidak menular dengan prevalensi yang terus meningkat secara global dan nasional, dan petugas pemadam kebakaran termasuk kelompok berisiko tinggi mengalami gangguan kardiovaskular akibat beban kerja berat, sistem kerja *shift*, serta tekanan psikologis. Faktor gaya hidup seperti konsumsi kopi, pola tidur buruk, dan kebiasaan merokok diduga berkontribusi terhadap kejadian hipertensi, sehingga penelitian ini bertujuan menganalisis hubungan ketiga faktor tersebut pada petugas Dinas Pemadam Kebakaran dan Penyelamatan Kota Medan. Penelitian menggunakan desain *cross-sectional* dengan pendekatan kuantitatif, melibatkan 60 responden melalui teknik total sampling. Data dikumpulkan melalui pengukuran tekanan darah serta kuesioner konsumsi kopi, *Pittsburgh Sleep Quality Index* (PSQI), dan *Fagerström Test for Nicotine Dependence* (FTND), kemudian dianalisis menggunakan uji *Chi-Square* ($\alpha = 0,05$). Uji statistik menunjukkan tidak terdapat hubungan yang signifikan antara konsumsi kopi ($p = 0,774$), pola tidur ($p = 0,236$), maupun kebiasaan merokok ($p = 0,575$) dengan kejadian hipertensi. Secara keseluruhan, ketiga faktor gaya hidup tersebut tidak berhubungan signifikan, namun hasil ini kemungkinan dipengaruhi oleh keterbatasan seperti ukuran sampel yang kecil dan desain *cross-sectional* yang belum mampu menggambarkan efek jangka panjang.

Kata Kunci: Hipertensi, Konsumsi Kopi, Pola Tidur, Kebiasaan Merokok, Pemadam Kebakaran

**THE RELATIONSHIP BETWEEN COFFEE CONSUMPTION, POOR
SLEEP PATTERNS, AND SMOKING HABITS AND THE INCIDENCE OF
HYPERTENSION AMONG FIRE AND RESCUE DEPARTMENT
PERSONNEL IN THE CITY OF MEDAN**

ABSTRACT

Hypertension is a non-communicable disease with a steadily rising prevalence both globally and nationally, and firefighters are among those at high risk of cardiovascular disorders due to heavy workloads, shift work patterns and psychological stress. Lifestyle factors such as coffee consumption, poor sleep patterns, and smoking habits are thought to contribute to the incidence of hypertension; therefore, this study aims to analyse the relationship between these three factors among firefighters in the Medan City Fire and Rescue Service. The study employed a cross-sectional design with a quantitative approach, involving 60 respondents through total sampling. Data were collected through blood pressure measurements and questionnaires on coffee consumption, the Pittsburgh Sleep Quality Index (PSQI), and the Fagerström Test for Nicotine Dependence (FTND), and were analysed using the Chi-Square test ($\alpha = 0.05$). Statistical tests indicated no significant association between coffee consumption ($p = 0.774$), sleep patterns ($p = 0.236$), or smoking habits ($p = 0.575$) and the occurrence of hypertension. Overall, these three lifestyle factors were not significantly associated; however, these results may be influenced by limitations such as a small sample size and a cross-sectional design that is unable to describe long-term effects.

Keywords: *Hypertension, Coffee Consumption, Sleep Patterns, Smoking Habits, Firefighters*